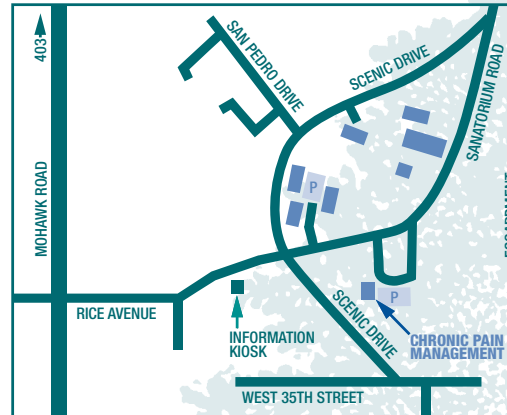


WHAT HAPPENS IF I AM UNABLE TO MEET THE DEMANDS OF MY EXISTING JOB?

Many employers are willing and able to accommodate the injured worker. Gradual return to work is often possible. Experienced medical advice is available to guide both you and your employer on how to make the necessary vocational changes over the right length of time. Focus on what you can do. By appreciating and monitoring your limits you can gradually increase your work tolerance over time.

The purpose of being productive is to gain quality of life by meeting and balancing your needs for social, family, health, peace of mind, and productivity. In the Chronic Pain Program you gain support, information, and an opportunity to practice ways to achieve these goals.



For more information please call:

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Fax: (905) 575-9500
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Please note: To be eligible for our service treatment costs must be authorized by an insurance company, WSIB, or other funding agency.



Chronic Pain Management Unit

A program of Hamilton Health Sciences Corporation

CHRONIC PAIN MANAGEMENT

CHRONIC PAIN AND WORK



Chronic Pain Management Unit



CHRONIC PAIN AND WORK

Being productive or working is an important part of being healthy and satisfied with your life. Even as a child, you had a natural desire to be productive and active. We learn to work while playing.

You experience great psychological benefits from working, including the sense of accomplishment and the pleasure of having purpose and structure in one's day. Developing friendships, challenging yourself to learn new things, working towards advancement, and the physical demands of the job itself sometimes can be rewarding.

As a chronic pain sufferer, you may often worry about your working future.

You may be afraid that

- People will think you are not trying or "faking it".
- If you try to return to work you will make yourself worse or be re-injured.
- You will not be able to give the same 100% as before and subsequently, feel like a failure.
- Co-workers or supervisors will not be accepting after an absence.

- If you return to work and fail, disability benefits will not be available and financial hardship will occur.

HOW DOES THE PAIN PROGRAM HELP ME TO RETURN TO WORK OR PRODUCTIVITY?

The key is to become active and to concentrate on what you "can do" instead of what you "cannot do". You must be willing to try activities again such as performing household tasks, engaging in recreation and leisure activities with your family, volunteering, or perhaps taking a course at school. While "experimenting" with a variety of activities, you will be learning skills and strategies that will assist you in becoming more productive.

The Chronic Pain Management Unit will work with you to develop a return to work plan that is reasonable

WHEN SHOULD I RETURN TO WORK?

Research studies have shown that individuals who return to work as soon as possible following an illness or injury experience better results than workers who delay their return.

In addition, our research has shown that if you develop a return to work plan you will have a better outcome than those who do not do this.

HOW WILL I COPE WITH THE PAIN WHEN I RETURN TO WORK?

Pain will not simply disappear because you decide to return to work, but the quality of life will improve. If you return to work you will find that your ability to work gradually improves in the workplace. You will become accustomed again to work, become more physically fit for the job, and develop ways of performing your work skillfully.

The program staff will teach you pain control techniques such as pacing, scheduling, maintaining good physical posture, and improving your physical tolerance level. By applying these techniques and others in the workplace, tasks that initially seemed to be quite difficult or impossible begin to become quite manageable.