

SUMMERVILLE

Family Health Team

Managing Chronic Pain

Beyond Medications

Yali Gao, Clinical Pharmacist
Alex Nguyen, Dietitian Intern
Lindsay Bickerstaffe, Kinesiologist
Rosie Vujcic, Social Worker

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Disclosure

- ▶ This session is meant to be for educational purpose only. Please refrain from disclosing any personal medical information and asking for medical advice.

Chronic Pain

What is chronic pain?

- ▶ Pain that has been there for longer than 3 months

Who does chronic pain affect?

- ▶ It is common! Approximately 30% of adults experience chronic pain
- ▶ 18% of Canadian adults suffer from moderate to severe chronic pain daily or most days of the week
- ▶ It is THE MOST common reason patients see their family doctor
- ▶ Older adults are at higher risk of untreated/inadequately treated pain



Chronic Pain

Why do we care?

- ▶ Chronic pain is unlikely to get 100% better. A good result is 30% reduction in pain and improvement in function
- ▶ It is associated with the worst quality of life when compared to other chronic diseases
- ▶ Patients with chronic pain are 2-7x more likely to also be experiencing mood and anxiety issues
- ▶ Chronic pain may also contribute to: reduced mobility, reduced concentration, sleep disturbances, social isolation, increased reliance on caregivers



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Medications



Limitations of Medications

MEDICATIONS	LIMITATIONS
Acetaminophen (Tylenol)	<ul style="list-style-type: none">• Liver concerns at high doses• Caution when combining with alcohol
Anti-inflammatory (ibuprofen, celecoxib, naproxen)	<ul style="list-style-type: none">• Kidney concerns• Increased risk of heart attack and stroke• Increased risk of bleeding (drug interaction with other blood thinning agents), stomach ulcers• Fluid retention



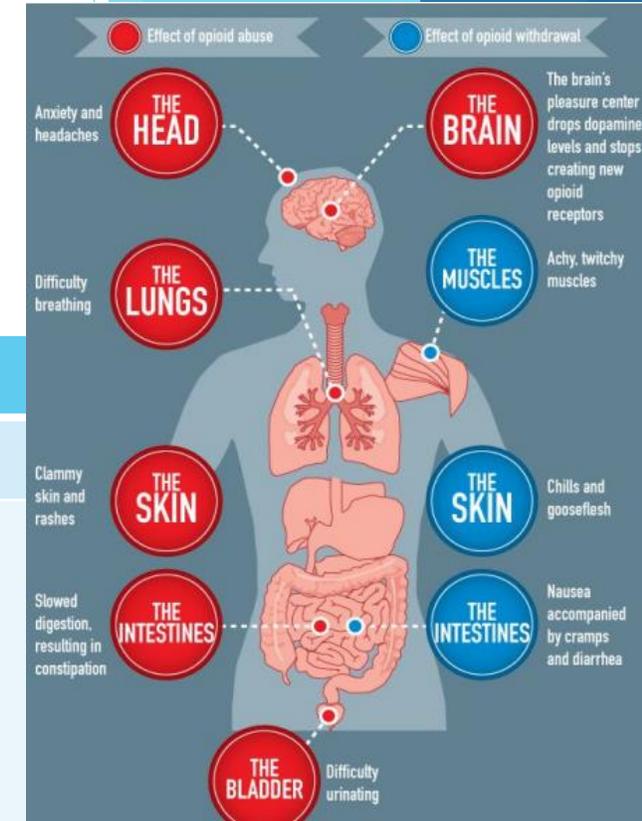
Limitations of Medications



MEDICATIONS	LIMITATIONS
Muscle relaxant (Robax, Flexeril, baclofen)	<ul style="list-style-type: none">• Sedation, risk of falls• Short-term use
Topicals (A535, voltaren, Bengay, Tiger Balm, lidocaine)	<ul style="list-style-type: none">• Localized pain control• Temporary relief• Skin sensitivity
Antidepressants (duloxetine, amitriptyline)	<ul style="list-style-type: none">• Drowsiness, confusion• Sweating, nausea, dry mouth, constipation• Pre-existing glaucoma• Heart arrhythmia

