

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:

If you are a patient of the MGD Pain Clinic, ask your pain physician for a referral to Interprofessional Services.

To become a patient of the MGD Pain Clinic, a referral from your family doctor is required.

The referral form and questionnaires to be completed can be found on our website at: www.hhsc.ca/pain

ADDITIONAL RESOURCES

www.liveplanbe.ca

www.takecontroltakecharge.ca

www.tapmpain.ca/patient/managing-my-pain/pain-u-online

INTERPROFESSIONAL SERVICES

Combining physical, psychological, and social approaches together for better pain management.

WHAT IS PERSISTENT/CHRONIC PAIN?

1 in 5 Adults in Canada have persistent pain.

“Persistent pain”, also known as “chronic pain”, is generally defined as pain that persists beyond the usual course of acute illness or healing time of an injury (usually beyond 3 to 6 months) or that reoccurs over months and years.

Often, people with persistent pain can also experience sadness, increased worrying, stress, a feeling of loss of control, and stigma from dealing with their pain. The good news is that you can improve your quality of life even with persistent pain.

INTERPROFESSIONAL TEAM

Health care professionals who may work together with you include:

- Dietitian
- Nurse
- Nurse Practitioner
- Occupational Therapist
- Pain Physician
- Pharmacist
- Physician Assistant
- Physiotherapist
- Psychologist
- Psychometrist
- Social Worker

WHO ARE THESE SERVICES FOR?

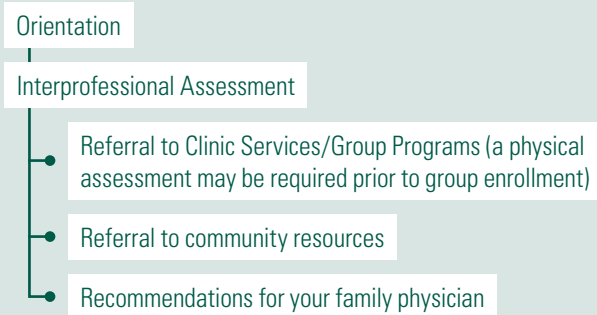
Our interprofessional services are for individuals who are interested in making changes to their lives to improve their quality of life, and manage their persistent pain using self-management strategies.

We know that effectively managing persistent pain is a combination of medical and self-management strategies.

BENEFITS OF SELF-MANAGEMENT

- Improved quality of life
- Improved daily functioning
- Improved coping skills
- Less distressed by pain
- Feel more in control
- Enhance medical treatments

INTERPROFESSIONAL SERVICES PATHWAY



****Participation in our Interprofessional Services occurs in conjunction with your Pain Physician's treatment, enhancing your overall pain care.****

WHAT TO EXPECT AT ORIENTATION

- 1 hour information session in a large group setting
- Learn more about the clinic's approach to managing persistent pain and our interprofessional services

WHAT TO EXPECT AT YOUR INTERPROFESSIONAL ASSESSMENT

- 1-2 hour assessment with a member of our Interprofessional Team.
- You will be given a set of forms to complete before your assessment.
- The goal of this assessment is to create a treatment plan specific to your health care needs.
- Please bring a list of your current medications to this appointment.