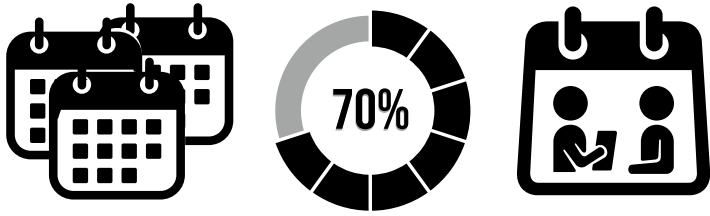


ALBERTA VIRTUAL PAIN PROGRAM

PHASE 1: THE ALBERTA VIRTUAL CHRONIC PAIN PROGRAM (AVCPP)

The Alberta Virtual Chronic Pain Program is a novel, made in Alberta and for Alberta program, which delivers consistent quality, non-pharmacologic chronic pain care across the province with a focus on rural communities and at-risk populations.



Chronic pain is defined as persistent pain lasting or recurring for 3 months or longer. Chronic pain is **not a marker of tissue damage.**

Family Physicians provide 70% of all healthcare in Canada.¹

Primary Care is a specialty with increased demands from all systems. **Chronic pain is one of the top four reasons for visits to primary care,**² adding to this demand.


THE AVCPP WAS DEVELOPED WITH AND SUPPORTS PATIENTS & PROVIDERS

For patients, AVCPP provides:


- Quality non-pharmacologic chronic pain care via access to multidisciplinary team
- Consistent messaging and language
- Longitudinal peer support & community
- Help with system navigation

For providers, AVCPP:

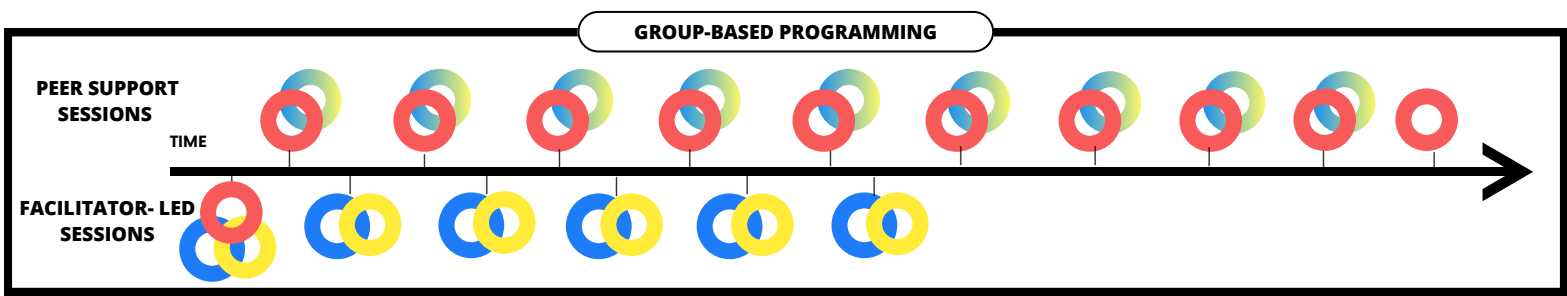
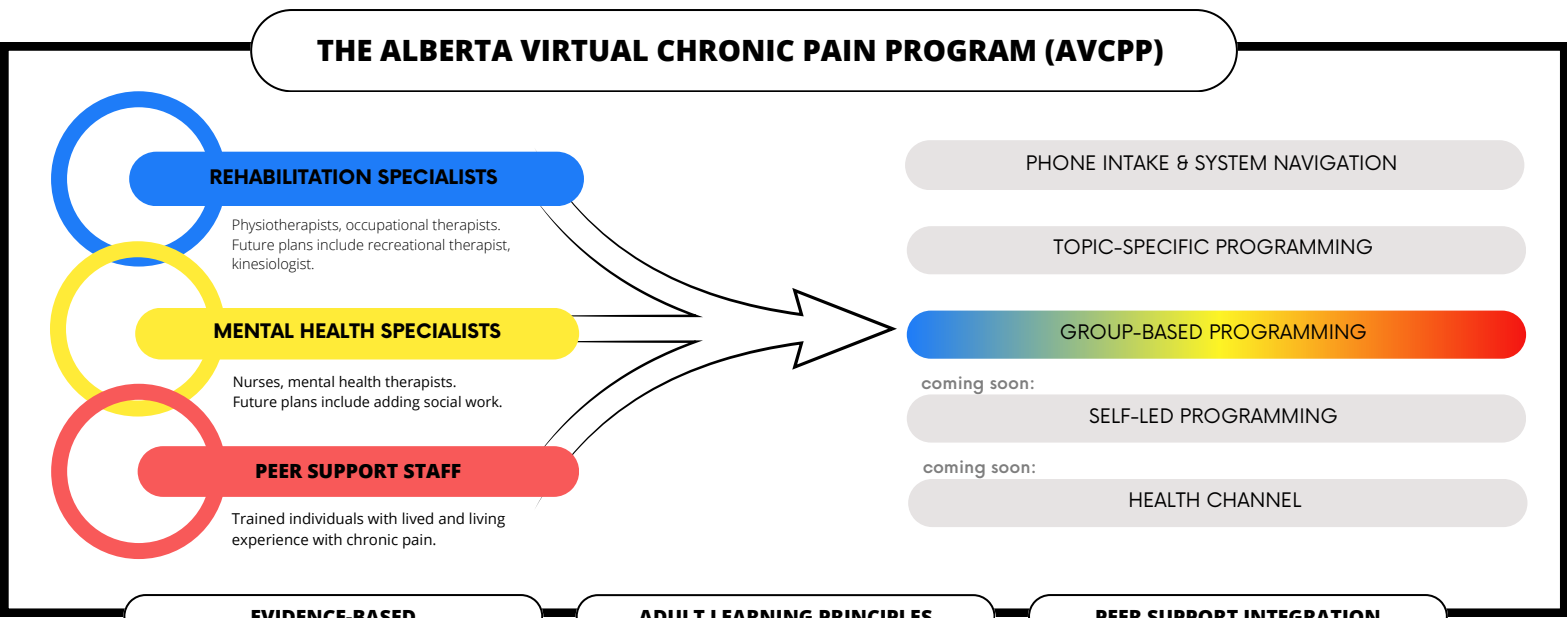
- Supplements primary care provider's services with evidence-based resources
- Teaches patients effective communication
- Provides patients additional point of care; potential to increase provider's availability for other patient concerns
- Offers education through consistent language and communication.