Limitations of Medications

MEDICATIONS	LIMITATIONS
Anticonvulsants (pregabalin)	<ul style="list-style-type: none">• Drowsiness, dizziness
Steroids (prednisone)	<ul style="list-style-type: none">• Osteoporosis• Weight gain• Diabetes• Infections• Stomach ulcers
Opioids	<ul style="list-style-type: none">• Constipation, nausea, vomiting• Sedation, confusion, risk of falls• Addiction, dependence• Overdose, difficulty breathing• Worsening pain



Limitations of Medications



MEDICATIONS	LIMITATIONS
Injections (cortisone in back and knee, Synvisc in knee)	<ul style="list-style-type: none">• Short-term relief• Painful• Risk of infection, bleeding, nerve injury• Steroid: same as oral with repeated use• Synvisc: cost \$500+
Cannabis/marijuana	<ul style="list-style-type: none">• Feeling “high”, anxious, agitated• Sedation, dizziness• Memory and driving impairment

Natural Products

Glucosamine Sulfate

- ▶ Can be helpful in some types of joint pain (knee osteoarthritis)
- ▶ Can take up to 4 weeks to take effect
- ▶ Generally well tolerated
- ▶ Dosage: 1500mg daily
- ▶ Side effects: bloating, constipation, diarrhea, heartburn, nausea



Natural Products

Turmeric/Curcumin

- ▶ Anti-inflammatory action, possibly effective for some types of pain
- ▶ Dosage: 1.5 grams (Turmeric extract) daily for up to 3 months
- ▶ Side effects: Constipation, heartburn, diarrhea, bloating, reflux, nausea
- ▶ Caution: May increase bleeding risk when used along side some OTCs and medications

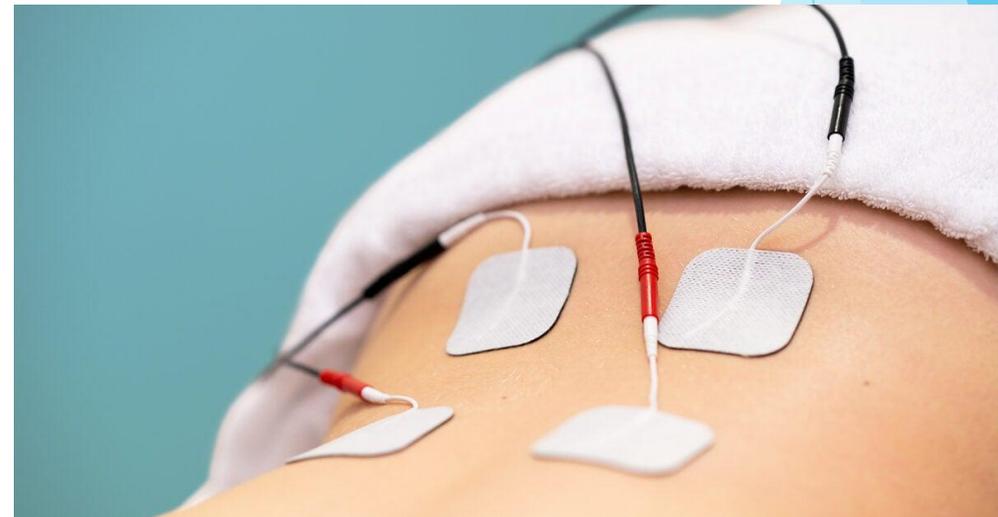
Collagen

- ▶ One of the materials that makes up cartilage, bone, and skin
- ▶ Very well tolerated and may be helpful in some types of pain
- ▶ Dosage: 2.5 to 10 grams daily for up to 6 months
- ▶ Rare side effects: nausea, heartburn, diarrhea, flatulence



