

CLINIC LOCATION

This program is offered at the Michael G. DeGroote 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.

NEXT STEPS

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

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

All patients must attend an orientation and assessment as part of the Interprofessional Services Pathway to determine if the group is a good fit for your needs. A physical assessment with our Physiotherapist will also be required prior to enrollment.

Orientation

Interprofessional Assessment

Referral to Clinic Services/Group Programs (a physical assessment may be required prior to group enrollment)

Referral to community resources

Recommendations for your family physician

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

PAIN MANAGEMENT PROGRAM

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.

THIS PROGRAM MAY BE RIGHT FOR YOU IF...

- You know there is no “quick fix” for your pain
- You are open to practicing new strategies to better manage your pain
- You want to be more physically active but are unsure how to do that with persistent pain
- You want to learn how to live better with your pain



PROGRAM STRUCTURE AND TOPICS

- The program runs one day per week for 8 weeks, with 3-4 hours for each day (includes breaks)
- Small group size
- The program is available in-person or virtually/on-line
- Each day consists of the following classes:
 - Fitness** – how to exercise with persistent pain
 - Relaxation** – methods to decrease tension
 - Goal Setting** – to practice applying strategies learned each week
- In addition, each week there is a unique class to help better manage pain:

The Science of Persistent/Chronic Pain

Self-Talk – how thinking impacts how we feel

Nutrition – role of nutrition in symptom management

Pacing – how to gradually increase your activity

Communication – with loved ones and health care providers

Sleep – how pain impacts sleep and strategies to improve sleep

Flare-Ups – how to deal with flare-ups

Activity Education – strategies to make daily activities and chores easier

TREATMENT TEAM

The Michael G. DeGroote Pain Clinic is an interprofessional team which is made up of different health care professionals. These professionals all share the same philosophy and collaborate to teach you strategies on dealing with your persistent pain condition and helping you improve your quality of life. You may work with the following health care professionals while you attend this group:

- Nurse
- Psychologist
- Physiotherapist
- Dietitian
- Occupational Therapist
- Social Worker

If you are attending virtually, you must have access to reliable Internet and appropriate devices. The use of the webcam is required for attendance.

