

Creating a Chronic Pain Self Management Program on a Shoestring

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Faculty/Presenter Disclosure

- **Faculty:** Melissa Holowaty
- **Program:** Rural and Remote 2019
- **Relationships with Commercial Interests:**
 - **Grants/Research Support:** none
 - **Speakers Bureau/Honoraria:** Indivior, Knight Therapeutics
 - **Consulting Fees:** Indivior
 - **Other:**

Disclosure of Commercial Support

- This program has received financial support from the SRPC in the form of Honoraria for presentation, however this was waived to benefit the SRPC.
- This program has received in-kind support from the SRPC in the form of logistical support.
- Potential for conflict(s) of interest:
 - Dr. Holowaty is a member of the SRPC Board

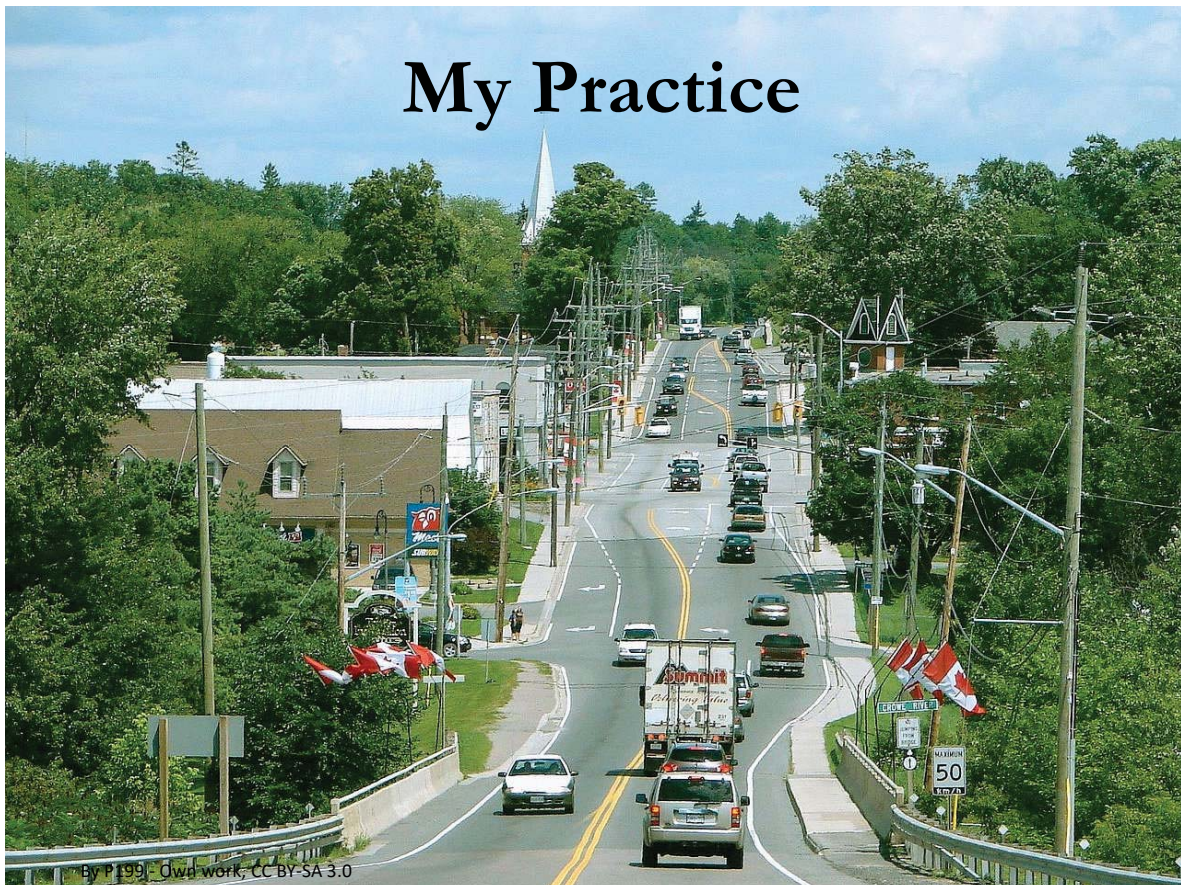
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- The SRPC is a not-for profit organization that does not benefit from the mention of any products mentioned within the presentation.
- No pharmaceutical products will be discussed in this talk.

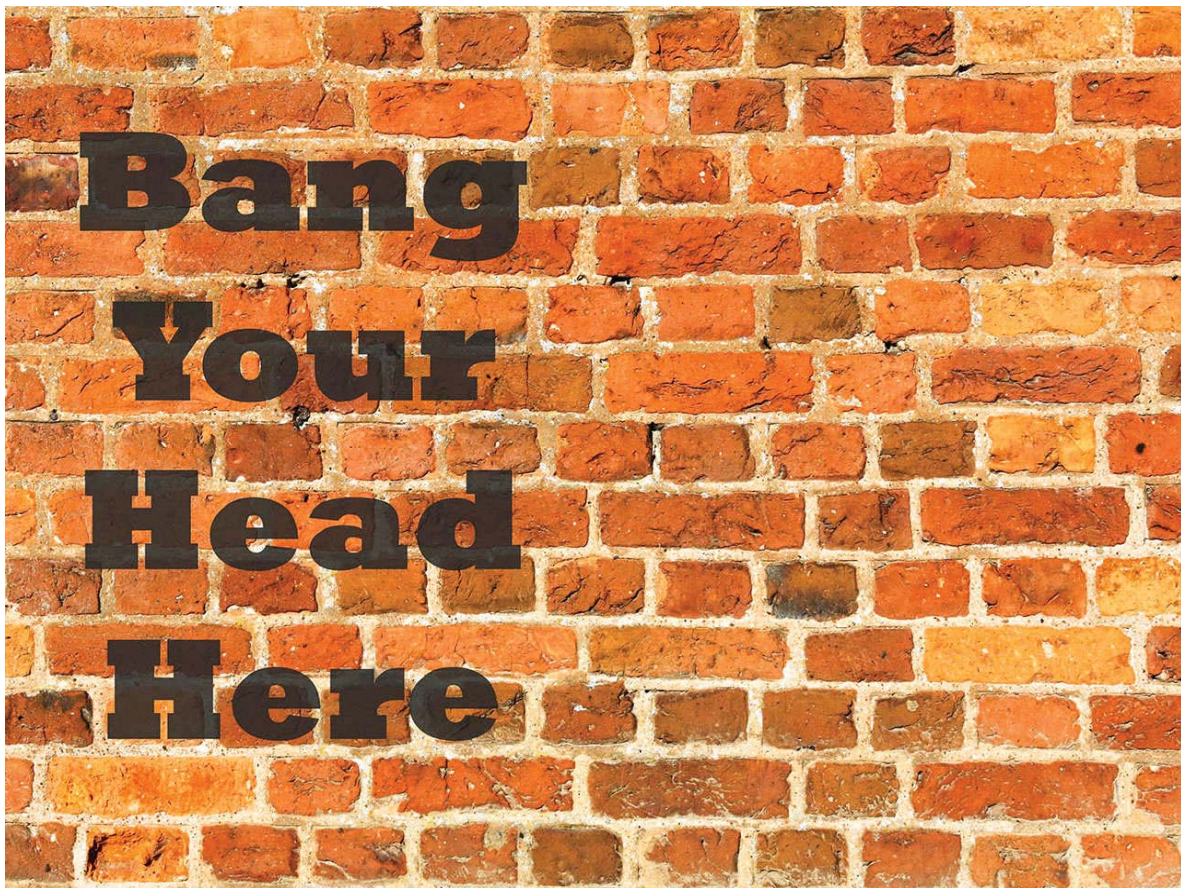
Learning Objectives

By the end of this presentation, attendees will be able to:

1. Discuss three self-management strategies
2. Demonstrate two techniques that can be done by patients at home
3. Recommend different self management strategies to individual patients based on their unique needs.