Complementary Therapies

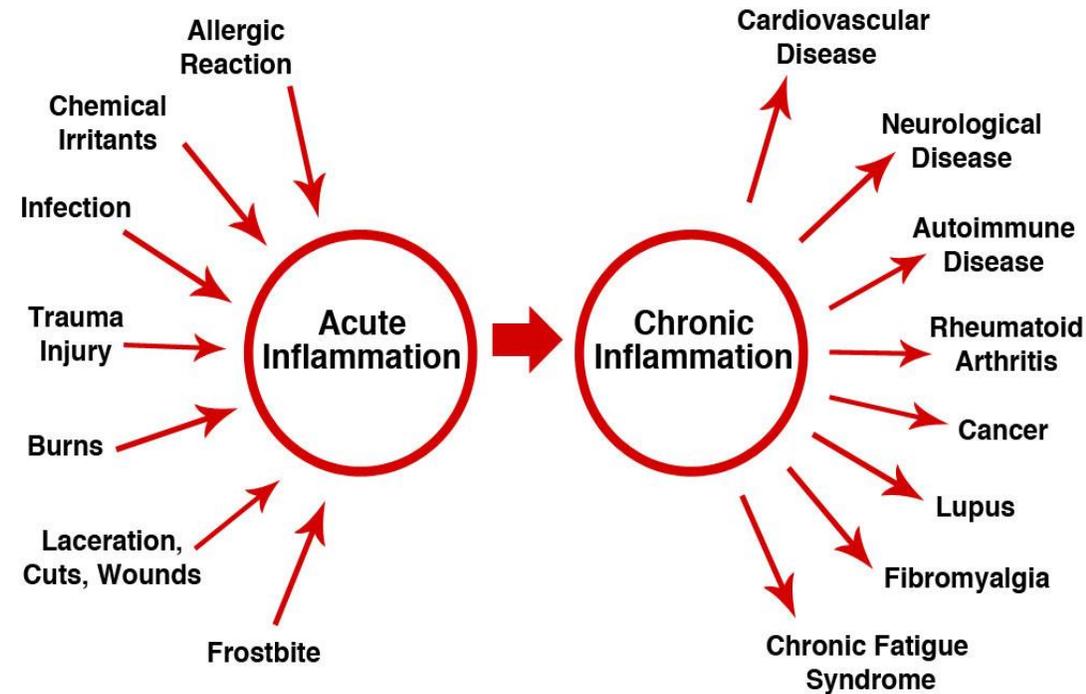
- ▶ Heat and cold
- ▶ TENS
- ▶ Acupuncture
- ▶ Massage



Inflammation

- ▶ “Inflammation occurs when the body releases chemicals that trigger an immune response to fight off infection or heal damaged tissue.”
National Cancer Institute
- ▶ Chronic Inflammation: prolonged inflammatory responses
 - ▶ Causing: pain, joint stiffness, body discomfort

Acute Vs. Chronic Inflammation



Anti-Inflammatory Diet

Have more of

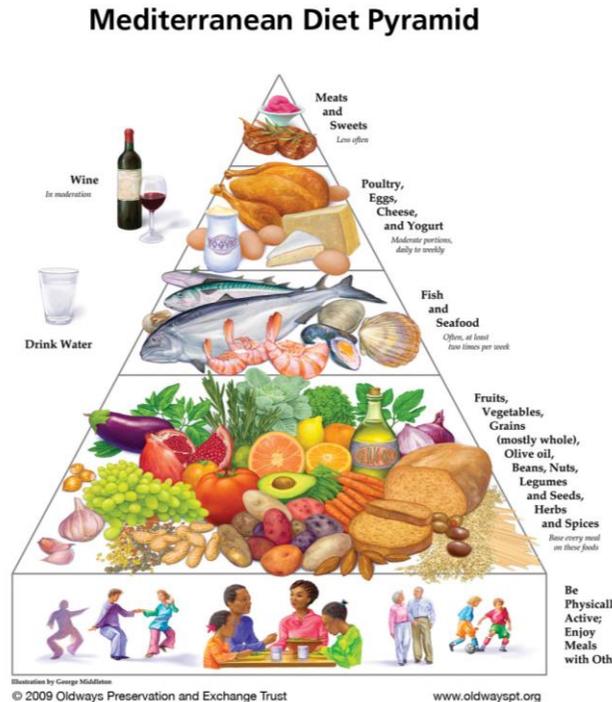
1. Plant-based foods

- ▶ 3 servings of fruits/day
- ▶ 4 servings of vegetables/day
- ▶ 3 servings of legumes (beans, lentils, pea, tofu, edamame)/week
- ▶ 3 servings of nuts or seeds/week

