

Appendix D: Enhanced Chronic Pain Care Resource Grid – Health care resources

Health Care Setting/System Assessment to Enhance Availability of Resources for Patients

Health care resources	Description Taken from professional societies where indicated	Readily available in your setting?	If NO, what can be done to enhance availability?
Mind-body therapies: Cognitive behavioral therapy (CBT), Acceptance and Commitment Therapy (ACT) for chronic pain, Mindfulness-Based Stress Reduction (MBSR)	CBT and ACT help people resume life activities, overcome fears and concerns related to chronic pain, and develop pain management skills such as relaxation, breathing, attention diversion and developing new ways of thinking about and experiencing pain. MBSR helps participants learn to better manage pain through diverse techniques such as guided meditation, gentle yoga, and breathing exercises.	No Yes	
CBT for insomnia (CBT-I)	Cognitive behavioral therapy addressing sleep difficulties. Improves restorative sleep among persons with chronic pain. Therapy can be provided in-person or via on-line programs that include expert guidance.	No Yes	
Physical therapy (PT)	PT includes strengthening and flexibility exercises, manual therapy, posture awareness, and body mechanics instruction. PTs also help patients understand underlying causes of their pain. Some therapists offer MBSR therapy. PT's gradually increase the intensity of active exercises and educate patients about how CNS hypersensitivity contributes to chronic pain.	No Yes	
Occupational therapy (OT)	OT is the scientifically based use of purposeful activity to maximize independence, prevent disability, and maintain health. The role of OT in pain management includes education in pacing, body mechanics, ergonomic assessments, and proactive problem solving to support engagement in daily activities.	No Yes	
Chiropractic	Within the pain management environment, Doctors of chiropractic evaluate patients to create a conservative, non-operative, drug-less treatment plan. Understanding the central nervous system relationship to chronic pain, chiropractors address pain and physical dysfunction through the use of adjustments, manipulation, exercise, and nutrition. Source: Washington State Chiropractic Association via email	No Yes	
Acupuncture	Acupuncture involves stimulating specific points on the body. This is most often done by inserting thin needles through the skin to cause a change in the physical functions of the body. Source: https://effectivehealthcare.ahrq.gov/health-topics/acupuncture .	No Yes	
Massage	Massage therapy encompasses many different techniques. In general, therapists press, rub, and otherwise manipulate the muscles and other soft tissues of the body. They most often use their hands and fingers, but may use their forearms, elbows, or feet. Source: https://nccih.nih.gov/health/massage .	No Yes	

Health care resources	Explanation	Readily available in your setting?	If NO, what can be done to enhance availability?
Physiatry/Rehabilitation Medicine	Physiatrists evaluation patients and create individualized, non-operative treatment plans, including PT and OT, medications, and orthotic devices if likely to be beneficial. They develop a care plan for managing pain and resuming life activities.	No Yes	
Integrative therapies: yoga, hypnosis, tai-chi	Diverse therapies that seek to reduce pain, improve mood, enhance well-being, reduce stress, improve function and abilities to do life activities, provide a greater sense of control over life and pain.	No Yes	
Care Manager for chronic pain	Care managers identify and work with chronic pain patients with major life activity impacts more likely to have unfavorable outcomes. The assess patient needs and work with patients to identify their personal goals and develop a care plan. The help connect patients with resources to implement their plan, including self-management support services, and coordinate care across providers. The follow-up with patients over time to assess progress, to adjust care plans as needed, and to help patients overcome barriers to achieving their goals.	No Yes	
<p>Note: Pain BC has a website with a guide to diverse resources that support chronic pain self-management. Access the Pain BC website via this link: https://www.painbc.ca/chronic-pain/recommended-resources</p>			
Educational materials on chronic pain self-management	Educates patients about effective chronic pain self-management approaches. Diverse resources are available via Pain BC: https://www.painbc.ca/sites/default/files/PainBC-PainToolbox-2016-Digital.pdf	No Yes	
	A quick and simple video explaining the definition and benefits of self-management. https://www.youtube.com/watch?v=rkYvWSXr8t8	No Yes	
Support groups and workshops for chronic pain self-management	Provides guidance and support for effective chronic pain self-management and for problem-solving	No Yes	
Yoga/movement classes	Teaches gentle stretching, relaxation, breathing and movement skills	No Yes	
Mindfulness meditation and relaxation/breathing training	Teaches mindfulness mediation, relaxation and deep breathing skills	No Yes	
E-health tools for chronic pain self-management	Provides access to diverse resources (including MBSR, ACT, CBT, CBT-I therapies) via on-line services (apps and websites). A list of links is available on the Pain BC website: https://www.painbc.ca/recommended-apps-help-manage-persistent-pain	No Yes	