

The Long Mile: Managing Chronic Pain

Session 1

GROUP HANDOUTS

Learning objectives

Session 1: Introduction

- Introduction to highlights of the program
- Understanding the different models of health
- Overview of integrative approaches to support the health journey
- Evidence-based integrative approaches for chronic pain and the influence on the brain's pain circuitry
- Mind-body approaches for stress and chronic pain

Real objectives - what you want to gain, not just to learn

Likely gains from the program:

- Improvement in self-management
- Prevent symptom progression
- Promote healing
- Optimize physical and mental well-being

?possibility of a life changing transformative experience?

World Health Organization definition of health

“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

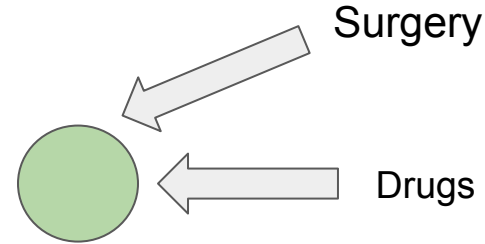
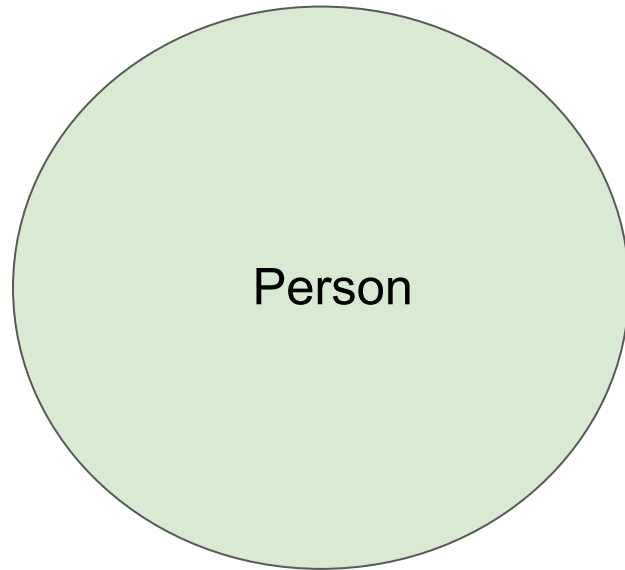
Models of health

Biomedical model: focus on diagnosis and medical treatments

Health promotion model: focus on disease prevention, improving fitness and well-being

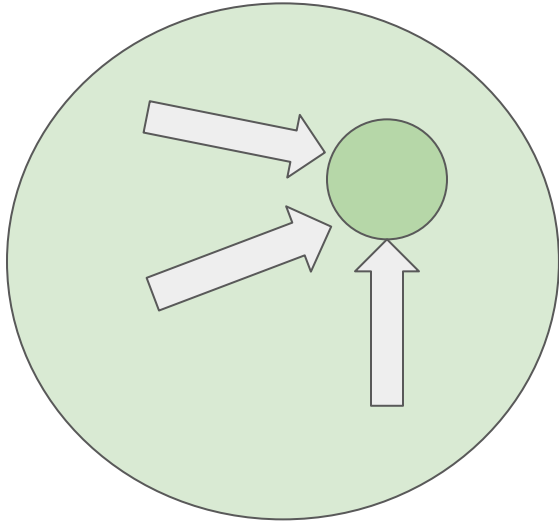
Social model: focus on social, economic and environmental determinants of health

Disease based model



- Illness is an enemy, not part of the whole and needs external factors such as surgery or drugs to eliminate or subdue symptoms
- Does not require the individual to actively participate. The doctor has full responsibility

Whole person model



- Illness is part of the whole and responds to myriad factors in our internal ecology that promote healing
- Requires that the individual actively participates and engages in health promotion
- Requires that the individual partners with healthcare professionals

Salutogenesis (or salugeneses)

- Latin “salus” = health, Greek “genesis” = origin
- Salugens promote healing and recovery

VS

Pathogenesis: study of biological mechanisms that cause disease

- Pathogens cause disease

Biological mechanisms of recovery (salugeneses) are different from the causes of disease (pathogenesis)

If pathology is the study/knowledge of what goes wrong in the body what is the study of how the body rights itself?