2. Fish or seafood

- ▶ 3 servings/week

3. Use olive or avocado oil to cook or in salad dressing



Source: Oldways

Have less of

1. Saturated fats

- ▶ Deli meats, takeout, store bought baked goods, chips

2. Red meats and deli

- ▶ 2 servings or less of beef, pork, lamb
- ▶ Limit hamburger, sausage, and processed meat

3. Sugar-sweetened beverages

- ▶ Limit pop, fruit-flavored drinks, iced cap

4. High glycemic index foods

- ▶ Store bough baked goods, white flour, bagels and muffins, candies

Phytonutrients

- ▶ Plant compounds with antioxidant and anti-inflammatory properties
- ▶ Polyphenols and antioxidant vitamins (C, E, beta-carotene) help the body fight against oxidative stress and inflammation
- ▶ **Polyphenols rich foods:**
 - ▶ cocoa, coffee, tea, spices, beans, nuts, soy, fruits and vegetables
- ▶ **Antioxidant rich foods:**
 - ▶ Vitamin C, E, beta-carotene: berries, leafy greens, yellow/orange/red vegetables
 - ▶ Minerals (zinc, selenium): beans, lentils, chickpea, quinoa, seeds
- ▶ Preserve phytonutrients in cooking: steam, roast, microwave, quick stir fry with olive oil



Omega-3

- ▶ The “Healthy” fats - EPA, DHA, ALA
- ▶ Benefits:
 - ▶ Lower triglycerides, reduce risk of heart disease
 - ▶ Reduce inflammation
 - ▶ Might relieve symptoms of rheumatoid arthritis
- ▶ Food sources:
 - ▶ **Fatty fish:** salmon, mackerel, sardines, halibut, tuna
 - ▶ **Plant-based sources:** avocado, seaweed, flaxseeds, chia seeds, pumpkin seeds, walnuts, hemp hearts, edamame, kidney beans
 - ▶ **Oils:** avocado oil, olive oil, canola oil
 - ▶ **Other sources:** eggs, cow’s milk



More Tips

1. Eat more fibre (fruits and vegetables, whole grain, legumes)
 - ▶ Prevent constipation caused by some pain medications
 - ▶ Prebiotics for beneficial gut bacteria that help reduce inflammation in the body
2. Drink lots of fluid - total 8-12 cups of fluid/day
 - ▶ Make water your drink of choice!
3. Weight management to reduce pressure on joints, ease pain and reduce inflammation
4. Have smaller meals throughout the day: can help improve appetite, maintain fullness and energy level better
5. Have healthy snacks ready
 - ▶ Boiled eggs with veggie sticks
 - ▶ Yogurt with fruits and bran buds
 - ▶ Nuts and fruits
 - ▶ Whole wheat crackers with hummus

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods



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Quick Meal Ideas

- ▶ Stock up on frozen fruits and vegetables
- ▶ Making batch of soup, chili, casserole to portion and freeze
- ▶ Try meal delivery service e.g. Heart to Home Meals



Chickpea and quinoa bowl with roasted pepper sauce



Creamy tomato salmon skillet



Tuna and white bean lettuce wraps

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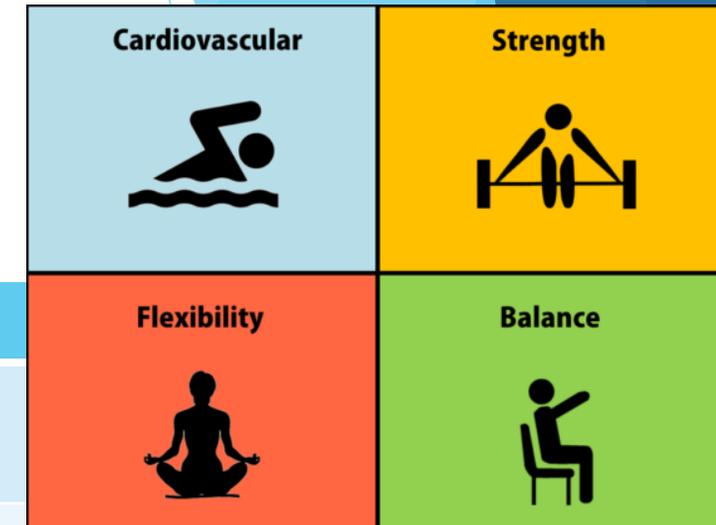
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Exercise



