

Fraser Health Pain Services’ purpose is to improve the health of the population and the quality of life of the people we serve. To ensure timely access to care and to understand the urgency of patient conditions, most services requires a completed referral form.

Please refer to the [Chronic Pain Care Pathway](#) on Pathways to ensure that patients are receiving evidence-based therapies for common pain conditions while they wait to be booked into our programs. Our expectation is that patients have been counselled on non-interventional modalities, as outlined in the [Chronic Pain Care Pathway](#) before being referred to one of our team members.

<u>Interdisciplinary Care</u>	<u>Intervention Only Pain Clinics</u>
<u>Jim Pattison Chronic Pain Clinic</u>	<u>Burnaby Hospital</u>
<u>Jim Pattison Pelvic Pain Clinic</u>	<u>Royal Columbian Hospital</u>
<u>Self-Management Programs</u>	<u>Langley Hospital</u>
	<u>Chilliwack Hospital</u>
<u>Community Pain Self-Management Program</u>	<u>Opioid Stewardship Program</u>

- Fraser Health Pain Services are not intended for long term follow-up.
- Patients are required to be monitored by their primary health care provider during and after their participation in the program.
- Patients will be triaged according to predetermined criteria and seen by the appropriate provider(s).
- The Interdisciplinary pain management programs are for patients requiring treatment for pain that has been unresponsive to conventional treatment.
- It is recommended that an emphasis is placed on self-management and rehabilitation.
- Services are for patients 17 years of age or older and living in Fraser Health Authority (FHA) catchment.
- Patient and/or caregiver should be cognitively capable and willing to participate with suggested regimen of therapy.
- Please do not refer to more than one Fraser Health Interventional Clinic/Pain Clinic at a time.
- Please refer patients to online and community resources found on the Fraser Health [Patient Resources for Patients](#) page or [Resource List](#) below while they wait for their appointment.

Interdisciplinary Care

Jim Pattison Chronic Pain Clinic

Level 3D 9750 – 140 Street, Surrey, British Columbia, V3T 0G9

Phone: 604 582-4587 Fax: 604 582-4591

Schedule: Monday – Friday: 8:00 AM – 4:00 PM.

The [Jim Pattison Chronic Pain Clinic](#) offers a multifaceted approach to the treatment of chronic pain using the biopsychosocial model. The pain clinic aims to provide pain management through assessment, care, and education by a team of health professionals.

- The interdisciplinary team offers personalized one-to-one sessions offering specialized assessment and care as required (e.g., nursing, occupational therapy, pharmacy services, physiotherapy, psychology, and social work).
- The medical team provides individualized care through one-on-one consultation and medical procedures as required.
- Specialized Education is offered in group settings with a focus on improving quality of life and decreasing pain through exercise, lifestyle changes, mood management, relaxation techniques, and mindfulness strategies.
- Connection to community resources is provided to support ongoing self-care.

The Pelvic Pain Clinic

Schedule: Friday: 9:00 AM – 3:00 PM (closed for lunch from 12:00 PM – 1:00 PM), Monday 8:30 AM – 4:30 PM (Physio only)

The Pelvic Pain Clinic is a subgroup of the Clinic. The clinic offers assessment and multidisciplinary care to female patients, over the age of puberty, experiencing chronic pelvic pain. The services offered may include:

- A gynecologist will provide an in-depth assessment.
- The Physiotherapist will provide one-to-one personalized sessions.
- Group education and management sessions about chronic pelvic pain
- Connection to community resources to support ongoing self-care.

Please note that the Pelvic Pain Clinic does not accept patients with neuropathic pain, myofascial pain, back pain, urological and/or gynecological complications. Also, patients already being seen by the BC Women's Centre for Pelvic Pain and Endometriosis will not be accepted.

Exclusion criteria:

- Active untreated addiction. There are no addiction services in our clinic.
- Ongoing infection source without treatment.
- Medically unstable or suffers from a condition requiring inpatient care and monitoring.
- Scheduled for surgery for pain issues.
- Psychiatrically unstable. (e.g. active psychosis, severe depression, actively suicidal)
- Has previously received treatment at the JPOCSC Chronic Pain Clinic for the same issue and/or has not followed treatment recommendations.
- Has recently completed pain group management programs in tertiary centres and there are no new pain management approaches available.
- Initial request is related to preparation of a return-to-work report or other documentation that is provided on cost recovery basis.
- Referral source's primary goal is medical legal consultation and/or to obtain controlled substances.

