

Rural Rounds: Supporting Patients with Chronic Pain in Rural Communities

Gregg Moor

Sean Ebert

October 16, 2025 | 0800-0900



THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Professional Development

Faculty of Medicine

Land Acknowledgement

We acknowledge that we work on the traditional, ancestral and unceded territory of the Skwxwú7mesh (Squamish), xʷməθkwəy̓əm (Musqueam), Səlílwətaʔ/Selilwitulh (Tsleil-Waututh), and Syilx Okanagan Nations.



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PRESENTER DISCLOSURES

Name: Gregg Moor

Relationships with commercial interests:

- Pain BC Society Employee (Project Manager)
- Health Canada funding

Name: Sean Ebert

Relationships with commercial interests:

- Medical Director Pain BC AMN
- RCCbc Core Member
- Divisions of FP member/speaker



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MITIGATION OF BIAS

- All content developed as part of this program was reviewed for potential bias by the members of the program planning committee.
- Relationships do not affect my choices in developing content.
- Financial relationships are unrelated to presentation.
- Not speaking about any products or medications.



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LEARNING OBJECTIVES

1. Review Pain BC resources and programs designed for physicians who support patients living with chronic pain conditions.
2. Describe Pain BC resources and programs designed for patients living with chronic pain conditions.
3. Incorporate local supports in the management patients with persistent pain.
4. Apply practice management techniques to support patients living with persistent pain.



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Case: CP

Charlie:

- 50 y.o. male
- Low back pain x 6 months
- Work related injury
- Chronic opioids
- Anxiety/depression
- Relationship discord
- Disability forms



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Where do we start!

Principles of Management:

- Validate
- Educate
- Mitigate
- Collaborate
- Relationship



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Many of Pain BC's programs and initiatives receive funding from Government of British Columbia

[Find Help](#)

[Get Involved](#)

[Health Professionals](#)

[About Pain BC](#)

[Blog](#)

[Contact](#)



Welcome to our continuing pain education hub for health professionals

Education and resources for health professionals

Learn how you can improve health outcomes for the one in five Canadians with chronic pain by taking one of our evidence-based education programs. Our wide range of continuing education opportunities are based on a ladder strategy that aims to increase chronic pain capacity among health care providers of all disciplines.

EMPOWER AND EDUCATE HEALTH CARE PROVIDERS

level 3

MASTER COMPLEXITY

BC ECHO for Pain | BC Adaptive Mentorship Network for Pain, Mental Health & Substance Use

level 2

DEVELOP DISCIPLINE-SPECIFIC SKILLS

Pain Education Sessions for Divisions of Family Practice

level 1

IMPROVE BASELINE KNOWLEDGE

Pain Foundations | Chronic Pain Insights | Moving Through Pain

IMPACT



- Knowledge transfer
- Practice change
- Improved patient care
- Fewer specialist referrals
- Resourcefulness & hope

PAIN FOUNDATIONS

Self-paced online course for health care providers to improve their assessment and treatment of people living with pain, with Basic and Advanced Certificates available.

Mainpro+ accredited

Graduate feedback

- 98% feel more confident talking to patients about pain
- 99% better understand team-based care for pain management

- **Basic modules (5 hours)**

1. Introduction to Pain Foundations
2. Exploring Pain Beyond Body and Mind
3. Living with Pain

- **Advanced Modules**

4. Pain Physiology (2 hrs.)
5. Biopsychosocial Pain Assessment in Clinical Settings (<1.5 hrs.)
6. Collaborative Pain Care (2 hrs.)
7. Pain Self-Management (>1.5 hrs.)
8. Capstone (1.5 hrs.)

Module 5: Biopsychosocial Pain Assessment in Clinical Settings (<1.5 hrs.)

- 5.1 Biopsychosocial approach to pain management
- 5.2 Pain assessment – The OPQRSTUV Tool
- 5.3 Unidimensional and multidimensional pain assessment tools
- 5.4 Specialized assessment tools

Module 6: Collaborative Pain Care (2 hrs.)

