

The **PARKLAND CHRONIC PAIN CLINIC (PCPC)** in partnership with **WestView Primary Care Network** opened its doors in February 2006. The **PCPC** accepts referrals from physicians seeking assistance for patients who have been diagnosed with non-malignant chronic pain. The multi-disciplinary team at the **PCPC** consists of Physician Lead, Dr. Gregory Boughen; Anesthesiologist, Dr. Brian Knight; Psychologist, Brandon Ulmer; Chiropractor, Dr. Randy McLeod; Pharmacist, Gideon Gunawan; Physiotherapist, David James; RN, Dawn Petit; and LPN Chelsea Stevens.

Education is one of the primary goals of **PCPC** and health care professionals are encouraged to attend the clinic to learn more about the assessment and treatment of chronic pain. As well as pain management and coordination of traditional therapies for patients, evening group sessions are offered to patients and their families to explore the toll that chronic pain can take on personal relationships and to assist with coping strategies.

Chronic Pain Facts

- Chronic pain is a major health problem, accounting for billions of dollars in lost manpower hours, disability claims, and needless suffering.
- Chronic pain is not an affliction that is readily curable, but rather, one which can only be controlled by reducing the disabling impact, and enabling the patient to cope better.
- Multi-disciplinary **chronic pain** programs reduce pain, increase activity level, decrease drug intake, increase the chance for re-employment, and improve the patient's psychological functioning and general overall well-being.

PARKLAND CHRONIC PAIN CLINIC

is located in WestView Health Centre
4405 South Park Drive, Stony Plain, AB

PLEASE CONTACT US FOR FURTHER
INFORMATION OR TO ARRANGE REFERRAL:

Ph: 780.916.1611

NEW FAX: 780.963.4547

Referral forms may be downloaded at
www.westviewpcn.ca

PCPC



PARKLAND CHRONIC PAIN CLINIC

A team approach to treating
chronic pain...

PARKLAND
CHRONIC PAIN CLINIC
Objectives

1. **Comprehensive patient assessment** utilizing the expertise of local physicians and other health professionals knowledgeable in the treatment of chronic pain.
2. **Design an individualized program** that will improve the patient's level of functioning while providing education to better manage their chronic pain.
3. **Maximize functional gains** that can be achieved through optimizing medication usage.
4. **Provide education** for the patient and their family as well as health professionals.
5. **Gather outcome measures** showing efficacy of the clinic's program.

PARKLAND
CHRONIC PAIN CLINIC
Structure

- **Physician Lead / Pain Specialist**
- **Nurse Coordinator**
- **Psychological Support Services**
- **Pharmacist**
- **Physiotherapy, Occupational Therapy and Chiropractic Treatments available as funding allows.**

Group Sessions

Living with chronic pain affects the patient as well as those closest to them; therefore family involvement is encouraged.

Weekly group counseling and education sessions are held to increase understanding between chronic pain patients and their loved ones.

PARKLAND
CHRONIC PAIN CLINIC
Referrals

Referrals are accepted from family physicians, emergency room physicians, and patients themselves. Referring physicians are expected to provide documentation relating to the patient's medical, social, and work history for the initial referral. **All referred patients MUST have a family physician.**

Referring physicians will be updated on the patient's progress and must commit to carrying on the medication portion of the program after the patient is discharged from the Clinic.

The Clinic's responsibility is to educate physicians on the current state of chronic pain treatment. Of course continued support from the Clinic will be available to physicians as necessary.

Referral Criteria

- The focus of treatment is specifically for patients with non-malignant pain.
- The patient describes ongoing or recurrent pain and discomfort that affects their physical, psychological, and/or vocational functioning.
- All medical investigations to date have been completed and these reports must be provided by the referring physician.