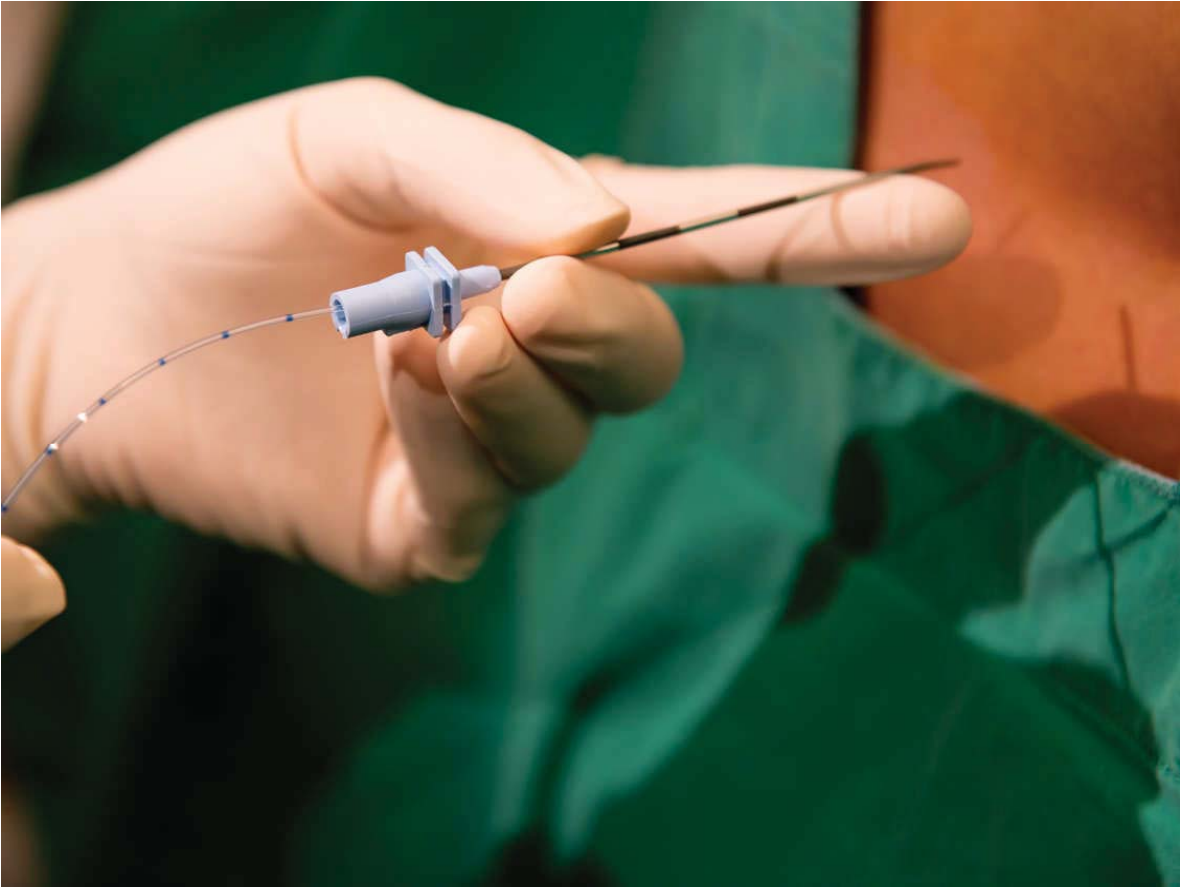




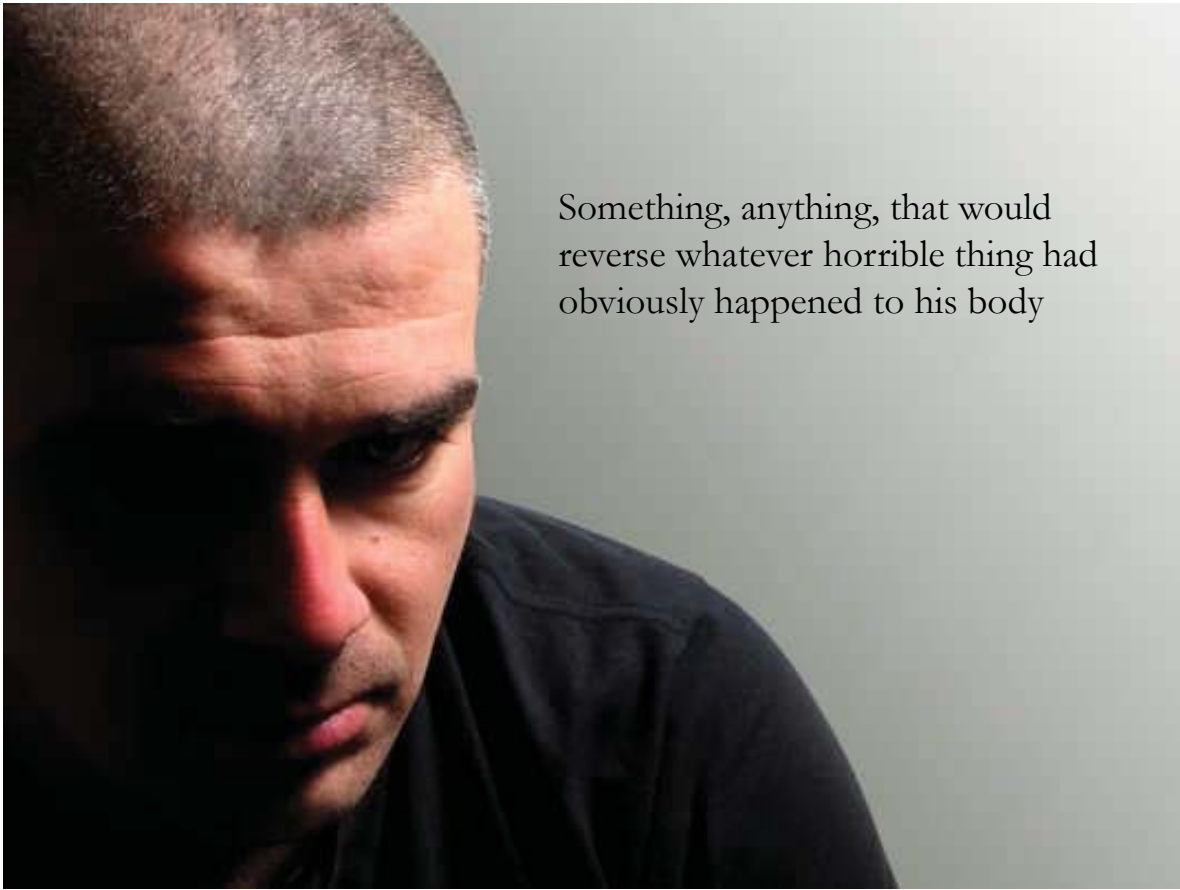


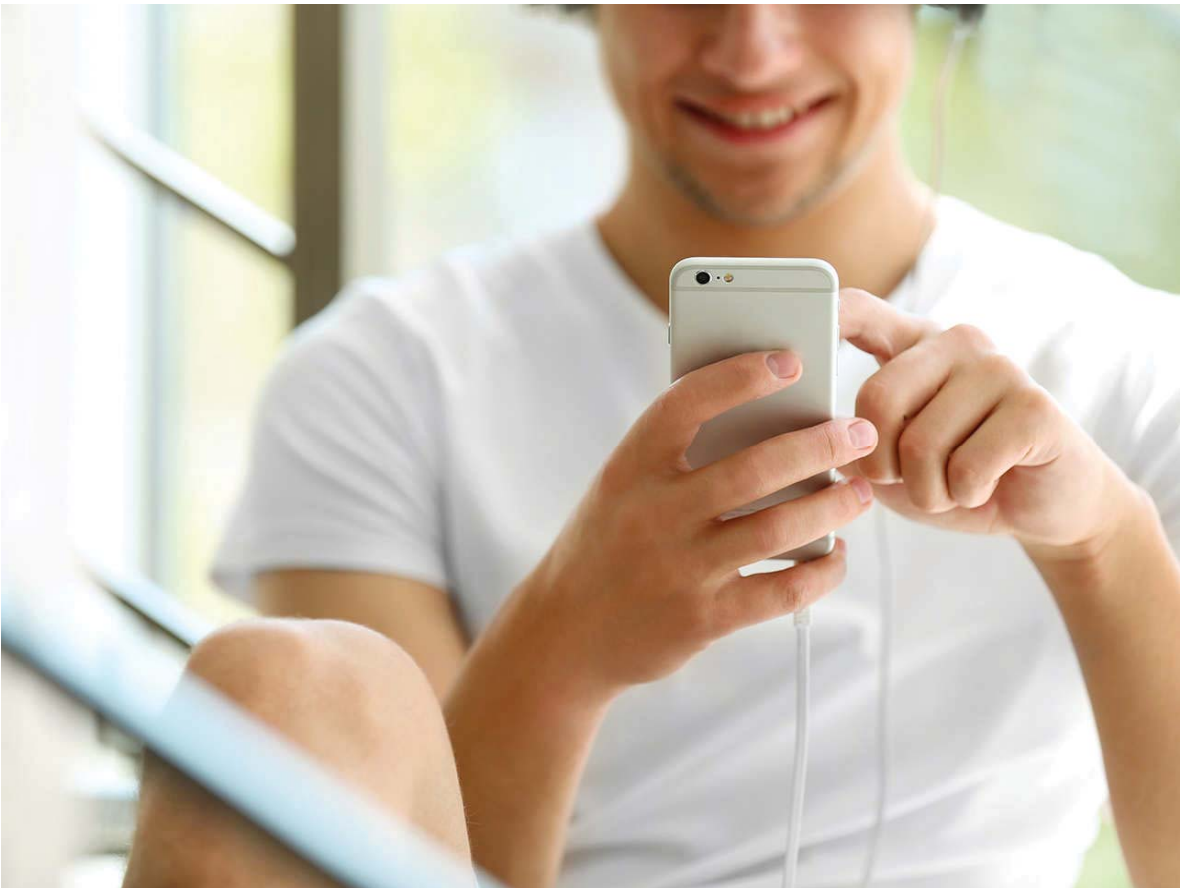


Dan













Understanding Pain in less than 5 minutes, and what to do about it!