* *The clinic does NOT assume prescribing, including opioids; may provide clinician to clinician consultation on dosing.*

* *Note: fibromyalgia and whole-body pain will be treated through our self- management program.*

When is a referral required?

- All new patients must be referred by a physician/ primary care provider.
- Returning patients who haven't been seen for the referred pain area in over 24 months.
- Returning patients who have a new/secondary area of pain require a new referral.

Discharge Criteria

- Patient completed education and no further interventions planned. Patient may be re-referred as needed for a maintenance treatment.
- Primary Care Provider or another designated specialist can provide follow up.
- Patient has met the requirements of the no show policy agreement for discharge.
- Program is unable to contact patient at a minimum of 3 attempts over 8 weeks "Unable to Contact Letter" will be sent to referring provider.

[Jim Pattison Chronic Pain Clinic Referral Form](#) and [Pelvic Pain Clinic Referral Form](#).

Please fax to 604 582-4591. Please mark URGENT for urgent referrals ie. CRPS

Self-Management Program

Community Pain Self-Management Program

Phone: 236-332-8195

Fax: 604-582-4591

Email: Coordinator.CommunityPainProgram@fraserhealth.ca.

Schedule: Monday – Wednesday: 8:00 AM – 4:00 PM

The Fraser Health Community Pain Self-Management Program is a **comprehensive 8-week virtual program** focused on a holistic and biopsychosocial approach to pain management. The program consists of **group sessions** on pain management, led by an interdisciplinary team of nurses, physiotherapists, and occupational therapists, who partner with patients to learn and build self-management skills that decrease pain and improve quality of life.

The service includes:

- Topics such as pain science, energy conservation, mood management, stress management, sleep wellness, nutrition, movement, self-compassion, and more.
- Gentle movement activities to explore new ways of moving
- Individual virtual appointments as needed to assist with goal setting
- An extended pain team review, including a pain specialist and pharmacist as needed.
- Access to an Occupational Therapy, Physiotherapy, Nursing or Pharmacy consult and specialized classes as needed.
- An individualized discharge plan created with the client, along with recommendations, to be shared with the family doctor for continued support and care.

Inclusion Criteria

- 17+ years of age.
- Internet access from a computer or phone.
- Ability to participate in a group setting.
- Willing to commit to 2.5 hours.

Discharge Criteria

Patients are discharged from the program once they have completed the 8-week program.

[Community Pain Self-Management Referral Form](#) Please fax to 604-582-4591 with Attention: Regional Coordinator

Interventional Pain Clinics

Interventional clinics are not appropriate for patients with general pain issues and do not provide pharmacotherapy. For common chronic pain conditions and the respected guidelines, assessment tools, patient resources and other pain services, please consider reviewing the [Enhanced Chronic Pain Care Pathway](#). Please refer to [Pathways](#) for the most up to date list of the procedures and medical team members at each clinic.

Burnaby Hospital

3935 Kincaid Street, Burnaby, British Columbia, V5G 2X6

Phone: 604-434-4211 ext. 533530 **Fax:** 604-538-4299

Email: bhpainclinic@fraserhealth.ca

Schedule: Tuesday and Thursday: 8:45 AM – 4:15 PM and Wednesday: 1:00 PM – 6:00 PM.

[Burnaby Hospital Pain Clinic Referral Form](#) Please fax referral form to 604-538-4299

Royal Columbian Hospital

330 E Columbia Street, New Westminster, British Columbia, V3L 3W7

Clinic is located within the Care Clinic – Basement floor of Health Care Center. Green zone elevators to basement – follow the green line to the Clinic door.

Phone: 604-520-4454 **Fax:** 604-520-4188

Schedule: Monday and Wednesday: 7:30 AM – 3:30 PM.

[Royal Columbian Hospital Pain Clinic Referral Form](#) Please fax referral form to 604-520-4188

Langley Memorial Hospital

22051 Fraser Highway, Langley, British Columbia, V3A 4H4

Phone: 604-514-6059 **Fax:** 604-533-6418

Schedule: Monday – Friday: 8:00 AM – 4:00 PM (closed for lunch from 1:00 PM – 2:00 PM).