Types of Exercise

Types of Exercise	Evidence
Aerobic (walking, cycling)	Osteoarthritis, rheumatoid arthritis, fibromyalgia, low back pain
Resistance training (bands, weights)	Osteoarthritis, rheumatoid arthritis, lower back pain
Core stability, motor control	Lower back pain
Stretching, flexibility, range of motion	Osteoarthritis, fibromyalgia, low back pain, activities of daily living
Hydrotherapy (Aquafit)	Rheumatoid arthritis, hip and knee osteoarthritis
Mindful movements (yoga, tai chi, qi gong)	Fibromyalgia, low back pain



Overcoming Obstacles to Exercise

“I’m not motivated”

- ▶ Meaningful and rewarding activity
- ▶ Tempo-pace synchronized music
- ▶ Buddy system

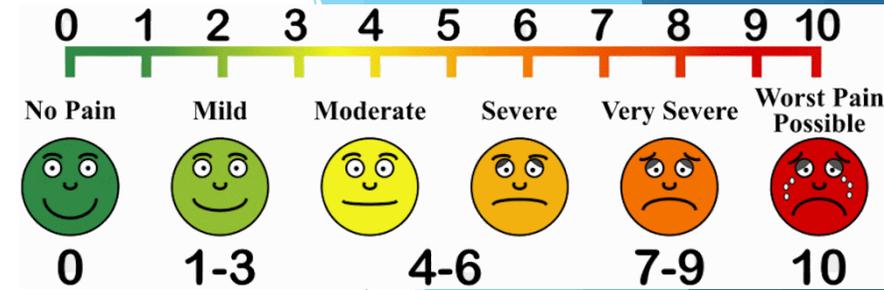


Overcoming Obstacles to Exercise

“I haven’t exercised in so long that my body is weak”

- ▶ Balance rest and activity; rest before exhaustion
- ▶ Simplify/modify activities to accommodate current abilities
- ▶ Low intensity training
- ▶ Graded activity





Overcoming Obstacles to Exercise

“I’m afraid of reinjury or that it will make the pain worse”

- ▶ Expect and accept minor and temporary increases in pain
- ▶ Hurt vs harm (short period of discomfort vs long-term gain of improved function and reduced pain)
- ▶ Graded activity
 - ▶ No need to push yourself into more pain
 - ▶ If your pain level increases by more than 2 points from baseline, you should stop and modify that exercise
- ▶ Exercising non-painful muscles can produce a benefit with less pain

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GO

- There is no increase in initial pain &/or symptoms.
- You may experience mild discomfort with physical activity - it is okay to work through this.
- It is not unusual to have mild to moderate muscle stiffness when initially starting a physical activity program. A short walk and some mild stretching can help alleviate these symptoms.

CAUTION

- Pain/symptoms increase, but subside immediately when activity is stopped.
 - Ask yourself – is this pain that I normally experience OR is this new pain that might be putting me at risk?
 - Take a rest break and try the activity again. Do as many repetitions &/or minutes as you can before the pain increases and take another rest break.
 - If increased pain persists longer than 2 hours then stop the activity and talk to your health care professional.

STOP

- If you experience new or unusual pain/symptoms.
- If you experience numbness or tingling.
 - If you normally have numbness and tingling, discontinue the activity if you experience an increase in these symptoms.
- If you experience sharp, shooting pain.

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Where to Start?

