

The CPMU Motivator

“If you fail to plan,
you plan to fail”

Setting goals is the key to success in managing pain.

Welcome to the Team!



Tom Cebrat has re-joined the CPMU Team as the Psychometrist in October 2013. He has worked at Hamilton Health Sciences for over 25 years, in the assessment and treatment of patients of all ages with complex neurobehavioral, emotional, psychiatric and developmental difficulties, relating to head injury, depression, anxiety, chronic pain, PTSD and adjustment issues. We are excited to have Tom re-join the CPMU Team!

A BIG welcome back to Susy Faria, Administrative Assistant/Receptionist who has recently returned from her maternity leave.



Arman Bakmazian is an honor's Psychology, Neuroscience & Behaviour (PNB) at McMaster, who is doing his thesis this year under Dr. Hapidou's supervision. His topic is Coping with depression and chronic pain.



Rockin' "Party for Pain" Fundraiser in Hamilton

On November 6th, 2013, during National Pain Week, the Hamilton Health Sciences Michael G. DeGroote Pain Clinic hosted their first "Party for Pain" fundraiser at Michelangelo's Banquet Centre.



Hamilton has a longstanding legacy of providing service to people with chronic pain and the need for such services continues to grow. The Chronic Pain Management Unit at the Chedoke site has been operating for over 20 years and the Pain Management Centre at the Hamilton General site has been in its current form since 2000. Together, they comprise one of the largest university-affiliated pain programs in the country. In addition to service delivery, they also currently train medical and allied health professionals as well as conduct research on various aspects of pain. The Michael G. DeGroote Pain Clinic plays a vital role in the delivery of specialized care for more than 2.3 million residents of south-central Ontario. Providing



Above: Charlie is shown (at Left) with Dina, Slobodan, Vicki and Brenda in the CPMU last Fall.

Time Heals Everything...

Charlie made these clocks and gave to all staff to express his thanks for helping him with his chronic pain difficulties. He presented them to us at his last Team meeting with the preface, "Time heals everything". ***Thank you, Charlie!***

CPMU News

Congratulations! to **Dr. Eleni Hapidou** who celebrates her 22nd year working with the CPMU.

Dr. Ramesh Zacharias and **Dr. Eleni Hapidou** will be attending as invited speakers at the Feb 24th Insurance Institute of Ontario conference.

3rd Practical Approach to Prescription Drug Misuse and Diversion meeting, Friday April 4th at the Hamilton Convention Centre by Carmen's.

www.fhs.mcmaster.ca/conted

CPMU Plays Host to a visiting Occupational Therapist from Yellowknife who will visit and shadow the CPMU for three days this coming February.

NEW! CPMU is offering **Interdisciplinary Pain Management Training Sessions for Community Health Teams** We are excited to be launching our first training session in April, working with the Kitchener Community Health Clinics. Please contact **Sonya Altena** for details and costs.

leading-edge care requires investment in the most current equipment, which, like many of the services at the core of pain treatment, are not presently covered under government health care funding. Proceeds from the November 6th Gala will support enhanced pain services, so that Hamilton can offer improved care for all patients.



Highlights of the evening included a video of touching testimonials from patients, as well as leaders at the hospital speaking about the amalgamation of pain services at Hamilton Health Sciences. There was also a live testimonial from a recent patient. **Tom Park from Hamilton's local radio station, K-Lite FM, was the master of ceremonies** and **"Banned from Heaven" and Laura Cole provided entertainment**. Over 300 guests attended the event and participated in a silent auction and an exciting live auction. Together, we raised over \$50,000 to enhance pain services, so that Hamilton can offer improved care for all patients. Special presentations were awarded to **Dr. Eldon Tunks, founder of the Chronic Pain Management Unit**, and **Dr. James Forrest, founder of the Pain Management Centre**, as they were recognized and given Outstanding Leadership Awards for their academic and clinical leadership in the practice of pain management throughout distinguished careers.



Above: (Left to Right) Dr. Ramesh Zacharias & Dr. Eldon Tunks, Dr. Norm Buckley & Dr. James Forrest, Ron & Laura Cole.

The 2014 "Party for Pain" Gala Fundraiser will take place the evening of Wednesday, November 5th, 2014. Mark Your Calendars Now!