- 6.1 Treating pain that is chronic
- 6.2 Readiness to change
- 6.3 Stages of change
- 6.4 Pharmacological treatment options
- 6.5 Complementary and alternative pharmacological options
- 6.6 Medical interventions

Activity 1: Eric's Experience



It's now time to reflect on the content of this unit so far by engaging with a case. **Select the two tabs below** to read the case and view the case questions. Go to **Activity 1** in your **Activity Log** to respond.

Read the case

See the case questions

Meet Eric, a 28-year-old transgender man involved in a workplace accident.

Eric was taken to hospital and underwent orthopedic surgery because of multiple fractures. Eric developed severe neuropathic pain after his accident and was diagnosed by a pain specialist 1 year later.

He reports being on several medications for his pain and is undergoing physical therapy. He is exploring other treatment options because of the shooting pain he is still



CHRONIC PAIN INSIGHTS

- Supports health care providers to build skills and knowledge about pain in the perioperative context.
- Underscores the importance of culturally sensitive care and advocates for a comprehensive biopsychosocial model to prevent and manage chronic pain effectively with a focus on self-management strategies.

- **Modules:**

1. Introduction to Pain (45 mins.)
2. Living with Pain (45 mins.)
3. Managing Pain (45 mins.)

The screenshot displays a digital learning platform interface. On the left, a 'MENU' sidebar lists the following topics with checkmarks indicating completion: Introduction, Orientation to Pain, Descriptors of Pain (with sub-items 'Descriptors of pain' and 'The impact of pain'), The Biopsychosocial Model (with sub-items 'The Biopsychosocial Model', 'Beyond the Biopsychosocial Model', 'The Enactive Approach', 'Living with chronic pain', 'Activity 1: Meet Phillip', 'Unit summary', and 'Check your understanding'), and Check Your Understanding (with sub-items 'Question 1', 'Question 2', and 'Question 3'). The main content area is titled 'Unit 2: Defining Pain' and features a video player. The video is titled 'The impact of pain' and includes a subtitle: 'What is the personal experience of pain like? Watch this video and think about how pain has affected this person's life.' The video player shows a man in a cap and has a progress bar at 03:38. The bottom of the interface has a navigation bar with icons for volume, settings, and navigation (PREV, NEXT).

MOVING THROUGH PAIN

For health care providers who want to support people living with pain to engage in gentle movement and relaxation.

Time: Four hours

- **Learning outcomes**

- Recognize pain as a complex, subjective experience that is unique to each person.
- Describe the changes that take place in the nervous system when living with chronic pain and apply these concepts when supporting clients.
- Reflect on the goals of pain management and the importance of function versus pain reduction.
- Evaluate the role of movement education in pain management.
- Apply an integrated biopsychosocial approach to deliver movement and mindfulness exercises with people living with pain.

CHRONIC PAIN EDUCATION FOR DIVISIONS OF FAMILY PRACTICE

DELIVERED BY SUBJECT MATTER EXPERTS

Family physicians | Physician specialists | Allied health practitioner specialists | Pain BC staff

RELEVANT TOPICS CHOSEN BY DIVISION MEMBERS

Non-pharma treatments for common and perplexing pain conditions | Effective prescribing | Interventional procedures | Pain BC resources for physicians and patients | More...

ARRANGE A SESSION FOR YOUR DIVISION

Gregg Moor, Project Manager – Education
gregg@painbc.ca or call/text 604-961-6556



IMPACT

- Improved patient care
- Fewer specialist referrals
- Resourcefulness & hope

BC ECHO FOR CHRONIC PAIN

- Free virtual community of practice, featuring two 4-session cycles each year
- Monthly one-hour sessions include:
 - Fifteen minutes instructive presentation from specialists on participant-identified topics
 - Anonymized case presentation brought forward by a participating HCP
 - Wrap up with resources and recommendations.
- Instructive presentations recorded and made available to all registered HCPs

