

Pain Management: the 3 Rs Timonium, MD:
Milner-Fenwick, 2001 13:55 mins

In this video the benefits of managing pain are reviewed, and various pain measurement scales and different options for controlling pain are discussed, including alternatives to medication. Practical guidelines are provided for developing a pain management plan and establishing realistic goals.

Availability for loan:

FM 820 MF 2001 Health Information and Wellness Centre, Mississauga

COMMUNITY RESOURCES

The Arthritis Society

National Office and Ontario Division
393 University Avenue, Suite 1700
Toronto, Ontario M5G 1E6
Tel: 416-979-7228

Arthritis Information Line 1-800-321-1433

E-mail: info@arthritis.ca

<http://www.arthritis.ca>

Toronto Rehab Pain Management Program

345 Rumsey Road
Toronto, Ontario M4G 1R7
Tel: 416-597-3422 ext 3593 OR 5300

<http://www.torontorehab.on.ca/patient/neuro/neuro-pf-cp.htm>

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

**Pain
Management**



INTERNET SITES

Canadian Pain Coalition

<http://www.canadianpaincoalition.ca>

The CPC is a partnership of patient pain groups, health professionals, and scientists studying better ways to treat pain. Click on the tab 'Help' at the top of the homepage, and then click on Pain Clinic Locations to access a list of pain clinics across Canada. This includes full contact information and details of their services. Also useful is an online version of a booklet entitled *Conquering Pain for Canadians*, and a set of links to other relevant websites.

The Arthritis Society <http://www.arthritis.ca>

There is a useful section on pain management at this site. Click on the 'Tips for Living Well' tab at the top of the homepage, and then choose 'Managing Pain' from the left hand column at the resulting page. There is information on how pain works, the role of stress in chronic pain, and non-medicinal techniques to relieve pain.

Chronic Pain Association of Canada

<http://www.chronicpaincanada.com>

The CPAC is a non-profit consumer association which aims to advance the treatment and management of chronic intractable pain. The web site is poorly designed and lacks much in-depth information, but it does provide a list of support groups across Canada.

The American Chronic Pain Association

<http://www.theacpa.org>

This Association was founded by a chronic pain sufferer over 20 years ago, and is now an international association offering support and information for people with chronic pain. Its site

is an excellent resource, and features online discussion groups, videos, reading lists, and a good set of links to other web-based sources.

National Pain Foundation

<http://www.nationalpainfoundation.org>

The National Pain Foundation is a U.S. non-profit organization whose aim is to help functional recovery of persons in pain through information, education and support. It offers extensive information on pain at its website, searchable by type of pain or by disease.

Medline Plus <http://www.medlineplus.gov>

This authoritative site has a long list of links to articles and features on Pain Management. At the Medline homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on P and then follow the link for Pain, or specific types of pain like Back Pain or Abdominal Pain.

BOOKS & VIDEOS

Managing Pain Before It Manages You 3rd ed. by Margaret A. Caudill. New York: Guilford Press, 2009

This book provides detailed information plus step-by-step techniques and activities to help decrease the discomfort, depression, and anxiety associated with chronic pain. The third edition includes the latest information on medications plus a list of Internet resources.

Availability for loan:

FM820 C28 2009 Health Information & Wellness Centre, both locations
616.0472 Mississauga Library System

Mayo Clinic Guide to Pain Relief ed. by Barbara Bruce & W. Michael Hooton. Rochester, MI: Mayo Clinic, 2008

This comprehensive guide from the experts at the Mayo Clinic emphasizes a take-charge approach to successfully managing chronic pain. It provides practical advice to help you control your pain so that you can live a more active, productive, and comfortable life. Topics covered include medications, complementary and alternative therapies, exercise, positive behaviours, and dealing with difficult emotions.

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Understanding Pain by Harry J. Gould. St. Paul, MN: American Academy of Neurology Press, 2007

This is a useful guide for people who live with chronic pain and want to better understand their condition. The emphasis is on management of pain and treatment options. There is advice on how to communicate and discuss concerns with medical professionals.

Availability for loan:

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The Pain Survival Guide by Dennis C. Turk and Frits Winter. Washington, DC: American Psychological Association, 2006

The authors present a 10 step program which aims to bring hope and relief to chronic pain sufferers. Their recommendations are based on solid research and experience with thousands of patients.

Availability for loan:

FM 850 T87 2006 Health Information & Wellness Centre, Mississauga