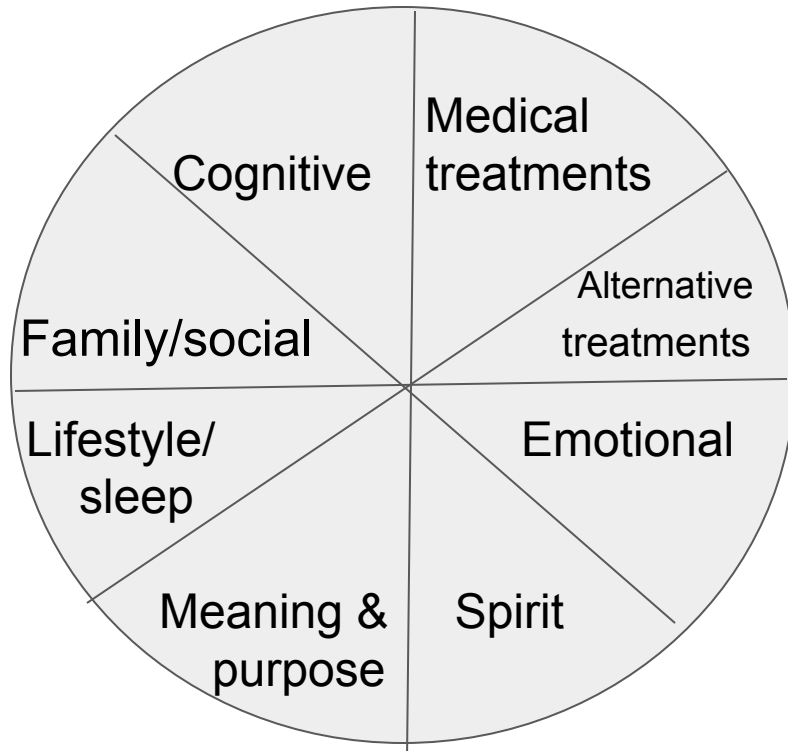
Salutology??

A field of knowledge that is:

- Un-named
- Under appreciated
- Under researched at universities
- Under serviced in a healthcare system largely focused on pathology and the bio-medical model of treatment

Researchers should study people who have recovered and done well and learn from them

Integrative Medicine - All cards (salugens) on the table



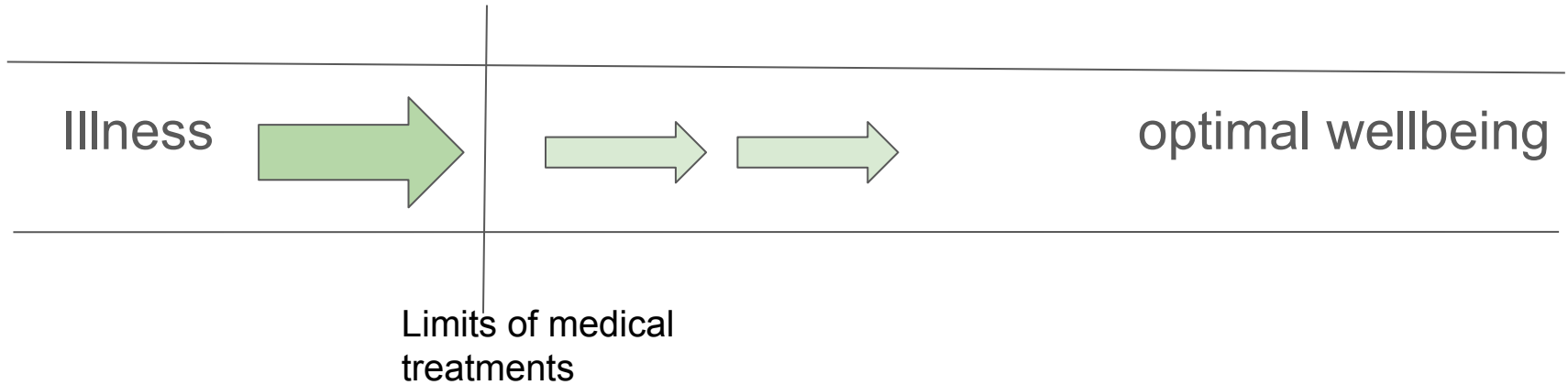
There is a growing evidence base of multiple factors that promote health and healing in chronic illness

How do we put it all together?

Multiple factors need commitment and orchestration

Journey of wellness

An exploration of salugens that promote healing and optimal wellbeing



We need companions on the journey to support each other

Summary of the group program



1. Introduction
2. Nutrition
3. Lifestyle habits, pacing, moving, stretching and sleep
4. Evidence-based medical and alternative therapies
(with Fonda Betts)
5. The mind-body connection
6. Pain management
7. Becoming stress resilient
8. Building cognitive assets
9. Meaning and purpose
10. Spirit

Optional:
Reunion session

Some examples of evidence-based research for integrative approaches that are *salugenic* for chronic pain

Nutrition

- Eat an anti-inflammatory diet with a rainbow of colours
- Vegetables and fruits have phytochemicals which reduce inflammation



Seaman, David R. "The diet-induced proinflammatory state:: A cause of chronic pain and other degenerative diseases?." *Journal of manipulative and physiological therapeutics* 25.3 (2002): 168-179.