Aerobic exercise: 4-5 times per week

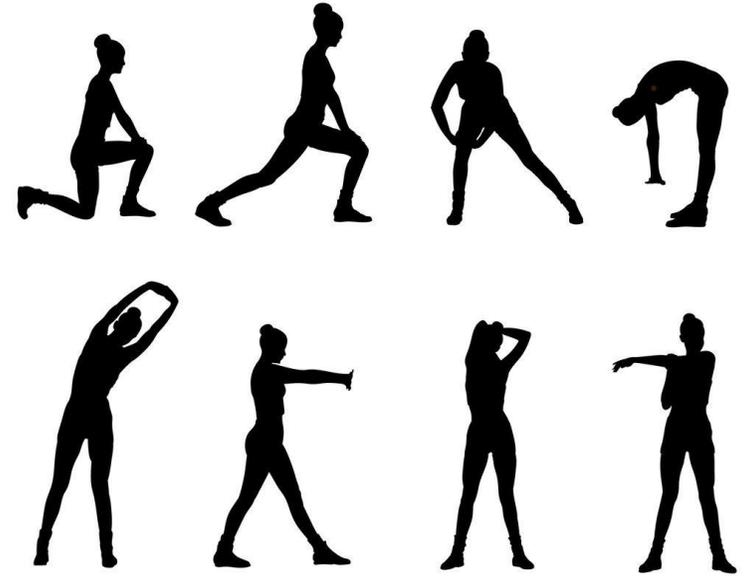
- ▶ Brisk walking, swimming, pushing a lawn mower

Resistance exercise: 2-3 times per week - non-consecutive days for rest and recovery

- ▶ Climbing stairs, digging in the garden, lifting weights, resistance band exercises

Flexibility exercise: Daily

- ▶ Yoga, tai chi, stretching



Other Benefits of Movement

- ▶ Socialization
- ▶ Improved mood
- ▶ Sense of accomplishment



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Mental Health



What Is the Link?

- ▶ Patients with chronic pain are 2-7x more likely to experience anxiety, depression, and substance use disorder
- ▶ Depression can make a person more sensitive to pain

CHANGES DUE TO CHRONIC PAIN

- ▶ Higher stress: affects mood, thinking, and behaviour
- ▶ Reduced concentration
- ▶ Sleep disturbances
- ▶ Social isolation

= **FRUSTRATION = ANGER, DEPRESSION & ANXIETY**



Important to treat chronic pain together with mental health if you're experiencing both

Self-Management

- ▶ Maintain a wellness focus in the foreground, even in the midst of a chronic condition, to improve quality of life
- ▶ Learn about and take responsibility for daily management of your chronic condition and its consequences
- ▶ Gain confidence, knowledge and skills to manage *physical*, *social* and *emotional* aspects of life, in partnership with health care teams and community supports
- ▶ Be your own manager: actively and positively managing your chronic pain on a daily basis



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Self-Management

- ▶ Acceptance of chronic pain
- ▶ Goal setting: accomplish things you want to do
- ▶ Realistic expectations: no cure for chronic pain, improve function by 30%
- ▶ **BETTER OUTCOMES** when you are:
 - ▶ Actively involved
 - ▶ Have skills to deal with consequences of chronic conditions



Improved self efficacy, bodily function, and mental health
Reduced pain and catastrophizing

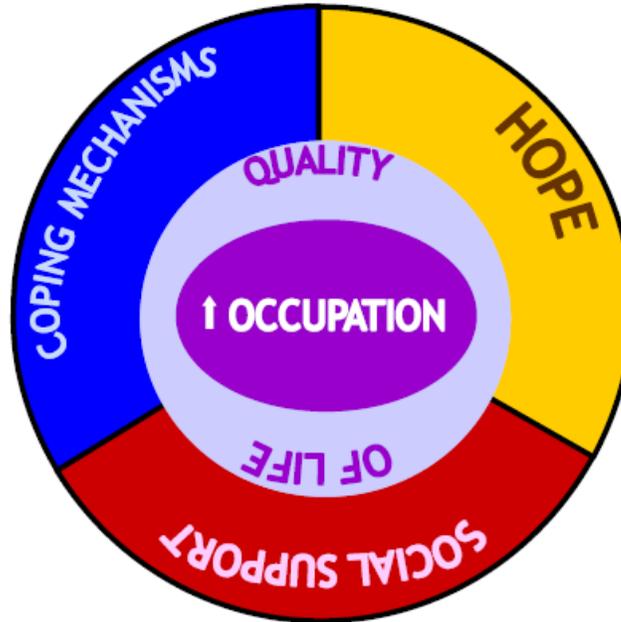


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Self-Management

the pain is there but now I've learned how to cope with it, how to deal with it, and [I] get out and do the things that I enjoy doing" (Laura)