Party for Pain Photo Gallery

Photography by: **Peter Foulds**



Family Work at the CPMU



Article by: **Antoinette Leone**, Social Worker

"I'm so tired of this, when will it ever end?"

"Here we go again, that's all we ever talk about."

"I wish I knew what to do."

"Will I ever get back the person I married?"

"Maybe this time it will be different."

These are just some of the common but often unspoken thoughts that run through the minds of the family members of individuals with chronic pain. Through open discussion and rapport building these thoughts are given a voice here.

At CPMU we offer an interdisciplinary, cognitive behavioural approach to pain management. Once pain has moved beyond the acute physical stage and into the chronic, biopsychosocial realm, an individual's entire support system has been affected. Family is an essential part of that support system. The attitudes and interactions of the family can greatly impact the Program success and goal maintenance of the individual living with chronic pain. Therefore, exploring the function of the family system is an integral part of rehabilitation.

The definition of "family" includes any person(s) identified and viewed by the individual as part of their support system. This can include: spouse, partner, parent, sibling, children, relative or friend.

The family often travels through the chronic pain journey with their loved one in a somewhat predictable pattern, although there are exceptions. Initially, the family steps up to cope with the challenges, fully invested, supportive and eager to help. The family member may attend appointments with the chronic pain sufferer, make inquiries about supports and services, pick up the slack at home and take on extra duties both at work and at home. All the while, the overriding hope is for a resolution of the pain and a return to the way things were prior to the injury.

It is important to recognize that throughout this journey, from the moment of impact and injury, the family has also been affected. Their lives have changed and they are also coping with the realities of these changes. Over time as the pain becomes chronic, hope can wane as the temporary measures taken on by the family become a seemingly permanent reality. They feel burdened with increased responsibilities, demands, pressures and are often too exhausted to remain continuously supportive. Physical, emotional and spiritual health is impacted, as the realities of the losses begin to take a toll on the family. Once familiar patterns of interaction and coping are no longer effective, the overall wellbeing of the family unit is compromised. This is when we begin to see a decline in communication, increased tensions and stresses, financial concerns about the long term effects of chronic pain, role strain, mood changes, intimacy issues, decreased socialization patterns and fatigue, both physical and emotional. In addition, the immediate family is usually the go-between for extended family members: keeping them up to date, answering questions about the condition that they themselves are unsure of and covering for the individual with chronic pain when social events fall through. Unlike the chronic pain sufferer, the family most often does not have the benefit of access to professional services and/or support to help them navigate through the many changes and adjustments which are occurring.

This wearing down process means that the family member's own coping resources are being challenged. Feeling overwhelmed, family members can recede into silence: not wanting to upset the family member with chronic pain, not wanting to answer any more questions and just feeling that they don't have a voice. After all, they are not the ones with chronic pain. This is often the point at which families find themselves when the individual with chronic pain begins the CPMU 4-week Program.

Early in the Program, through discussion and education, the individuals with chronic pain become aware of the impact on family life through group and individual discussions. They are then encouraged to look at strategies to reopen the dialogue between family members, set goals in this area and to begin to problem solve. At CPMU, family involvement is strongly encouraged, and with the consent of the patient, intervention with the family can begin. Through brief solution focused family intervention, family members are encouraged to explore their feelings around the burden of care and to develop healthier coping strategies. Typically, the family member(s) involvement can occur both in-office or over the telephone. Individual, couple and/or family sessions are available. Based on these interventions, recommendations and/or referrals are made for follow up as part of the discharge planning process.

After family intervention and in conjunction with the patient's engagement in the CPMU Program, these are some of the comments often verbalized by family:

"My partner is finally laughing again."

"I have hope again."

"It's okay to take time for myself and not feel guilty."

"I don't have to be responsible for managing their pain."

"There is a light at the end of the tunnel."

"Thanks for giving me back my husband/wife."



On a final note, it is important to remember that these positive outcomes are in the initial stages of a long term change and adjustment process. Active participation and commitment is required by all family members to maintain and continue working on restoring balance to the family unit as a whole.

For further information regarding the **Chronic Pain Management Unit (CPMU)** please visit our [website](#) or phone us at **905-521-7931** or email to pain@hhsc.ca

For further information regarding the referral process or to make a referral, please complete the [referral form](#).

To unsubscribe from this email newsletter please email pain@hhsc.ca