Rondanelli, Mariangela, et al. "Food pyramid for subjects with chronic pain: foods and dietary constituents as anti-inflammatory and antioxidant agents." *Nutrition research reviews* 31.1 (2018): 131-151.

Pacing, moving, stretching

“When applied to chronic pain conditions within appropriate parameters (frequency, duration, and intensity), physical activity significantly improves pain and related symptoms.” Ambrose et al



Ambrose, K. R., & Golightly, Y. M. (2015). Physical exercise as non-pharmacological treatment of chronic pain: why and when. *Best practice & research Clinical rheumatology*, 29(1), 120-130.

Restful sleep

“sleep disturbance may impair key processes that contribute to the development and maintenance of chronic pain” Finan et al



Finan, Patrick H et al. “The association of sleep and pain: an update and a path forward.” *The journal of pain* vol. 14,12 (2013): 1539-52. doi:10.1016/j.jpain.2013.08.007

Evidence-based treatments for chronic pain

- Evidence-based medical treatments for fibromyalgia
- The role of medical cannabis (with Fonda Betts)
- Opioids- what is the evidence?
- Benefits and limitations of treatments



Alternative therapies

Is acupuncture effective for the treatment of chronic pain?

Bottom line: Yes

2018 meta-analysis of 39 randomized studies with 20,827 patients that evaluated the use of acupuncture to treat specific musculo-skeletal pain, osteoarthritis, chronic headache, or shoulder pain lasting at least 4 weeks.

For each chronic pain condition acupuncture was superior to no acupuncture.

Vickers et al. Acupuncture for chronic pain: Update of an individual patient data meta-analysis. *J Pain* 2018; 19(5):455-474



Mind-body approaches

- Mindfulness
- Meditation/prayer
- Visualization
- Breathing
- Tai chi, yoga



Garmon, Blake, et al. "Mindfulness-based stress reduction for chronic pain: A systematic review." *Journal of Pain Management* 7.1 (2014): 23.

Every session ends with a Mind-Body practice

- Promotes relaxation
- Improves blood pressure, anxiety, insomnia, depression, chronic pain
- Supports retraining of our autonomic nervous system to stay in balance
- Improves stress resilience
- Helps our brains to absorb and integrate new knowledge
- May improve motivation to set and reach goals



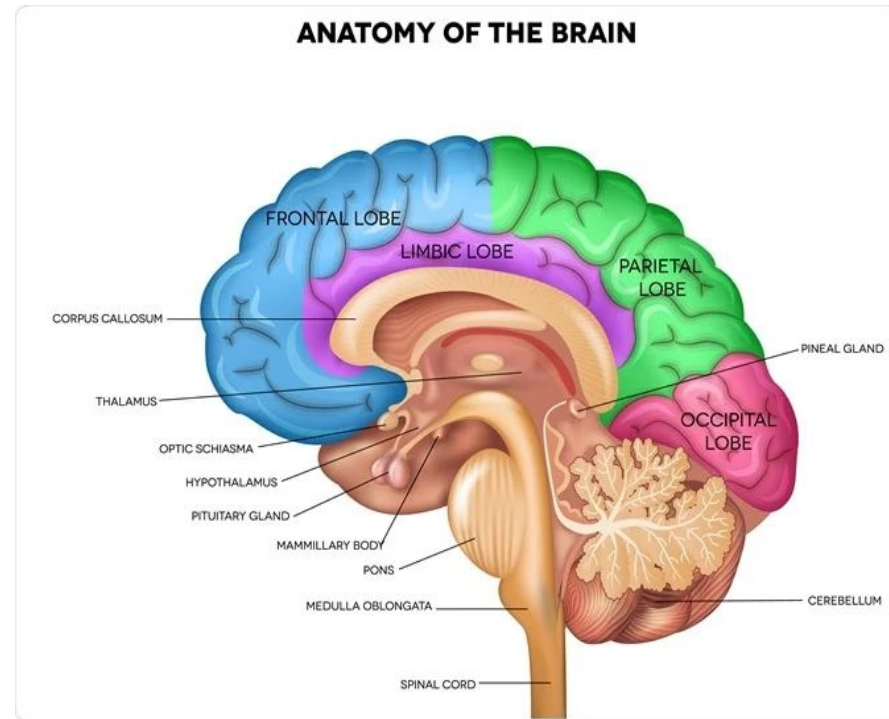
The Benefits of Mind-body Practices Vancouver Coastal Health
<http://www.vch.ca/about-us/news/the-benefits-of-mind-body-practices>

