

CLINIC LOCATION

This program is offered at the **Michael G. DeGroot Pain Clinic** within the **McMaster University Medical Centre** located at:

1200 Main Street West
Hamilton, Ontario L8N 3Z5
Yellow Section, 4th Floor
T: 905-521-2100 ext. 44621 F: 905-577-8022
www.hhsc.ca/pain

Please visit the hospital website at www.hamiltonhealthsciences.ca for directions and parking.

REFERRAL INFORMATION

PLEASE NOTE:

To be eligible for our Intensive Program, treatment costs must be authorized by an insurance company, Veteran Affairs, WSIB, or other funding agency.

To participate in this program, an individual must attend an interdisciplinary assessment at this facility.

A referral can be made by your family doctor, lawyer, rehab consultant, insurance company, Veteran Affairs, Workplace and Safety and Insurance Board, and other health care professionals.

www.hhsc.ca/pain

INTENSIVE PAIN PROGRAM

PATIENT IMPACT

Chronic pain can disrupt your home life, your relationships, and your ability to work. It is frustrating living with chronic pain because there is no significant way to reduce or eliminate it. In an effort to deal with your condition, you may have tried medication, physiotherapy, and surgery, only to be disappointed by the end result. After searching for a cure you may have been told or come to realize that the pain you are experiencing is chronic. Doctors or other health care professionals may have said to you... "learn to live with It"; however, no one has told you how.

At the Michael G. DeGroot Pain Clinic we can help you learn how to live with pain by teaching and coaching you on strategies and approaches that can improve your function and quality of life. You do not have to figure it out by yourself. Participation in our Program connects you with others who have chronic pain and with our experienced staff. Within this environment you can learn and apply skills to help you cope with your pain condition.

We can help you increase your function while living with your pain

PROGRAM TREATMENTS

The Intensive Pain Program offers a four-week day program for adults with chronic pain.

- [Setting weekly goals to participate in tasks that are meaningful to you]
- [Daily fitness program]
- [Functional & recreational activity]
- [Hydrotherapy, yoga, & Tai Chi]
- [Education groups, information & techniques to learn how to cope with your pain]
- [Functional Capacities Evaluation]
- [Group discussions]
- [Daily relaxation]
- [Discussions about return to work]

The Day Program runs Monday to Friday, 9:30 AM & 3:30 PM.

For patients requiring over-night accommodations we have a preferred rate with a local hotel. Treatment services are not available on the weekend.

Intensive Program designed to assist you in achieving your personal goals

TREATMENT TEAM

The Michael G. DeGroot Pain Clinic is an interdisciplinary program. Such a program is made up of different health care professionals working together at the same time. These professionals all share the same philosophy regarding the treatment of chronic pain. They work together to teach you coping strategies to deal with your chronic pain condition. The staff you will be working with while you attend this program are:

- [Dieticians]
- [Occupational Therapist]
- [Pain specialists]
- [Pharmacist]
- [Physiotherapists]
- [Social workers]
- [Psychologists/Psychometrists]

If you are unable to attend a four-week program we can make treatment recommendations designed to help you, your family doctor, and agencies associated with your claim, deal with your chronic pain condition. Individual recommendations may address medication issues, psychological needs, return to work assistance, and family supportive counseling. We can also tailor an individual program specific to your needs.

PROGRAM BENEFITS

Living with a chronic pain condition can be difficult. The best way to learn how to cope with this complex condition is to participate in an interdisciplinary treatment program such as the Intensive Program at the Michael G. DeGroot Pain Clinic. Research indicates that persons who attend programs like this are more likely to return to work, improve their participation in home and quality of life activities, have less emotional distress, have better communication skills, reduce their need for medical visits for pain and reduce their dependency on pain medication. The literature, including our own studies, consistently show that interdisciplinary programs are the most effective treatment for chronic pain and that return to work is approximately doubled.