ECHO HUB TEAM

- Dr. Najam Mian, Psychiatrist and Pain Specialist
- Dr. Judy Dercksen, General Practitioner
- Dr. Michael Butterfield, Addictions Medicine Specialist, Psychiatrist
- Dr. Karen Ng, Pharmacist
- Roland Fletcher, Physiotherapist
- Susan Reid-Schellinck, Occupational Therapist
- Julie Carlson, Registered Clinical Social Worker
- Natasha Edney, Psychotherapist

[Go to painbc.ca/echo](https://painbc.ca/echo)

BC ADAPTIVE MENTORSHIP NETWORK FOR PAIN, MENTAL HEALTH & SUBSTANCE USE

- Mentoring from expert clinicians in pain, MH & SU for community-based primary care providers and allied health care professionals
- 75-minute online session the first Thursday of every month at 6PM (except July, August and December)
 - 45-minute presentation and discussion led by a Mentor
 - 30-minute safe and supportive small group session
- One-to-one mentoring
- Signal groups (self-organized by profession, region and interest)

DATA FROM MENTEES IN ESTABLISHED ADAPTIVE MENTORSHIP NETWORKS SHOW:

- **83%** reported improvement in their competence around clinical skills
- **82%** reported improvement in their confidence in managing complex clinical cases
- **90%** reported improvement in their knowledge (Radhakrishnan, et al. 2019.)



BCAMN MENTORS

- Natasha Edney, Psychotherapist, RCC
- Sandra Hodge, Nurse Practitioner
- Susan Reid Schellinck, Occupational Therapist
- Kat Dikeakos, Occupational Therapist
- Colin Phillips, Specialist Physician – Anaesthesiology & Pain
- Melanie McDonald, Social Worker
- Judy Dercksen, Family Physician – Pain Focused
- Richard McIlmoyle, Chiropractor
- Valerie Hruschak, Social Worker
- Barbara Eddy, Nurse Practitioner
- Neil Pearson, Physiotherapist
- Launette Rieb, Specialist Physician – Addictions
- Heather Fulton, Psychologist
- Cameron Ross, Family Physician
- Tori Etheridge, Physiotherapist
- Garry Palak, Specialist Physician – Physiatry & Pain
- Sean Ebert – Family Physician, Clinical Director, BCAMN



... and 78 active Mentees!

Apply at painbc.ca/bcamn

EMPOWER AND EDUCATE PEOPLE LIVING WITH PAIN

level 3

ONE-TO-ONE LEARNING & SUPPORT

Pain Support Line | Coaching for Health

level 2

GROUP LEARNING & SUPPORT

Making Sense of Pain | Pain Support & Wellness Groups

level 1

SELF-DIRECTED LEARNING

LivePlanBe+ | Gentle Movement @ Home | Managing Pain Before and After Surgery

IMPACT



- Improved health system navigation
- Reduced isolation
- Resourcefulness & hope
- Improved well-being

