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| CHRONIC PAIN |

Overview

Chronic pain is characterized by a type of pain that typically lasts longer than 6 months. This type of pain is generally remains even when the injury or illness that originally caused the pain has healed or gone away. The problem is that pain receptors remain active and unfortunately cause the pain last for weeks, months or even years. Sometimes, chronic pain can arise even when there is no previous illness or injury. Chronic pain can have major effects on the physical function of the body and in turn cause deficits in all areas related to the health of an individual including: physical, emotional, mental and nutritional status. Therefore, the proper management of chronic pain is essential in maintaining a healthy and fulfilled lifestyle.

A Brief Guide to Pain Management Therapy from the Professionals

Each person responds differently to pain management. As such, it is important to have a basic understanding of the available therapies that aim to reduce chronic pain and increase overall quality of life. Follow the links to gain a brief understanding of what is available in terms of pain management techniques.

Informational Brochures

* [Living well with chronic pain](http://hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Patient-Education-Living-with-chronic-pain-Pain-Clinic-1.pdf)
* [Chronic pain and exercise](http://hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Patient-Education-Chronic-pain-exercise-Pain-Clinic.pdf)
* [Chronic pain and work](http://hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Patient-Education-Chronic-pain-work-Pain-Clinic.pdf)
* [Chronic pain and sleep](http://hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Patient-Education-Chronic-pain-sleep-Pain-Clinic.pdf)
* [Chronic pain and intimacy](http://hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Patient-Education-Chronic-pain-intimacy-Pain-Clinic.pdf)

[Medications for Pain Management](https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Patient-Education-Medication-for-chronic-pain-Pain-Clinic.pdf)

[Take Free e-learning course on the medical use of Cannabis](https://datacann.mcmaster.ca/education/patient)

Chronic Pain Clinics in Ontario

If you or someone you know is suffering from unresolved chronic pain it is important to first discuss the issue with a family physician or nurse practitioner. If the situation remains unresolved then a referral to a chronic pain clinic may be in the best interest of the individual.

\*\*Please note the services at each of the following locations are covered by OHIP and require a referral from either a physician or nurse practitioner. Follow the links for more information

Chronic Pain Clinics for adults in Ontario:

* [Toronto Academic Pain Medicine Institute](http://tapmipain.ca/)
* [Hamilton Health Sciences](https://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/)
* [St. Joseph’s Healthcare Hamilton](https://www.stjoes.ca/hospital-services/outpatient-services/specialty-clinics-king-campus)
* [Hotel Dieu Hospital](http://www.hoteldieu.com/programs-and-departments/chronic-pain-clinic)
* [St. Joseph’s Health Care London](https://www.sjhc.london.on.ca/pain-management)
* [The Ottawa Hospital](http://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/anesthesiology/pain-clinic/)
* [Health Sciences North](https://www.hsnsudbury.ca/portalen/Programs-and-Services/Community-Care-and-Rehabilitation/Integrated-Chronic-Pain-Program)
* [Thunder Bay Regional Health Sciences Centre and St. Joseph’s Care Group](http://www.sjcg.net/services/mental-health_addictions/outpatient/pain.aspx)

For additional information regarding Chronic pain management follow the links below

[Canadian Pain Society](http://www.canadianpainsociety.ca/)

[Chronic Pain Association of Canada](http://www.chronicpaincanada.com/)