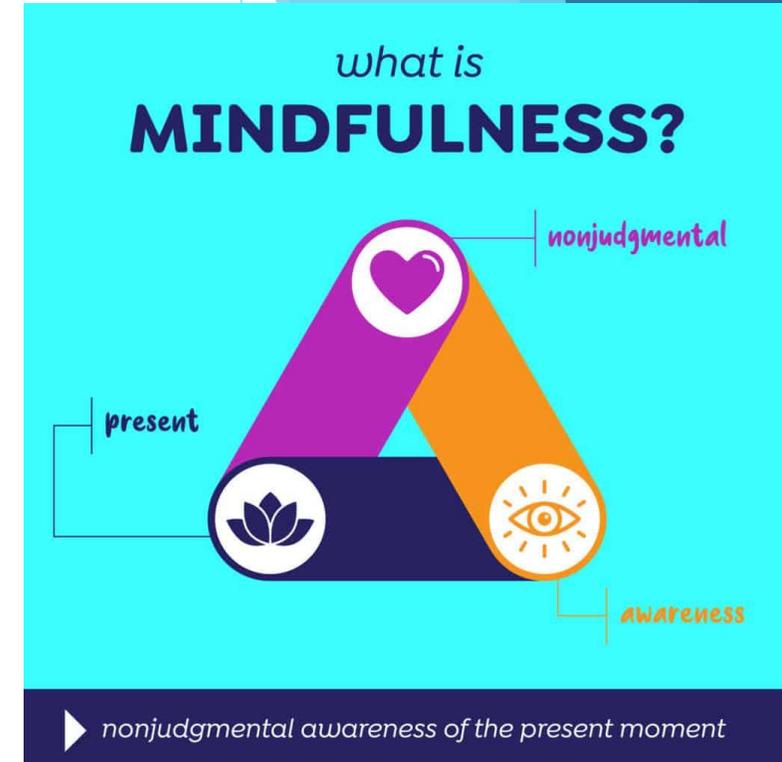


"And to have hope that yes, I have chronic pain, but look at these other people ... some people here are making big strides so if they can why not me." (Jane)

"My biggest thing, walking out of the very first meeting...I am not alone and this could be a good thing." (Martha)

Mindfulness

- ▶ Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.
- ▶ *"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."* - Jon Kabat-Zinn
- ▶ Examples: progressive muscle relaxation, meditation, deep breathing, journaling, body scan mindfulness exercise
 - ▶ <https://www.health.harvard.edu/pain/mindfulness-meditation-to-control-pain>



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Resources

Resources

▶ Education

- ▶ <https://www.youtube.com/@DrAndreaFurlan>
- ▶ <https://tapmipain.ca/patient/managing-my-pain/pain-u-online/>
- ▶ <https://myhealth.alberta.ca/Alberta/Pages/About-osteoarthritis.aspx>
- ▶ <https://arthritis.ca>

▶ Support groups

- ▶ <https://chronicpainanonymous.org/>
- ▶ <https://fibrocanada.ca/en/>

Resources - Nutrition

➤ Recipe Sources:

- ▶ Canada Food Guide: <https://food-guide.canada.ca/en/recipes/>
- ▶ Eating Well: <https://www.eatingwell.com/gallery/13723/20-healthy-meals-you-can-make-in-20-minutes/>
- ▶ No cook recipes:
<https://www.eatingwell.com/recipes/20770/cooking-methods-styles/quick-easy/dinner/no-cook-dinner/>
- ▶ ELLICSR Kitchen (by UHN): www.ellicsrkitchen.ca

Resources - Physical Activity

▶ YouTube videos

- ▶ <https://www.youtube.com/@LEAPService>
- ▶ <https://www.youtube.com/@yogawithadriene>