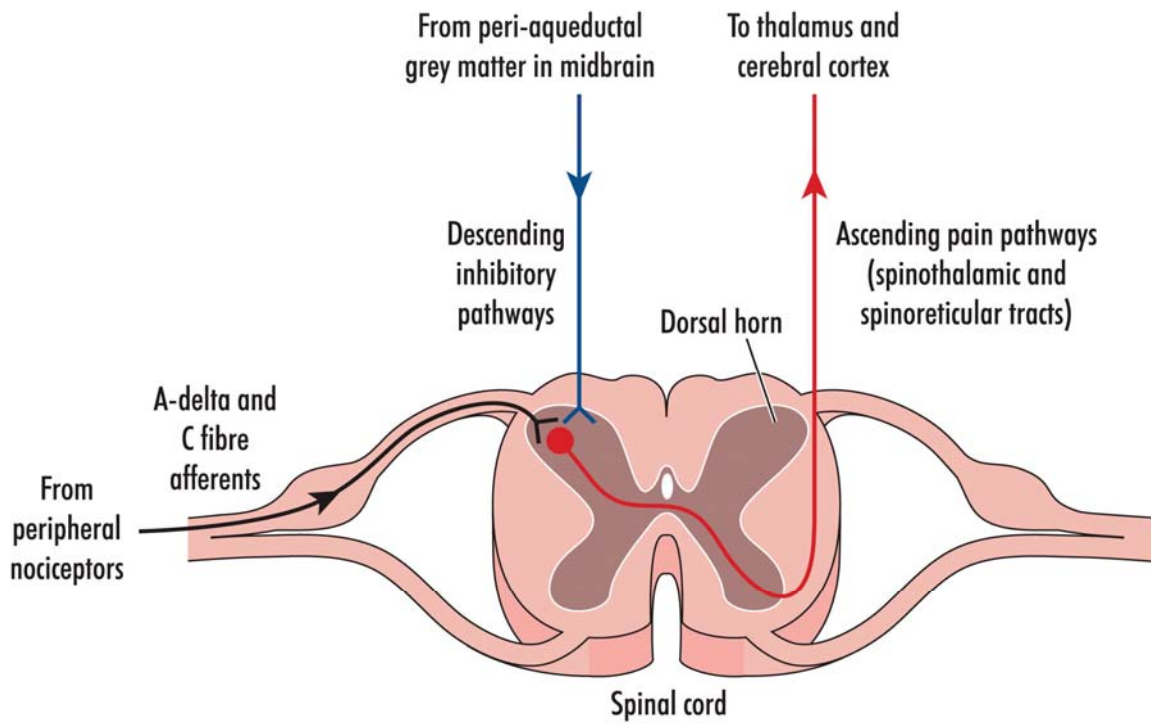
Live Active

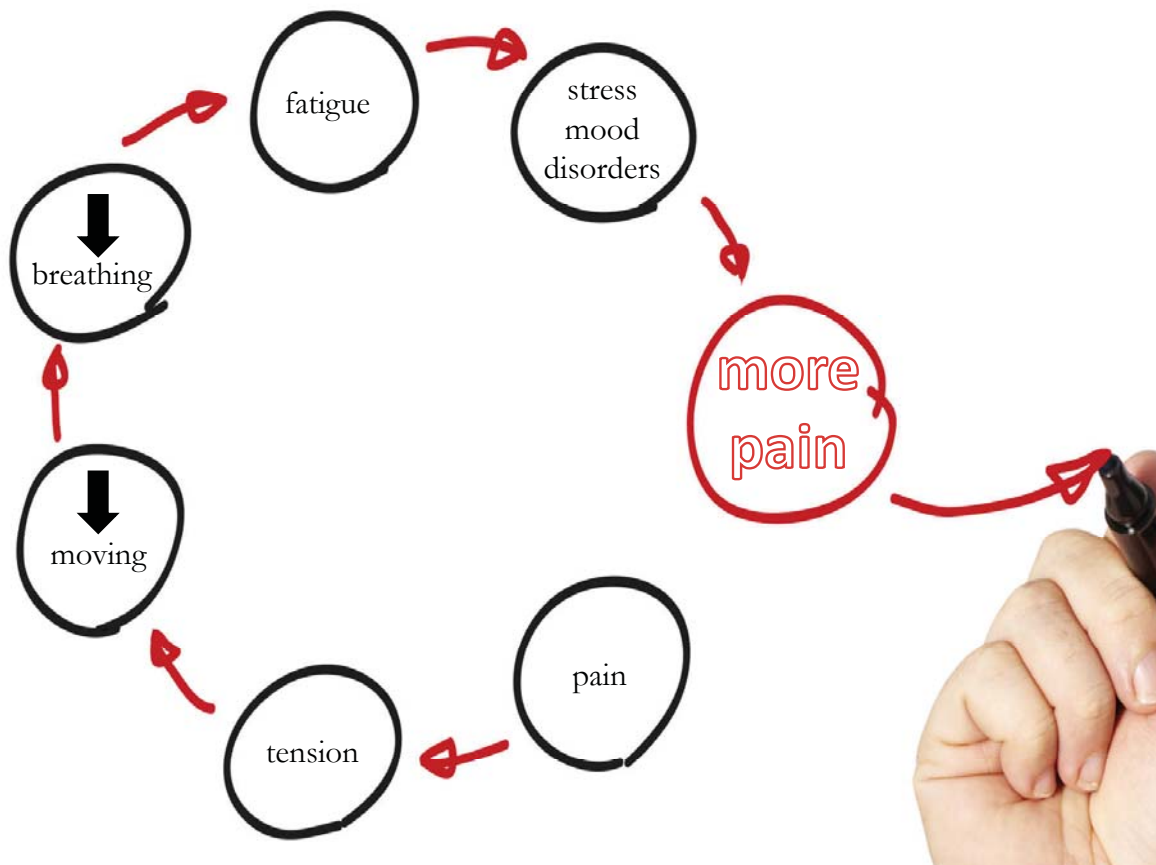
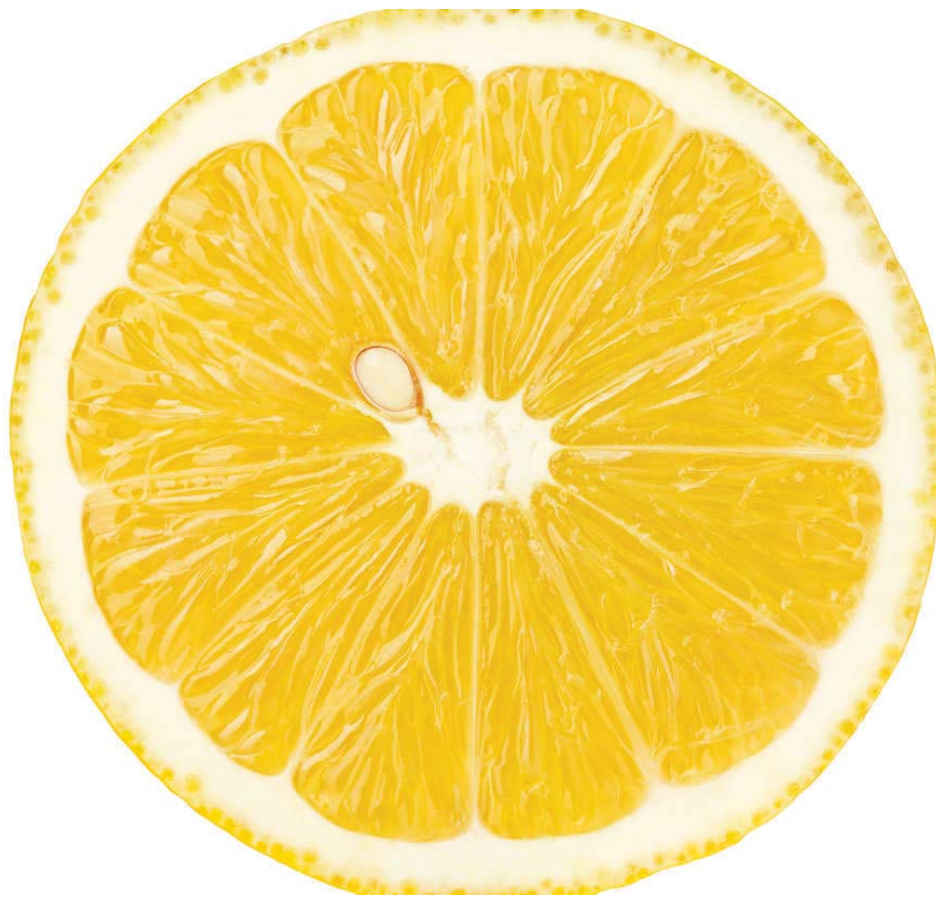
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