Please note: Phone hours Tuesday to Friday 2:00 PM to 4:00 PM

Please fax referral to 604-533-6418. For urgent / semi-urgent care of spine related pain, fax 778-550-2620. Mark URGENT on fax.

Chilliwack General Hospital

45600 Menholm Road, Chilliwack, British Columbia, V2P 1P7

Phone: 604-795-4141 ext 614132 **Fax:** 604-703-6955

Schedule: Please contact clinic for hours of operation

Fraser Health Opioid Stewardship Program

Royal Columbian Hospital

Dr. Kseniya Chernushkin

Phone: (778) 242-3594 (text or call)

Email: opioidstewardship@fraserhealth.ca

Schedule: Monday to Friday 0800-1600h

Surrey Memorial Hospital

Jack Zhu (Interim OSP)

Phone: (236) 332-1973 (text or call)

Email: opioidstewardship@fraserhealth.ca

Schedule: Monday to Friday 0730-1530h

The FH Opioid Stewardship Program (OSP) is staffed by two clinical pharmacy specialists working from Surrey Memorial Hospital (SMH) and Royal Columbian Hospital (RCH).

The service may include:

Live clinical support:

- opioid selection, dose adjustment, rotation, tapering plans in management of pain.
- optimization of non-opioid pharmacotherapy for pain (e.g. other oral and topical analgesia suggestions).
- advice about patient resources for pain management.

On-site clinical service: Prescribers, pharmacists, and nurses can refer patients to FH OSP at Surrey Memorial Hospital and Royal Columbian Hospital.

Patient eligibility:

Adult patients in Fraser Health

Exclusion Criteria:

The program does not provide addiction management or palliative care.

Other methods to access program:

- Meditech expense referral form (Available at RCH only)
- [Pathways: Pharmacist Pain Management Advice](#) (Send Message)
- [Fraser Health Firstline Pain and Opioid Stewardship App](#) (see below)

Additional details:

Fraser Health Firstline Pain and Opioid Stewardship App

The FH OSP has partnered with Firstline (health technology company) to create a free access app with expert-reviewed guidance on pain management and opioid stewardship. While it was designed for providers in Fraser Health, the app is freely available for health professionals around the province. This resource is continuously maintained by the FH OSP pharmacists. Users can use the in-app feedback feature to inform the team of any new information for their review and consideration.

Access the app [here](#).

The app includes:

- Analgesic monographs with target doses, information about efficacy in pain management, cost and coverage and dosage form availability.
- Concise, practical summaries of guidelines and evidence for common pain syndromes.
- Tools for pain assessment and opioid dosing including Morphine Milligram Equivalent calculator.
- Easy-sharing repository of patient resources.

Appendix – Patient Resource List

Pain Management

[Pain BC](#)

Multiple options for patients living with pain to learn pain management skills. Offers an online portal, Live Plan Be+, Coaching for Health (referral needed), the Making sense of Pain virtual program and a Pain Support Line – Phone: 1-844-880-**PAIN**.



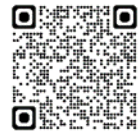
[Self-Management BC](#)

Self-management programs for Chronic Pain offered in communities throughout BC at no cost. Offered in various languages.
Phone: 604-940-1273



[Power over Pain Portal](#)

Canada wide free resources such as articles, videos, podcasts, courses, workshops, and peer support.



[Pathways | Pain Management \(pathwaysbc.ca\)](#)

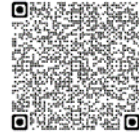
A one stop shop for Community Resources and reliable resources for Pain Management



Mood Management

[Fraser Health Mental Health](#)

Fraser Health has a variety of mental health and substance use programs. Call the intake line and get the help you need.



[Mind-Space](#)

Learn practical skills to build mental wellness. Programs for anxiety and depression, and chronic health conditions are offered. **Requires a referral from GP.**



[Bounce Back](#)

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. You will get access to tools that will support you on your path to mental wellness.



Exercise and Movement

YouTube

- [Pain BC Gentle Movement @Home](#) – Gentle exercise videos for patients with pain.
- [Andrea Furlan](#) Pain Physician with several diagnoses-based exercises.
- [YMCA Thrive Program](#) Gold Series, provides gentle movement videos
- [David Dorian Ross](#) Tai Chi made easy with seated options.