

Welcome to the Central Island Pain Program at Nanaimo Regional General Hospital:

ASCEND Pathway



Central Island Pain Program
Nanaimo Regional General Hospital
1200 Dufferin Crescent, Nanaimo, B.C. V9S 2B7

Phone: [250-739-5978](tel:250-739-5978) Fax: [250-739-5989](tel:250-739-5989)
Islandhealth.ca/painprogram

ASCEND Pathway

What you think, say and do changes your pain on a cellular level. Make this moment count by incorporating tools and resources available to you

Action-based: integrating active approaches for pain management

Self-management: developing skills to live well with pain

Confidence-building: increasing your sense of self-efficacy and engagement in valued occupations and activities despite pain

Education: learning about pain neuroscience leads to better day to day management

Neuroplasticity: reprogramming the brain to change the “protect by pain response”

Dynamic: choosing a pathway through the program that meets your needs where you are now

How to Engage?

- GP or Nurse Practitioner referral to Central Island Pain Program
- Letter in the Mail indicating the date and time of your Orientation session. The letter will include a meeting ID and password to join the session via Zoom and an option to attend by phone
- Attend Orientation: Approximately 90 min virtual education session. You will learn the latest in pain science, common misconceptions, and strategies to optimize your well-being
- Complete the New Patient Intake Form mailed out to you and mail it back to us in the prepaid envelope provided
- You will receive a letter in the mail with the date and time of your consult with either *one of our Medical Doctors or Rehab Clinicians*. It can take up to 12 months to meet with one of our Medical Doctors
- Register for groups and classes led by trained healthcare professionals (available upon completion of Orientation) see Appendix for a list of groups and classes and registration number. You do not need to wait to see a Doctor prior to engaging with groups and classes

Other Resources

□ Engage with Community Options for Pain Management

- **Self-Management BC (led by trained peers living with persistent pain)**
A free chronic pain program to adults of all ages. This program is offered virtually, online, by telephone, or by mail for adults living in BC. To learn more, check out [BCSM - - Chronic Pain \(selfmanagementbc.ca\)](#) or call toll free: **1-866-902-3767**
- **LivePlanBe+ (self directed)**
A free online educational program created with the input of people living with pain. To learn more, check out [LivePlanBe](#)
- **Making Sense of Pain (led by a trained facilitator)**
Held over nine to ten weeks, facilitators provide participants with opportunities to learn about pain, the various factors that can make pain worse, and simple strategies that can help participants better manage pain in every day life. All sessions are online via Zoom. To learn more, **CALL 250-807-8241** or **EMAIL ipc.ok@ubc.ca**
- **Comox Valley Nursing Centre**
Offers Chronic Pain Support Groups (monthly meetings), gentle chair yoga series with pose modifications, and, *Making Sense of Pain*, which is an eight week facilitated, strength based course developed by Pain BC. **CALL 250-331-8502** to register or **EMAIL CVNCCDM@viha.ca** to register, or check out [Comox Valley Nursing Centre | Island Health](#)

□ Engage with Other Community Resources

- [Pain BC](#)
- [Pain Support Line](#)
- [Coaching for Health](#)
- [Pain BC's Pain Support & Wellness Groups meet twice a month in communities across BC](#)
- [Bounce Back](#)
- [Mindfulness](#)
- [Gentle Movement @ Home](#)

□ Useful Websites and Videos:

- [Understanding Pain: Brainman chooses – YouTube](#)
- [Tame The Beast — It's time to rethink persistent pain – YouTube](#)
- [Understanding Pain in less than 5 minutes, and what to do about it! - YouTube](#)
- Neil Pearson Physiotherapist and Pain Specialist website [Home - Pain Care Aware](#)
- [Retrain Pain Foundation](#)

□ Useful Books

- ***Back In Control***, by David Hanscom
- ***Crooked***, by Cathryn Jakobson Ramin
- ***Explain Pain***, by David Butler and G Lorimer Moseley (available in the public Library)
- ***The Pain Relief Secret***, by Sarah Warren
- ***The Way Out***, by Alan Gordon

□ Self-Management Resources



Pain Science
Summary.pdf



Breathing.pdf



Movement.pdf



Pacing.pdf



Relaxation.pdf

□ Mental Health Supports

- Island Wide 24 Hour Crisis Line **1-888-494-3888**
- Crisis Chat 7 days a week 6pm-10pm: www.vicrisis.ca
- KUU-US Crisis Line for Indigenous Peoples: **250-723-4050**
- Haven Society Woman's Counselling Crisis Line 24/7: **1-888-756-0616**
- Walk-in-Crisis Counselling Clinic at Brooks Landing, Nanaimo: **250-739-5710**
- Nanaimo Family Life Association walk-in counselling: **250-754-3331**
- [Cognitive Behavioural Therapy \(CBT\) Skills Group](#)
- [Anxiety Canada](#)

ASCEND Group Descriptions:

Call 250.739.5978 to register

ORIENTATION & PACING	Education to help build a slow, safe movement plan to retrain your pain system. *this class is a prerequisite for all other groups*
---------------------------------	---

Single Session Groups – may be repeated as often as you would like	
Group Name	Description
BREATHING	The breath is a window into the nervous system. This class provides education on the anatomical and physiological aspects of various breathing patterns. Learn how to use your breath to calm your nervous system, optimise spine stability and shift your breathing patterns in day-to-day activities. <i>This class is offered virtually/phone only.</i>
GENTLE MOVEMENT	Learn how to use a paced approach to return to movement. Explore Yoga, Qi Gong, and gentle cardio practices. Exercises are modifiable and should be performed within your comfort range. <i>You must have a camera connection to participate.</i> <i>This class is offered virtually/phone only.</i>
LOW BACK OR NECK PAIN OR SI JOINT	How to manage structural and mechanical changes in the neck or back. <i>These classes are offered in person as well as virtual.</i>
SOMATICS	“Soma” is the body as perceived from within. This class will help you with your mind-body connection through the use of gentle and conscious movement in a seated or laying position. <i>This class is offered virtually/phone only.</i>
WIND DOWN	Education on how pain can affect all aspects of your life and tools that can help calm the nervous system. Discussion and practice a variety of Mind Body approaches that can be incorporated into home practice. <i>This class is offered virtually/phone only.</i>

Group Series – commitment is required to attend all sessions	
Group Name	Description
Understanding Pain	An interactive pain-management program. Uses a whole-person (biopsychosocial and values based) approach to support you to explore and develop tools to retrain the body’s “protect by pain” response with the goal of working towards improving function and quality of life. <i>This class is a 4 week session. This class is offered virtually/phone only.</i>
Making Peace With Sleep	Cognitive Behavior Therapy Pain & Insomnia (CBT-PI) course that addresses the effects of pain on sleep. <i>This program is once a week for 4 weeks, and each session is approximately 2 hours in length. This class is offered virtually/phone only.</i>
Mindful Meditation	Learn about pain and stress management by discussing and practicing mindfulness and meditation. <i>This class is a 4 week session. This class is offered virtually/phone only.</i>
Fibromyalgia & Total Body Pain	Evidenced based education and management strategies include: Pacing, slow gentle mobility, meditation, relaxation, sleep hygiene and medications. <i>A commitment to participate in a 6 session class series required. This class is offered virtually/phone only.</i>