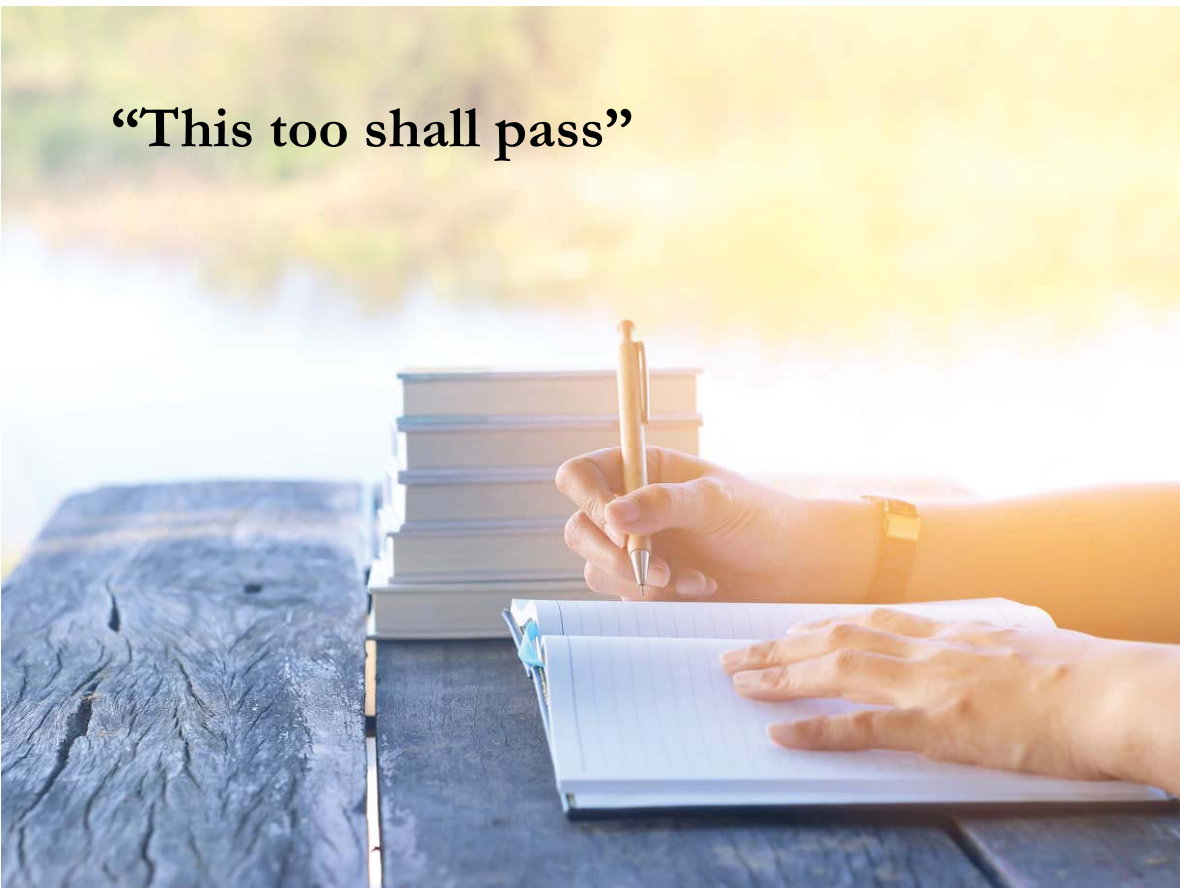
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Mindfulness









* Experiencing interruptions?

