

1 in 5 people living in Canada suffer from Chronic Pain

Though Chronic Pain is defined as pain lasting more than 3 months, Chronic Pain is fundamentally different from acute pain, requiring a different model of treatment. Pain affects people's lives in many ways. Learning about pain, factors that can cause or make pain worse, and strategies to mitigate those factors helps patients manage pain in everyday life.

Program Overview

The Alberta Virtual Pain Program offers **education & self-management program** for adults living in Alberta and experiencing chronic pain. This new, innovative program is led by trained clinical facilitators from Alberta Health Services.

We offer a 6-week (two 1-hour sessions per week) Zoom-based chronic pain group education and self-management treatment program with peer support. Each week includes an interactive education session dedicated to 1-2 topic areas, a peer support session, learning activities, and personal practice opportunities. Occasional follow-up sessions will continue for up to 1-year to check-in on how patients are doing.

Attendance at session 1 is mandatory. Morning, noon hour, late afternoon, early evening, and weekend program offerings are available.

We also offer a **self-led program** for those who prefer, allowing patients to complete an online program at their own pace.

Group-based Program Topics include:

- My Pain Journey (loss, sorrow & life transitions)
- What Matters to Me? (values & goal-setting)
- Why do I Hurt? (pain neuroscience)
- Moving My Way
- Nurturing Your Nervous System (stress & mood)
- Medications: One Piece of the Pie
- Pain Speak: Empowering Your Voice
- Slipping into Better Sleep
- Mission Nutrition

In addition, we have **topic-specific programming** which gives more detailed information on often requested topics.

This program is free and available to people residing in Alberta, 18+ years old, suffering pain lasting 3 months or longer. No formal diagnosis is required.
No formal referral from a healthcare provider is required.
All programming can be accessed via the information below.



Patient Self-referral
1-877-719-7707



Clinician Referral
Via the Alberta Referral Directory & Connect Care
(AHS Prov Pain Program)

What services are offered?

- Education and coaching on self-management strategies in a group setting. Sessions provide practical self-management tools, delivered in an interactive and engaging way.
- Opportunities to ask questions and discuss self-management strategies with clinicians trained in chronic pain management.
- Opportunities to form connections with other participants.
- Connections to other health system & community services and resources as required.
- Group-based peer support.
- An online self-led program for patients looking to learn practical self-management strategies on their own time.
- Various workshops on topic areas important to chronic pain patients.

The program does not offer interventional services (ex. injections) or medication adjustments.

At present, Primary Care Alberta offers the Virtual Pain Program only in English and only online via Zoom. In the future, we hope to have more diverse options available.