Pain Resources for Pharmacists

* [Firstline: Fraser Health Pain and Opioid Stewardship](https://app.firstline.org/en/clients/591-fraser-health-pain-and-opioid-stewardship) (Mobile App Available)
* [Clinical Protocol: Fibromyalgia and Chronic Pain in Related Disorders](http://www.bcwomens.ca/Specialized-Services-Site/Documents/Complex%20Chronic%20Diseases%20(CCDP)/Clinical%20Protocol-FM.pdf)
* [Centre for Effective Practice: Opioid Manager](https://cep.health/media/uploaded/CEP_Opioid_Manager_2017.pdf) (2017 Version)
* [PEER: Pain Calculator](https://pain-calculator.com/)
* [CPSBC Prescribing Tools and Resources](https://www.cpsbc.ca/registrants/programs/drug-programs/prp/prescribing-tools)

Pain Resources for Patients

* **Physical Activity** 
  + [More Life Seniors](https://www.youtube.com/channel/UCC4TRhL4BiA7--jpxVVXcpQ) (seated exercised)
  + [Arthritis Society Top 10 Exercise](https://arthritis.ca/AS/media/pdf/Support%20and%20Education/EN-top-10-exercises.pdf) & [Hip and Knee Exercises](https://arthritis.ca/living-well/2021/exercises-for-osteoarthritis-of-the-hip-knee)
  + [Pain BC](https://www.painbc.ca/gentle-movement-at-home)
  + [YMCA Gentle Fit Playlist](https://www.youtube.com/watch?v=Cz7oYNqYCcc&list=PLA2C6WTfk7jXt74ZTc6DktqypvmiyCMR4&index=4)
* **Psychological Therapies**
  + [Self-Guided CBT](https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=abo3945#abo3946)
  + [Reduced Cost Counselling](https://willowtreecounselling.ca/wp-content/uploads/2011/04/Reduced-Cost-Counselling-Options-Sep2014.pdf)
* **Chronic Pain Support Group & Management**
  + [Pain BC Support Groups](https://painbc.ca/about/programs/pain-support-wellness-groups)
  + [Pain BC Self-Management](https://painbc.ca/find-help/self-management)
  + [Self-Management BC](https://www.selfmanagementbc.ca/chronicpainprogram)
  + [TAPMi PainU](https://tapmipain.ca/patient/managing-my-pain/)
* **Lifestyle Resources** 
  + [Diet](https://www.healthyfamiliesbc.ca/eating)
  + [MySleepWell CBTi](https://mysleepwell.ca/cbti/)
  + [Anxiety Canada Sleep Diary](https://www.anxietycanada.com/sites/default/files/SleepDiary.pdf)
  + [Sleep Guided Meditations](https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1)
* **Comparing Treatment Options for Pain**
  + [Neuropathic Pain](https://pain-calculator.com/calculators/neuropathic-pain/)
  + [Low Back Pain](https://pain-calculator.com/calculators/low-back-pain/)
  + [Osteoarthritis Pain](https://pain-calculator.com/calculators/osteoarthritis-pain/)
* **Medication Overview** 
  + [Hamilton Health Sciences](https://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/resources/)
  + [Phone Application: MyTherapy: Medication Tracker](https://www.mytherapyapp.com/)
* **Pain Diaries**
  + **Mobile Apps:**
    - [Manage My Pain](https://managemypainapp.com/), [Chronic Pain Tracker](https://www.pain.com/en/personal-support-resources/tools-you-can-use/pain-management-apps/painscale-app.html), [CareClinic](https://careclinic.io/)
  + **Paper-based**:
    - [American Cancer Society](https://www.cancer.org/content/dam/cancer-org/cancer-control/en/worksheets/pain-diary.pdf), [National Prescribing Service Medicinewise](https://www.guild.org.au/__data/assets/pdf_file/0023/5945/patient-resource-my-pain-diary-nps-medicinewise.pdf)
* **Resources about Opioids** 
  + [Dr. Mike Evans’ Best Advice for People Taking Opioid Medication](https://www.youtube.com/watch?v=7Na2m7lx-hU)
  + [CAMH Prescription Opioids](https://www.camh.ca/-/media/files/guides-and-publications/dyk-prescription-opioids.pdf)
  + [CDC - Information for Patients (Opioids)](https://www.cdc.gov/opioids/patients/index.html)
  + [ISMP – Patients and Families](https://www.ismp-canada.org/opioid_stewardship/)
* **Resources about Naloxone**
  + [Learn how to administer](https://towardtheheart.com/naloxone-lesson/)
  + [Find a site that offers naloxone kits](https://towardtheheart.com/site-finder)
  + [Learn about naloxone nasal spray](https://www.narcan.com/patients/patient-resources)
* **Patient Stories**
  + [CDC](https://www.cdc.gov/rxawareness/stories/index.html)
  + [Life the Label](https://liftthelabel.org/)
* **Resources and Support for Opioid Use Disorders** 
  + [Government of BC](https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/addictions-alcohol-and-other-substances)
  + [CAMH Opioid Agonist Therapy (OAT)](https://www.camh.ca/-/media/files/oat-info-for-clients.pdf)