▶ Websites

- ▶ <https://beyond.ubc.ca/exercise-snacks/>

▶ Apps

- ▶ <https://otn.ca/providers/ohts/fitness-health-solution-supports-chronic-pain-management/>

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Resources - Mental Health

▶ Summerville Programs

- ▶ Anxiety Relief
- ▶ Managing Insomnia and Sleep

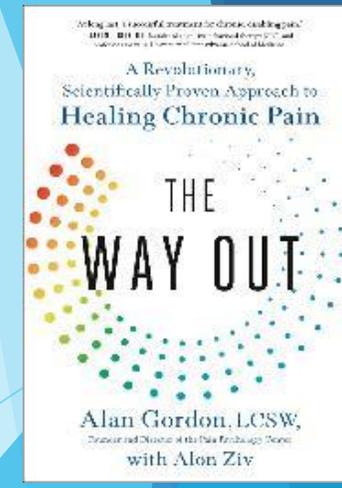
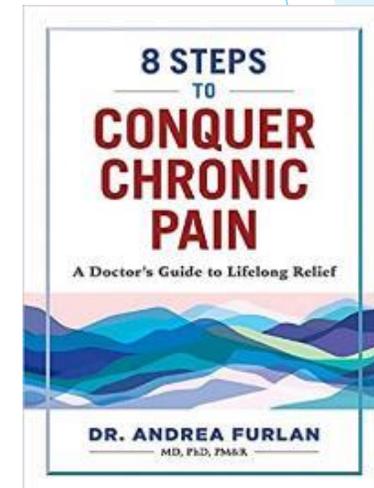
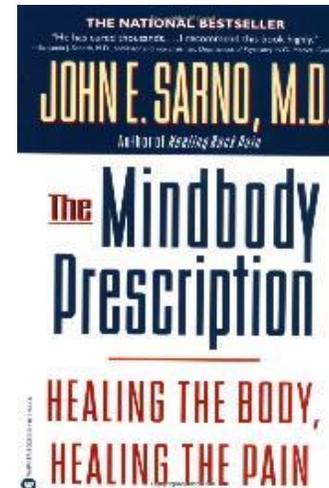
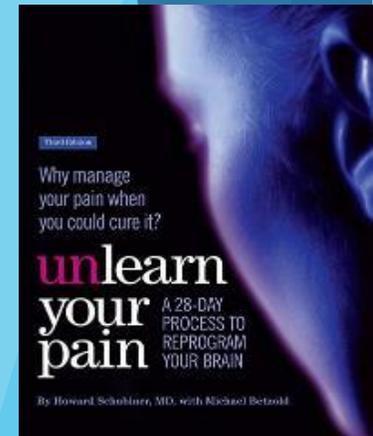
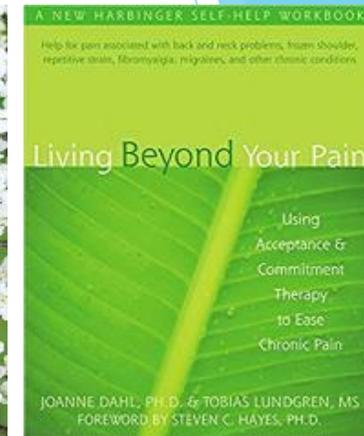
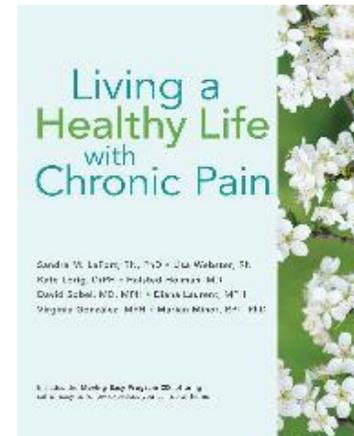
▶ Self-management Programs

- ▶ <https://selfmanagementontario.ca/>
- ▶ <http://livingwellseontario.ca/>
- ▶ <https://www.maximizeyourhealth.ca/>

▶ Apps

- ▶ Insight Timer, Calm, Headspace, 10% Happier, Inscapes, Simple Habit

▶ Books



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Questions?