[Find out why](#) ×

trigger point explained with animation



Michiel Akkerman

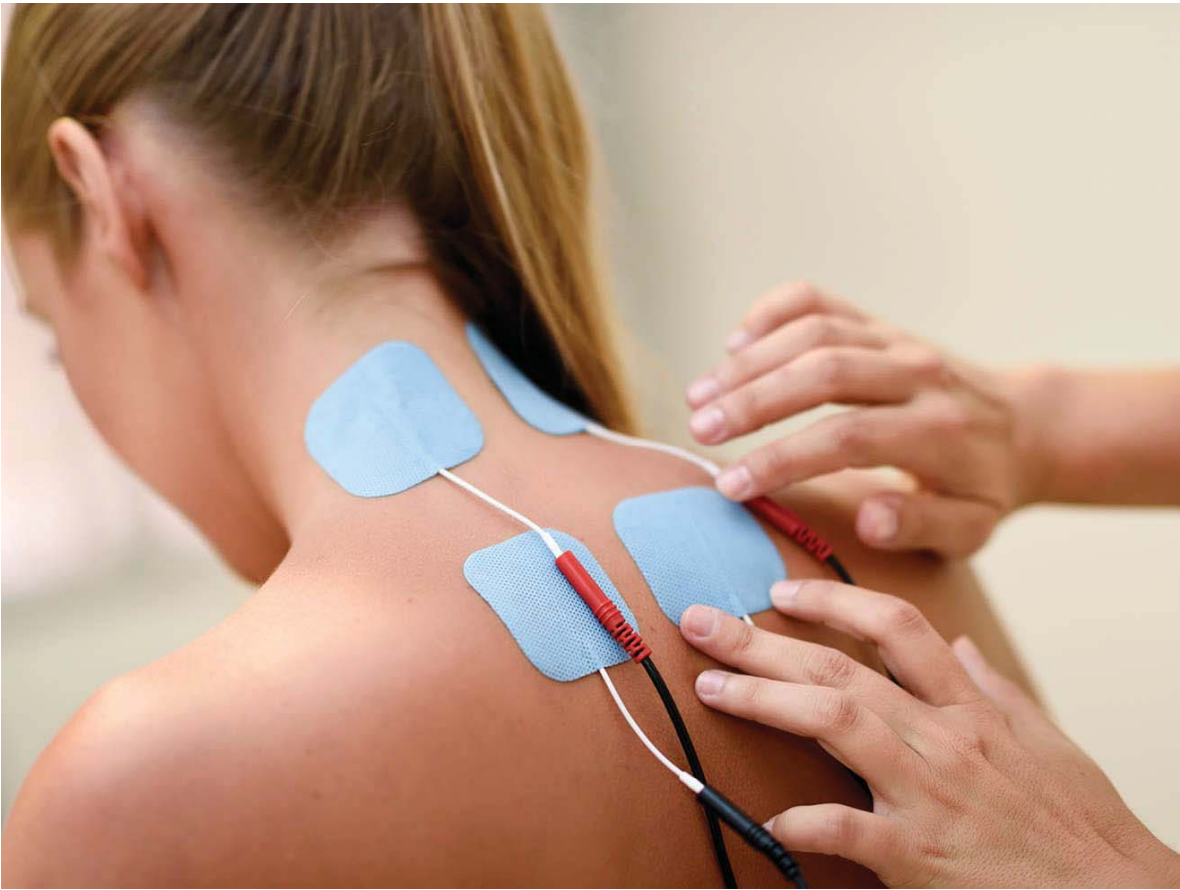
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Hurt does not equal Harm





Breath Ball Relaxation

FunDriven.com Health & Fitness

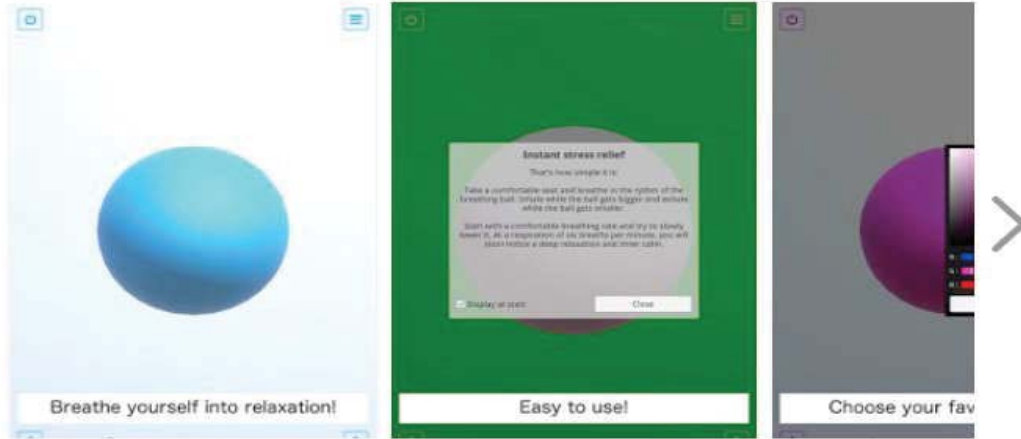
★★★★★ 11

Everyone

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What to do if stress and mental pressure dominate life?



Relax

Calm.com, Inc. Health & Fitness

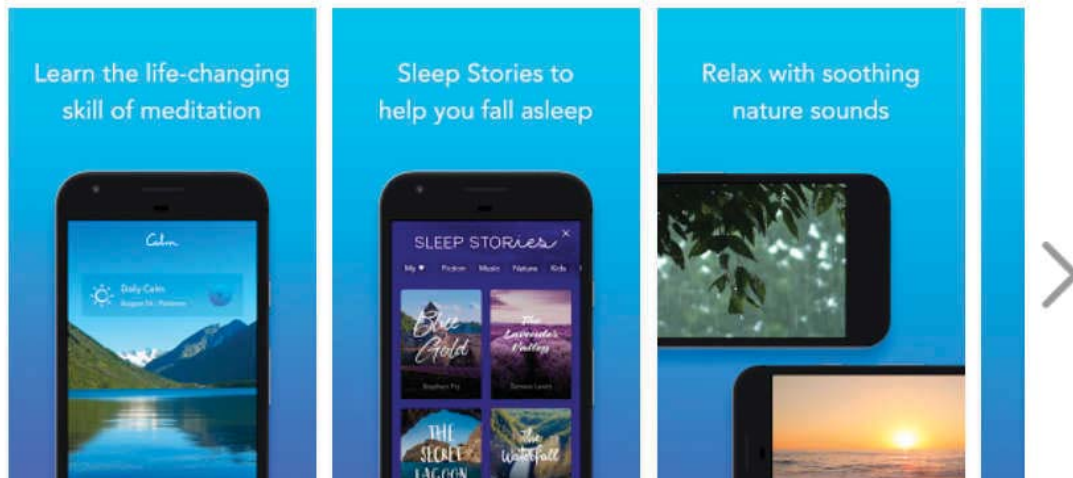
★★★★★ 76,181

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Stop Breathe & Think: Meditate

