

Helpful Links

General

American Academy of Pain Medicine - <http://www.painmed.org/>
American Chronic Pain Association - <http://www.theacpa.org/default.aspx>
Arthritis Society Resource Guide for BC - <http://www.argbc.ca/>
Canada Fibromyalgia - Chronic Fatigue Syndrome - <http://www.fm-cfs.ca/index.html>
Canadian Headache Society and Headache Network Canada - <http://headachenetwork.ca/>
Canadian Institute for the Relief of Pain and Disability – www.cirpd.org
Canadian Pain Society & Canadian Pain Coalition Pain Resource Centre - <http://prc.canadianpaincoalition.ca/en/>
Chronic Pain Australia - <http://www.chronicpinaustralia.org.au/>
Complex Regional Pain – PARC - <http://rsdcanada.org/parc/english/index.html>
Emerging Solutions in Pain - <http://www.emergingsolutionsinpain.com/>
Families and Chronic Pain - <http://www.families-and-chronic-pain.com/>
Fibrocentre / Fibromyalgia - <http://www.fibrocenter.com/>
Med School For You - <http://www.medschoolforyou.com/>
National ME/FM Action Network - <http://www.mefmaction.com/>
PainAction - <http://painaction.com/>
Pain.com Pain Management Resource - <http://pain.com/>
Pain Topics - <http://pain-topics.org/>
Partners Against Pain - <http://www.partnersagainstpain.com/index.aspx>
US Department of Veteran Affairs Pain Management - <http://www.va.gov/painmanagement/>

For Patients

Alberta Health Services Chronic Pain Management Lecture Series - <http://www.albertahealthservices.ca/2790.asp>
Anxiety BC – CBT - <http://www.anxietybc.com/cbt-home>
Bounce Back - <http://www.cmha.bc.ca/how-we-can-help/adults/bounceback>
Canadian Neuropathy Association - <http://www.canadianneuropathyassociation.org/>
Canadian Pain Coalition - <http://www.canadianpaincoalition.ca>
Canadian Pain Society - <http://www.canadianpainsociety.ca/en/index.html>
Chronic Pain Association of Canada - <http://www.chronicpaincanada.com/>
Canadian RSD Network - <http://www.canadianrsd.com/>
Help for Headaches - <http://www.headache-help.org/>
Here to Help - <http://www.heretohelp.bc.ca/>
How to Cope with Pain - <http://www.howtocopewithpain.org/>
Life is Now Patient Education - <http://www.lifeisnow.ca/hcp/pain-management-education/>
Living Well With Pain - <http://livewellwithpain.ca/>
Mindfulness cds/books - <http://www.mindfulnesscds.com/author.html>
Mindfulness Based Chronic Pain Management - <http://www.neuronovacentre.com/>
People in Pain Network - <http://peopleinpainnetwork.wildapricot.org/>
Self Management of Chronic Pain – Patient Handbook - http://www.arachnoiditis.info/website_captures/chronicpainhandbook/
Spine Universe - <http://www.spineuniverse.com/>

Toolkits and Factsheets

Pain Management Diary –

<http://www.arthritis.ca/document.doc?id=97>

The Pain Toolkit –

<http://www.paintoolkit.org/assets/downloads/Pain-Toolkit-Booklet-Nov-2012.pdf>

Pain Toolbox -

http://www.painbc.ca/sites/default/files/pdf_files/ThePainToolbox%20with%20Hyperlinked%20Text%20FINAL%20Jan%202013,%202012.pdf

Understanding Pain for People in Pain –

http://www.lifeisnow.ca/files/2012/08/Understanding_Pain_basics.pdf

Factsheet 1 Understanding Pain -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet1.pdf

Factsheet 2 Types of Pain Medications -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet2.pdf

Factsheet 3 Managing Side Effects -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet3.pdf

Factsheet 5 Setting Goals –

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet5.pdf

Factsheet 7 Patient Pain Diary -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet7.pdf

Factsheet 8 Opioids and Assessment -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet8.pdf

Factsheet 11 Return Visit Tool -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet11.pdf

Factsheet 13 Communication Among the Pain Management Team -

http://www.emergingsolutionsinpain.com/content/tools/patient_edu_series/FactSheet13.pdf

For Providers

American Pain Society - <http://www.americanpainsociety.org/>

Canadian Physiotherapy Association Pain Science Division - <http://painsciencedivision.squarespace.com/>

College of Physicians and Surgeons of British Columbia - <https://www.cpsbc.ca/library>

Life is Now continuing education workshops & resources - <http://www.lifeisnow.ca/hcp/pain-science-continuing-education-workshops/>

Life is Now Links and Resources - <http://www.lifeisnow.ca/pip/resources-abstracts-downloads-links/>

MedPage Today Pain Management page - <http://www.medpagetoday.com/PainManagement/>

National Opioid Use Guideline Group - <http://nationalpaincentre.mcmaster.ca/opioid/>

PainEdu.org - <https://www.painedu.org/index.asp>

The Oxford Pain Site - <http://www.medicine.ox.ac.uk/bandolier/booth/painpag/index2.html>