Stress resilience

Chemical, environmental,
physical, behavioural,
emotional, financial, social
stresses

- all affect us

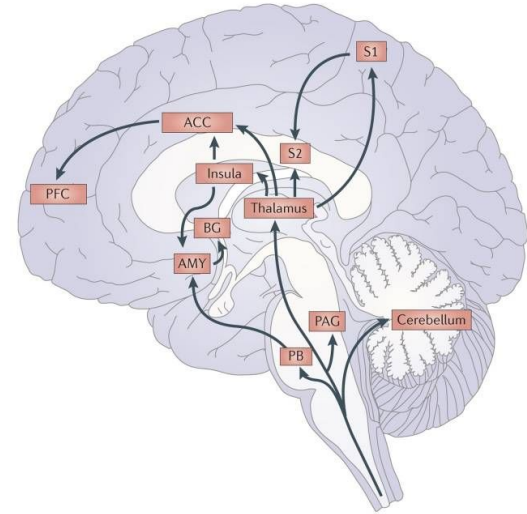
We can learn to improve our resilience



Sturgeon, J.A., Zautra, A.J. Resilience: A New Paradigm for Adaptation to Chronic Pain. *Curr Pain Headache Rep* 14, 105–112 (2010). <https://doi.org/10.1007/s11916-010-0095-9>

Building cognitive assets - thoughts, beliefs and attitudes

Chronic pain alters brain circuitry.
We can learn to modulate cognitive
and emotional states



Bushnell MC, Ceko M, Low LA. Cognitive and emotional control of pain and its disruption in chronic pain. *Nat Rev Neurosci*. 2013;14(7):502-511.
doi:10.1038/nrn3516

Meaning and purpose

- Creating a life that reflects our values and purpose
- Discovering our passion and allowing it to blossom
- Finding fulfillment



Dezutter J, Luyckx K, Wachholtz A. Meaning in life in chronic pain patients over time: associations with pain experience and psychological well-being. *J Behav Med.* 2015;38(2):384-396. doi:10.1007/s10865-014-9614-1

Nourishing our spirit

- Awe
- Wonder
- Nature
- Music
- Art
- Creativity
- Service
- Love

How to sing our song?



Ferreira-Valente A, Damião C, Pais-Ribeiro J, Jensen MP. The Role of Spirituality in Pain, Function, and Coping in Individuals with Chronic Pain. *Pain Med.* 2020 Mar 1;21(3):448-457. doi: 10.1093/pm/pnz092. PMID: 31045211.

Living a balanced life

Our internal permaculture

- Cultivating harmony
- Creating synergy
- Transforming perspectives
- Helping nature regenerate and re-create
- Helping the brain remodel and rewire



Brooks, J. M., Huck, G., Iwanaga, K., Chan, F., Wu, J.-R., Finnicum, C. A., Brinck, E. A., & Estala-Gutierrez, V. Y. (2018). Towards an integration of the health promotion models of self-determination theory and theory of planned behavior among people with chronic pain. *Rehabilitation Psychology*, 63(4), 553–562. <https://doi.org/10.1037/rep0000245>

Let's do it together



Program consists of 10 weekly 1-½ hour zoom sessions:

All sessions are group medical visits covered by MSP

Optional reunion session for social connection

Your engagement = your benefit

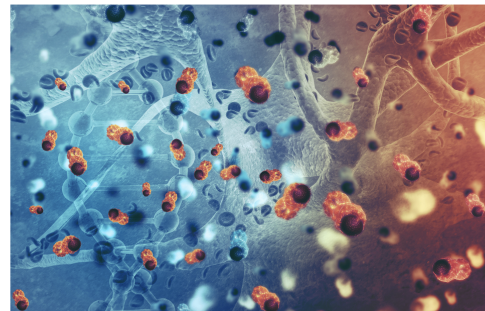
Wellness Group Medical Visits



The Long Mile: Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

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Ask the Expert Cannabis Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Potential side effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Driving & travelling
- How to store your medication

201: Inhaled Cannabis; Dried Flower, Vape Pens & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica, hybrids)
- How to determine your optimal dose & monitoring effects
- Taking proper care of your vaporizer
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Edibles (mints, baked goods, snacks, candy, chocolates, teas & other beverages)
- Tinctures & sprays
- Creams, salves & liniments
- Differences between onset of actions for various routes of administration
- Risks & side effects
- Choosing a product that is right for you
- Dosing of extracts and edibles; the basics
- Driving & travelling
- How to determine your optimal dose & monitoring effects

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