Editors' Choice

Stop, Breathe & Think Health & Fitness

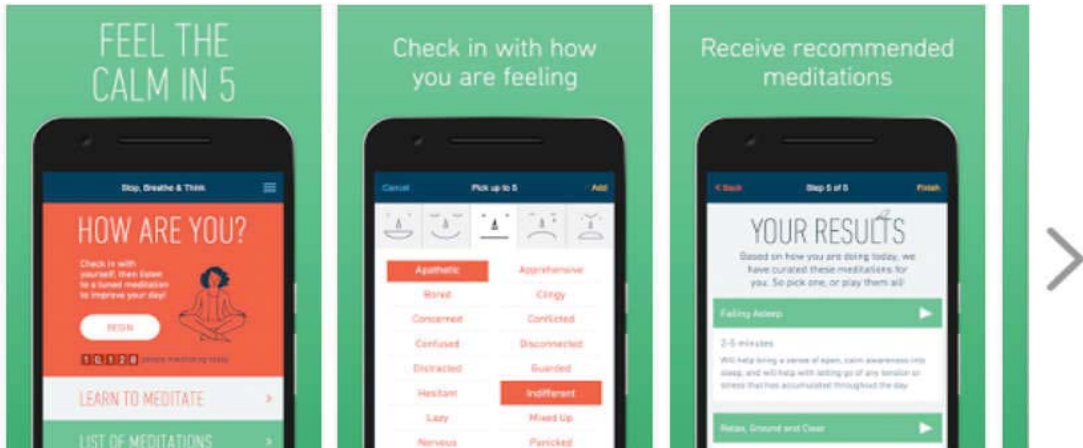
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Muse

InteraXon Health & Fitness

★★★★★ 955

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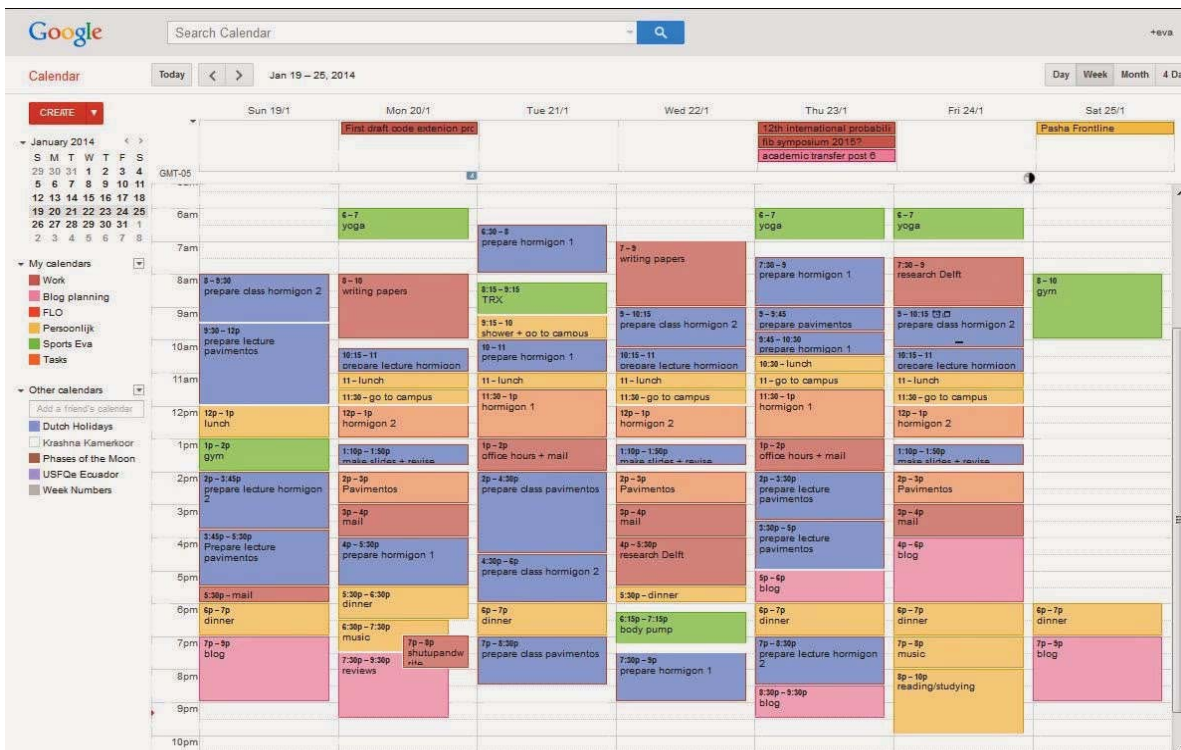
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Pacing for Fatigue



Working to Schedule



Pacing Tips

- Be aware of your activities and how you do them
- Avoid rushing and crowding them all together
- Plan ahead – make a weekly calendar and spread activities evenly through the week
- Prioritize activities – what is really important and what is not?
- Set reasonable goals for total activity
- Use **time** and **not pain** to guide when you take breaks.



CBT-i

cognitive behaviour therapy for insomnia:

- sleep education
- stimulus control
- sleep restriction therapy



SLEEP LOG

WENT TO BED	10 PM
FELL ASLEEP	10:45 PM
WAKE UP	5 AM
TIMES WAKE UP	4
NAPS	2 (15 MIN)
ARGUMENTS	1
COFFEE	15 CUPS
ALCOHOL	0

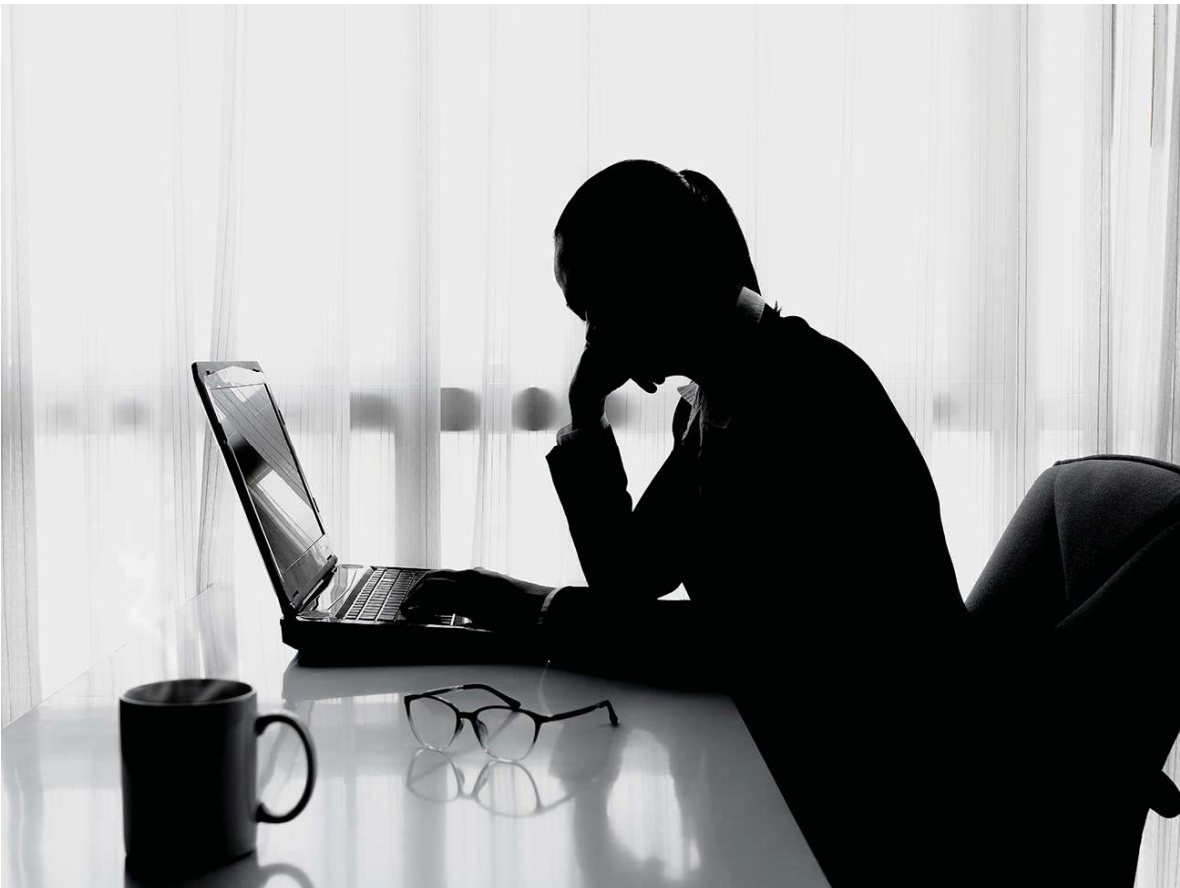
How to Sleep Better - Fixing Insomnia

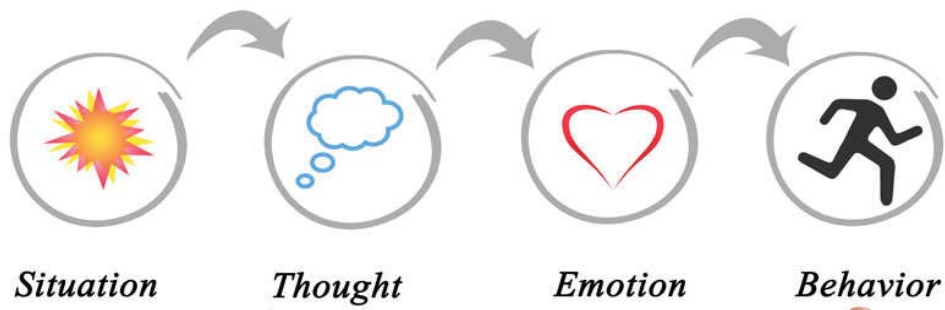
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Affirmations

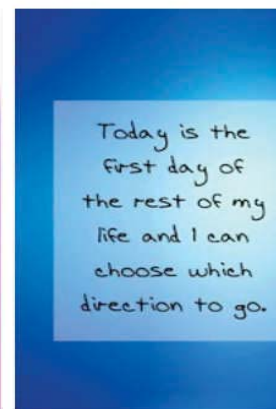
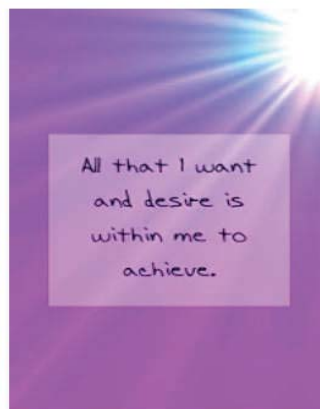
annadroid Health & Fitness

★★★★★ 730

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Many of our thoughts are automatic thoughts and much of it is often negative, which then creates negative thoughts and feelings. Using affirmations can change your thought patterns. This application contains affirmations that you can use to break the negative automatic thoughts.



ThinkUp: Positive Affirmations

Precise Wellness LLC Health & Fitness

★★★★★ 1,005

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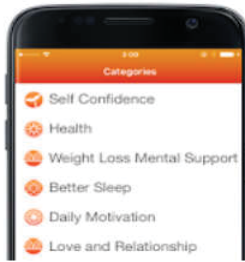
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overcome
challenges
with
**Positive
Affirmations**



“
Life changing app
for Stress Relief...
the way to a
happier life”

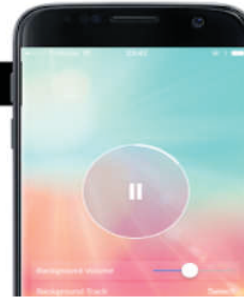
Featured in **BAZAR
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COSMOPOLITAN**

Hundreds of
**positive affirmations
by experts**

Record
in your voice

Amp up with
your favorite music

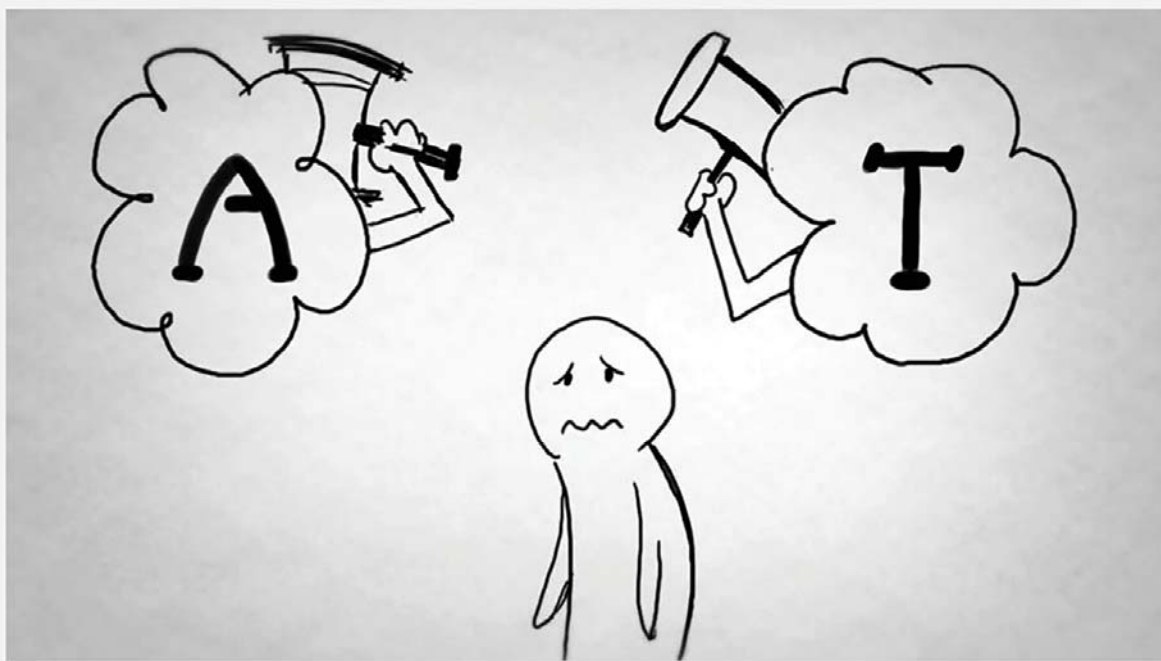
Daily motivation
and relaxation



C
p

The most popular iPhone app for Positive Affirmations and Positive Thinking is available for Android! What stops you from achieving goals or becoming who you want to be? Build your own self improvement program to develop the mindset and motivation you need to succeed, using personal





Automatic Thoughts



watchwellcast

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545,989 views

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6,819 110

ABC Worksheet

Activating Event (Stressful Situation)	Beliefs (Automatic Thoughts)	Consequences (My Reactions)
I bend over to pick up a package and I get a big increase in my pain.	Why me? What did I do to deserve this? Now I'm in for a miserable day.	Emotional: Frustrated and angry Physical: Face feels hot and flushed Behavioral: Walk slowly so I don't cause more pain
		Emotional:

Restructuring Thoughts Worksheet

Situation	Emotion	Automatic Thought	Evidence for	Evidence against	Positive Coping Thought	Emotion
Describe the event that led to the unpleasant emotion.	Specify sad, angry, etc., and rate the emotion from 0% to 100%.	Write the automatic thought that preceded the emotion.	What is the evidence that this thought is true?	What is the evidence that this thought is false?	What else can I say to myself instead of the automatic thought?	Re-rate the emotion from 0% to 100%.