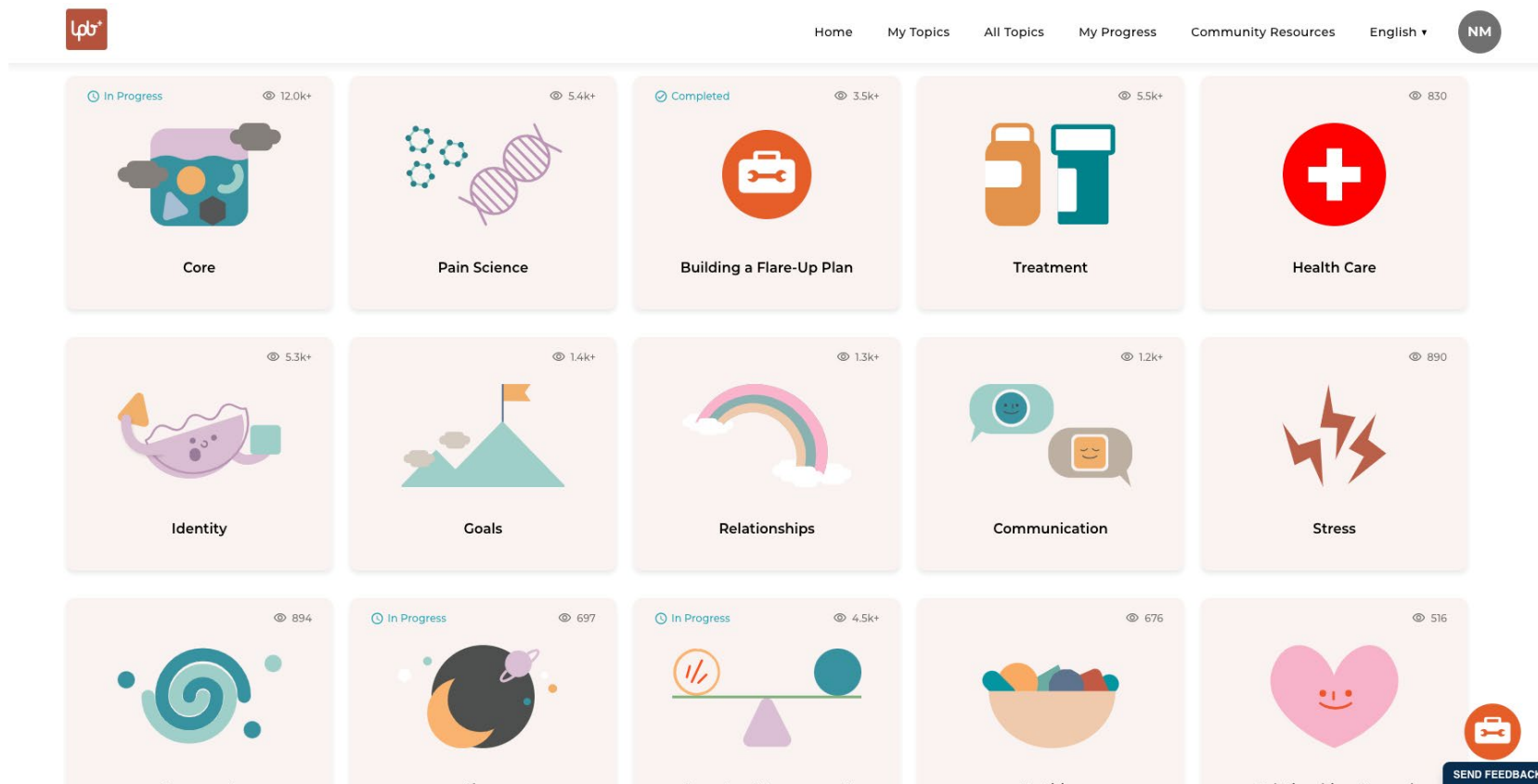
LIVEPLANBE+

Free, online, educational resources to learn how to manage pain

- Guided pain education
- Interactive learning



liveplanbeplus.ca



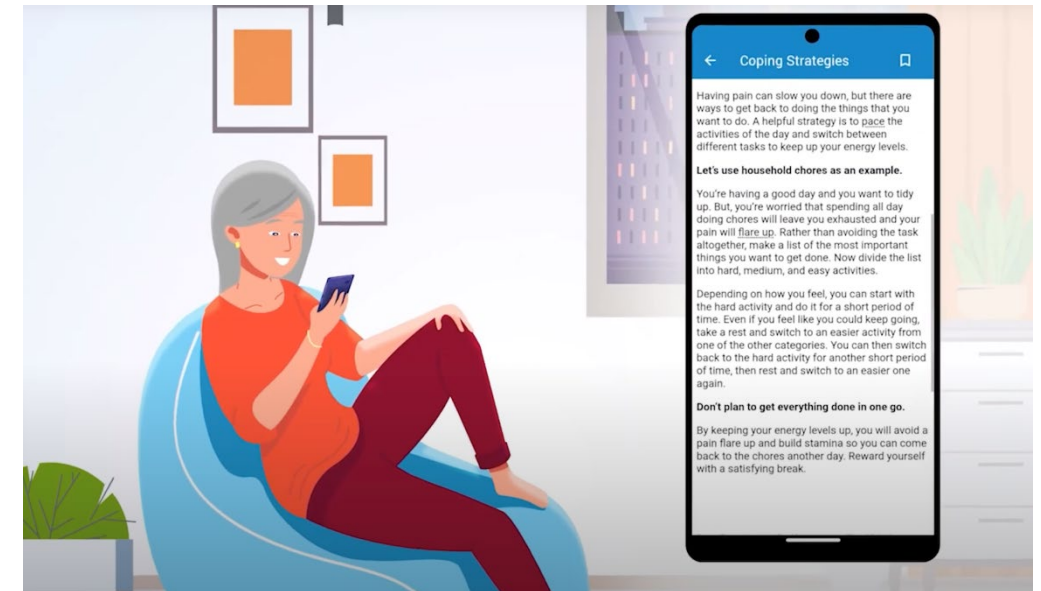
GENTLE MOVEMENT @HOME

- Library of 37 YouTube sessions by therapeutic movement professionals
- Sitting and standing breathwork, movement and relaxation



MANAGING PAIN BEFORE AND AFTER SURGERY

- Free, self-paced online education for people undergoing surgery and their families
- Better pain management
- Decrease complications
- Module 1: Preparing for surgery
- Module 2: Pain after surgery
- Module 3: For people experiencing chronic pain prior to their surgery



MAKING SENSE OF PAIN

Nine-week chronic pain self-management program

- Session 1: Biopsychosocial model of pain & overview of course
- Session 2: Pain science
- Session 3: Stress management
- Session 4: Movement and pacing
- Session 5: Sleep and mood
- *Two-week break for participants to integrate learning and try out their small changes*
- Session 6: Social support and connection
- Session 7: Nutrition
- Session 8: Grief and loss
- Session 9: Self-compassion and self-talk

60 minutes of interactive learning and 30 minutes of social connection

97% felt safe and supported

96% learned new skills and strategies



Register at painbc.ca/msop or call the Pain Support Line

PAIN SUPPORT & WELLNESS GROUPS

- Two-hour online sessions meet twice a month (one daytime, one evening)
- Facilitated by volunteers with lived experience who receive 40 hours of training
