

National Pain Awareness Week Update

Event: Evolution of Pain Self-Management and the Role of Acceptance Plays in the Journey.

Date and location: October 19, 2012 from 6:30 to 9 pm at Hilton Vancouver Metrotown, Burnaby, BC Hosted by: People in Pain Network and Pain BC

We were very fortunate to have a mixed audience of people living with pain, their family and friends and many health care providers attend this educational forum.

Dr. Patrick Myers, a psychologist and board member of PIPN spoke to studies that show benefits of acceptance in pain self management and improved function and quality of life. In summary, there are many benefits for the person living with pain when the person has moved into acceptance of their pain which helps them to practice the many skills for improved pain self management and to build a support teams, both professional and personal.

Heather Divine spoke about her journey of acceptance and the many points of resistance and unrealistic expectations that presented challenges. Heather spoke about learning new skills involving pacing, prioritizing and balancing and used her personal experiences to illustrate the old behaviours, the reality of the living with pain and the new more helpful actions.

The event included very important "Table Talk" where each table worked on a question regarding Acceptance and then reported their findings back to the large group. The insights and suggestions from the Table Talk sessions were powerful, emotional and extremely helpful. People in Pain Network will use this information to continue the development of the Pain Toolkit, a pain self management program that will be available to all members of PIPN and to all support groups.

If you are interested in receiving the Pain Toolkit please become a member of PIPN (\$15.00 a year) and register for the Pain Toolkit at www.pipain.com.

For more information email at info@pipain.com Heather Divine

CEO
People in Pain Network (PIPIN)

Following a patient/provider forum on the theme of Acceptance in the Persistent Pain Journey, hosted in partnership with the People in Pain Network, Pain BC hosted its second annual health care providers conference, bringing together 285 interdisciplinary health care providers for learning on a variety of topics. The conference theme was "The Evolution of Pain Management" and focused on how dramatically the pain management landscape has changed in the last 15 years. A compelling and entertaining keynote address explored the paradigm shift that is underway as the difference, and the link, between acute and chronic pain become more clearly understood. Eight breakout sessions highlighted practical strategies for front line health care providers: Practical Assessment and Treatment Strategies, Chronic Post-Surgical Pain, Avoiding Medication Mayhem, Acute Pain Management for the Opiate-Experienced Patient, Pain in Older Adults, Pain in the Palliative Care Context, Supporting the Return to Work and Supporting Youth/Children in the Return to School. In all sessions, conference faculty pulled on emerging research, best practices, and incorporated self-management elements, recognizing the importance of people in pain as partners in their own care and wellbeing. Conference attendees heard from Len, Frankie, Sandra and Andrew, 4 people in pain who shared their stories and experiences with the Pain Clinic in Victoria, BC; conference participants noted the importance of this element in the program, highlighting the need for more opportunities for providers to hear, and learn from, people in pain. Conference presentations will soon be available on the Pain BC website: www.painbc.ca. With the last two conferences selling out, the Planning Committee is already looking towards next year and exploring ways to deliver this education in smaller communities across the province.