

Pain Relief Connection

Issue #3 February 15, 2007

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**Preventing
pain
is easier than
treating pain**

Pain ... The 5th Vital Sign

Clinical Focus: Ten Guidelines for Assessing and Treating Pain

This is the second in a series on the principles and guidelines for pain management.

3. Take advantage of the patient's capacities to learn and to use their own internal resources.

- Involve the patient in creating and assessing the plan of care.
- Teach the patient about pain and the many ways it can be treated
- Teach the patient about self-care strategies such as self-hypnosis, meditation, prayer, distraction; use biobehavioural techniques
- Especially for severe or chronic pain or end-of-life pain, use a multimodal approach and a multidisciplinary team.
- *Use of non-pharmacologic approaches should be used to complement, not replace, appropriate analgesic therapy*

Education:

- **Pain Management: Drugs and Beyond** February 23-24, 2007 Regina Saskatchewan
- **Emerging Practices in Pain Management** The University Health Network Interdisciplinary Pain Conference February 27, 2007 Toronto, Ontario
- **Pain Relief Champions:** First annual multidisciplinary educational opportunity at BRHC April 19, 2007 0730-1700 Cost \$5. See Public Folders or contact Bev More for more registration information.
- **Managing Pain Before It Manages You** This once-a-week for 9 weeks program is for individuals who are living with persistent (chronic) pain and who are interested in learning how to manage their pain. The classes are one-hour long and are limited to 10 participants. For more information, please contact Bev More, Pain Management Resource Nurse at 578-4202 or to register, contact Pat Shaw, Clinics Clerk 578-4200. The next classes start March 21, 2007 from 1030-1130 and continue until May 16, 2007.

If you have a question that you would like answered or a case study that you would like to see profiled here, please send the information to Bev More, Pain Management Resource Nurse, CS1-200 BRHC or email to: moreb@brandonrha.mb.ca

Feedback about this newsletter is welcome. Please send comments to: moreb@brandonrha.mb.ca

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