

Pain Management Program - Allied Health Services

What is Allied Health?

At the Pain Management Program, your allied health team includes occupational therapists, pharmacists, physiotherapists, psychologists, social workers and nurses. All specialize in pain management. All visits with our allied health team are covered by OHIP. **Due to the COVID-19 pandemic, all allied health team facilitated group programs are being conducted virtually, as are many individual assessments.**

Why Seek Treatment?

Managing chronic pain is difficult. You may not understand your diagnosis, why you have the symptoms you do, or how to cope. You may feel frustrated, confused, angry, depressed, overwhelmed or afraid. Beyond the pain, a chronic illness can interfere with every aspect of your life - the ability to be productive at work and at home, leisure activities, relationships and social activities. It can affect your mood, self-confidence and coping resources. We can help. We use treatment approaches with proven effectiveness. Our services receive excellent reviews.

Pain 101 Session

This two-hour group session is the starting point for all new patients and introduces you to the Pain Management Program. It will help you to understand chronic pain and the large 'tool box' of treatments and coping skills you will need to manage your pain. We will help you to identify your challenges and begin to build your treatment plan and health care team.

Drug Coverage Workshop

If you don't have drug coverage, the cost of medications can limit your treatment options. During this two-hour group session, you will find out about various drug benefit programs you may be eligible for and receive guidance with the application process.

Disability Workshop: What You Need to Know

This two-hour group session will review income support programs, provide tips on how to complete disability applications, and introduce community resources that can assist you with the complex application and/or appeals processes.

Additional Theme-Based Workshops

Many things affect your pain and the effectiveness of treatments. These two-hour sessions address common challenges such as family stress, explaining your pain, smoking, weight gain, insomnia and sexual dysfunction. We provide tips, self-help materials and links to community resources. Check the workshop schedule on our website www.sjhc.london.on.ca/areas-of-care/pain-management-program/services to see what is coming up.

Family Group

Chronic pain is often referred to as a "family issue" because it affects all members of the family – not just the person who is in pain. In this group, we offer patients and families the opportunity to learn and talk about chronic pain, and to understand the impact chronic pain has on relationships. This group meets weekly for two hours for six weeks.

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Pain Management Group (PMG)

Are you struggling to manage your pain? Would you like to improve your quality of life? This group teaches coping strategies to reduce symptoms of pain, stress, frustration and depression. You will learn how to avoid triggers and increase participation in work, household and social activities without increasing your pain. We help you to accept the circumstances that cannot be changed and find ways to rebuild a meaningful life. This group meets weekly for ten weeks.

Depression Treatment Group (DTG)

Living with chronic pain can be emotionally draining and the risk of depression is high, which can worsen your pain and affect your coping efforts. This group teaches you coping skills to boost your mood and help you to enjoy life again. This group meets weekly for ten weeks.

Booster Sessions

“Falling off the wagon” with new coping skills is normal. Group booster sessions help participants problem-solve and identify new ways to cope with pain management challenges and relapse triggers, such as low mood, perfectionism, communication difficulties, etc. These two-hour sessions are open to patients who have completed one of our treatment groups (PMG/DTG).

Social Work

Living with financial stress, a lack of medication coverage, disability application processes, and/or trying to find supports in the community can all complicate pain management. Register for a workshop to explore solutions and options. Individual support is available as needed.

Social Work / Psychology

Are you experiencing grief, depression, anxiety or stress related to chronic pain? Our psychologists provide assessments, group therapy and individual treatment (limited). Our social worker provides short-term counselling and facilitates access to mental health services, addictions treatment, family counselling, and other services.

Occupational Therapy

Occupational therapists (OTs) help patients manage pain, increase activity tolerance, and find new ways to perform self-care, homemaking, leisure or work activities. OTs provide education on activity pacing, posture, modifying activities, joint protection strategies, sleep management and assistive devices. OTs also provide splints, orthotics and hand therapy.

Physiotherapy

Physiotherapists help you improve your strength, function, and mobility. Individualized exercise programs will be prescribed, and we can find the right community exercise program for you.

Pharmacy Consult

Do you have questions about how your medications work, how to take them properly, or how to reduce side effects? Ask for a consult during your next pain clinic visit.

How to Contact Us

For more information or to make an appointment with our allied health team, please contact our administrative team at 519 646-6100 ext. 61792 or painmanagementclinic@sjhc.london.on.ca

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