- Regional groups, plus affinity groups for Mandarin and Punjabi speakers, young adults, LGBTQ2S people, and BIPOC participants

33+ education topics!

97% felt supported and safe

93% improved their quality of life

Fraser Valley	Kootenays	All BC/Northern BC
Okanagan/Cariboo	Vancouver Region	Vancouver Island
LGBTQ2S group	Young Adults (18-35) group	BIPOC
Punjabi-speaking group	Mandarin-speaking group	

Self-register at painbc.ca/supportgroups

EMPOWERED RELIEF®

- Virtual 2-hour online evidence-based, skills-based webinar
 - Learn about pain and what you can do to help yourself
 - Gain pain relief skills you can use right away
 - Receive a free binaural relaxation audiofile
 - Create a personal plan for pain relief
- Offered once a month, most months of the year
- Register now for any one of the sessions

“I've had chronic pain for 44 years and been to many pain specialists. They ALL focused only on the body, and not the mind. I've learned for myself how to help change my thoughts to some degree, but I really needed someone to spell it out like she did today.”

paincanada.ca/resources/empowered-relief

PAIN SUPPORT LINE



A safe space to
talk about pain
and its impacts



Help navigating
systems and finding
community resources

Information on
pain and pain
management



Help finding health
care providers who
specialize in pain



painbc.ca/supportline



**1-844-880-
PAIN**

*call or text

in 2024

2,082 sessions delivered to **487** individuals

82% contacted us more than once

COACHING FOR HEALTH

One-on-one sessions with a volunteer coach for 12 weeks to...