Cognitive Diary CBT Self-Help

Excel At Life Medical

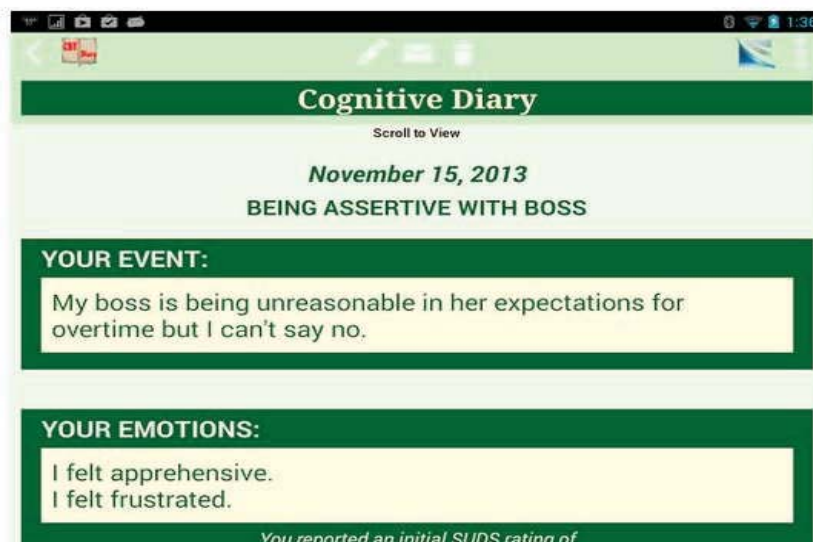
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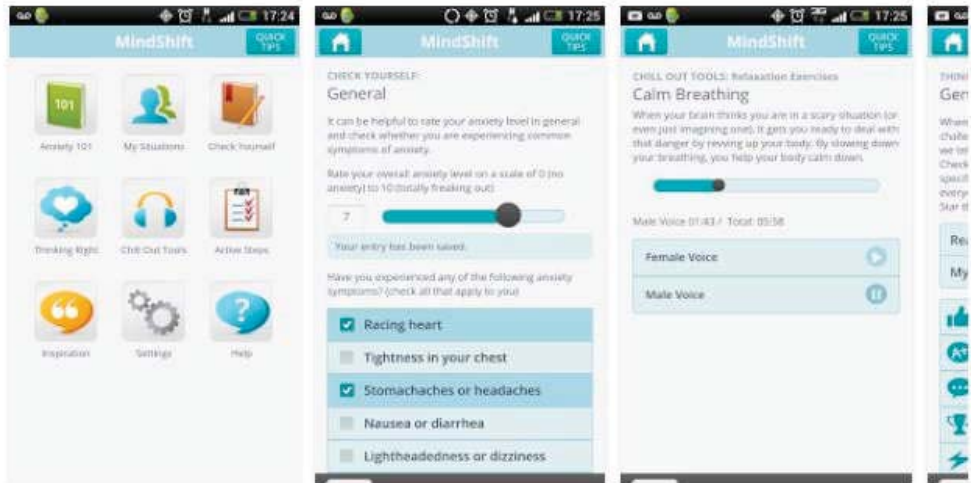
MindShift™

Anxiety Disorders Association of British Columbia & Fitness Health ★★★★★ 880

Everyone

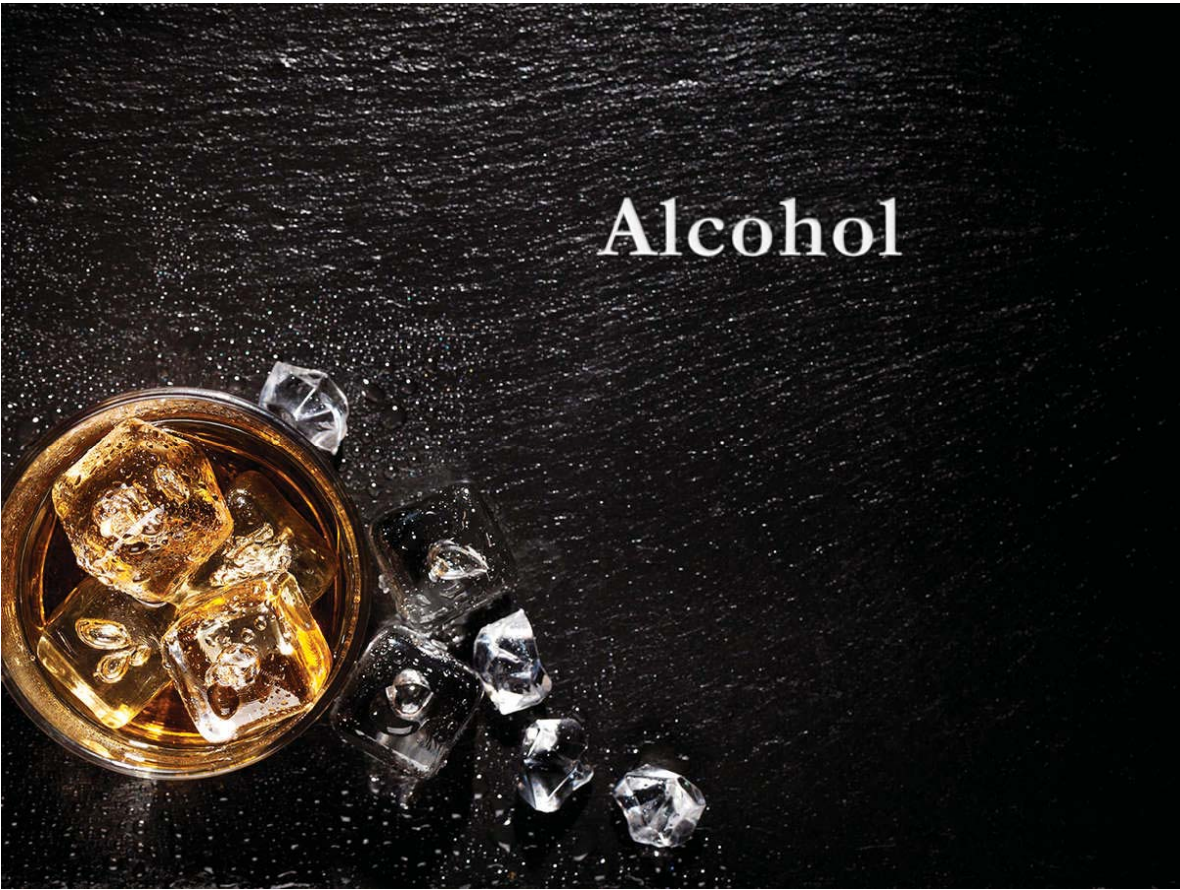
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<https://www.eatrightontario.ca/en/AskADietitian.aspx>

Alcohol





Welcome back!

Once you complete your free trial, this will be the place to come for on-demand relief

Whether you need a guided meditation, a pep talk, or a way to release negative emotions, I'll be here waiting to help



So keep on moving through your lessons, and I'll see you back here soon!

Okay, see ya!



Learning Objectives

By the end of this presentation, attendees will be able to:

1. Discuss three self-management strategies
2. Demonstrate two techniques that can be done by patients at home
3. Recommend different self management strategies to individual patients based on their unique needs.

Take Home Messages:

1. Education is key.
2. Remember to breathe.
3. Use props and demo techniques/get patients to download apps on their phone **while you are with them**.
4. All movement is good.