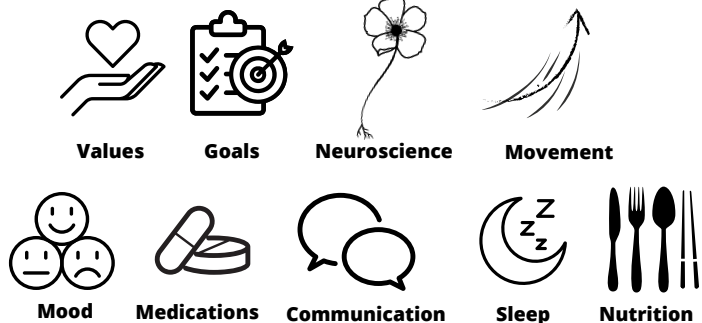
Self-Referral
1-877-719-7707



Clinician-Referral
Via the Alberta Referral Directory & Connect Care



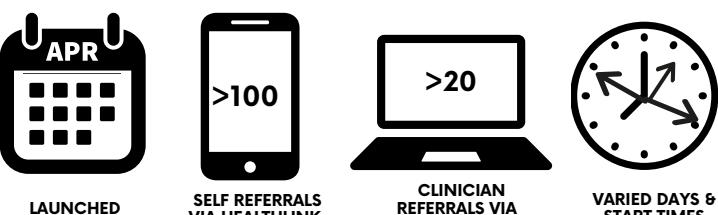
SKILLS DISCUSSED & PRACTICED



Values **Goals** **Neuroscience** **Movement**

Mood **Medications** **Communication** **Sleep** **Nutrition**

PROGRESS & SUCCESSES



LAUNCHED APRIL 2024

SELF REFERRALS VIA HEALTHLINK PHONE LINK >100

CLINICIAN REFERRALS VIA CONNECT CARE OR FAX >20

VARIED DAYS & START TIMES AVAILABLE

HIGH PARTICIPANT SATISFACTION

Incredible facilitators. Best of all it's covered by AHS. I have struggled with pain AND mental health issues, tried different counsellors (at great expense). Unfortunately, I don't think most counsellors understand the impact pain has on mental health. This has been the best program where I've felt I have a better understanding of how physical and emotional pain are interwoven. I feel there is some hope moving forward. The program has helped me validate my own mission to start finding ways of healing.

These topics tied everything together. I now have a "label" to cue me to stopping, recognizing and changing. I also liked hearing everyone's great ideas and their own personal journey. But, I have to say my favourite thing about this particular chronic pain program are the facilitators! I recognized that all facilitators are speaking with kindness and encouragement in their voices.

It was **eye opening** for me. I have recently gone through trauma/grief/devastation. It really dawned on me that my pain is often directly connected to things outside my control (include weather in this). So, I am curious to stop the Domino's falling.

I appreciate the clear **suggestions on communicating** with my doctor. Because we get so little time with our doctors, it is extra important to get to the point quickly. To act, when the doctor asks "how are you doing?"

I found it **beneficial to hear suggestions from the group** on strategies to 'reset' when I wake up in pain

Your workshop was **tremendous**. You were **clear, succinct, respectful, compassionate, knowledgeable, informative, welcoming**...I could go on and on. You gave me many tremendous tools. It was better than I expected and my expectations were high. I am thrilled that it will be posted because I want to revisit a variety of subtopics.

References: 1. Kolber MR, Korownyk CS, Young J, Garrison S, Kirkwood J, Allan GM. The value of family medicine: An impossible job, done impossibly well. Can Fam Physician. 2023 Apr;69(4):269-270. 2. Finley CR, Chan DS, Garrison S, et al. What are the most common conditions in primary care?: Systematic review. Canadian Family Physician 2018; 64:832-40.