Learn about self-
management

Regain
function

Improve well-
being

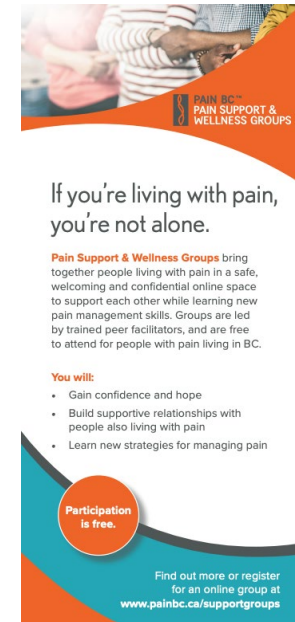
89% improved self-compassion

91% gained new skills to manage pain

painbc.ca/coaching

BROCHURES AND FACT SHEETS

Order free hard copy brochures for patients and family members



Plus, download more than 30 fact sheets on wide-ranging topics in English, French, Spanish, Arabic, Punjabi, Simplified Chinese and Traditional Chinese

Order free brochures at painbc.ca/brochures

MULTILINGUAL RESOURCES

Simplified Chinese

国语

查找国语信息页

前往国语资源

Traditional Chinese

粵語

查找粵語信息頁

前往粵語資源

Punjabi

ਪੰਜਾਬੀ

ਪੰਜਾਬੀ ਵਿੱਚ ਜਾਣਕਾਰੀ ਪੱਤਰ ਦੇਖੋ

ਹੋਰ ਪੰਜਾਬੀ ਸਰੋਤ ਦੇਖੋ

French

Français

Trouver des fiches d'information en français

Accéder aux ressources en français

Arabic

العربية

ابحث عن أوراق المعلومات باللغة العربية

انتقل إلى الموارد العربية

Spanish

Español

Obtener hojas informativas en español

Ir a los recursos en español

Refer patients to painbc.ca/find-help/multilingual

探索相关资源



每个人对疼痛的体验各不相同-你所经历的疼痛是真实存在且因人而异。了解这一点可以帮助你更好地应对。



信息页

我们提供的信息页内容涵盖如何获得收入支持、如何选择合适的医疗护理人员，以及其他常见问题。

了解更多



疼痛支援和健康小组（仅面向BC 省居民）

一个免费的线上聚会的社群，定期为慢性疼痛患者提供交流机会，在互相支援的同时学习疼痛管理和应对策略。

了解更多

现在需要帮助吗？

请联系提供24/7 全天候电话语音以及在线服务的BC省危机中心热线，

BC省危机热线主要提供英语服务，但是也可以通过翻译人员提供其他语言的协助。你可以直接拨打电话，发送邮件或者使用网络聊天方式联系。如有需要，危机中心工作人员将协助你接驳翻译服务。

Pain BC Society

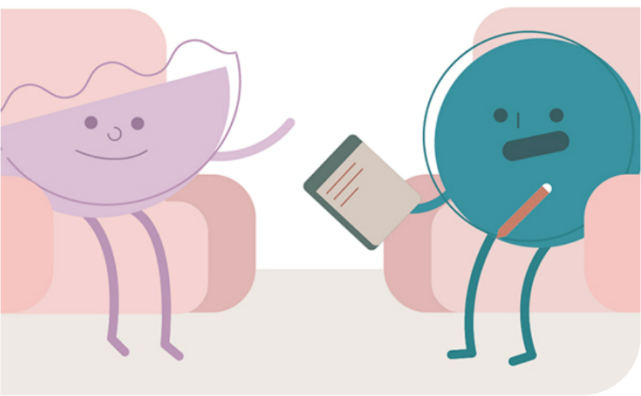
拨打9-8-8 全国自杀危机热线

如果需要其他语言协助，在接通电话后可以请求安排口译员。请告知接线工作人员，他们会引导你完成后续步骤。

LivePlanBe+

一个互动式自我管理学习工具，能够帮助你从小的改变做起，积少成多，最终实现显著的健康改善效果。

进入



本网站的创建得到了 ICBC 社区资助项目的支持。卑诗省疼痛学会(Pain BC) 组织的疼痛支援和健康小组得到卑诗省政府的支持。LivePlanBe+ 和卑诗省疼痛学会(Pain BC) 提供的信息页翻译由加拿大联邦卫生部提供支持。此处所表达的观点并不一定代表加拿大联邦卫生部的立场。

Refer patients to painbc.ca/find-help/multilingual

Visit painbc.ca/health-professionals

Contact



Gregg Moor



gregg@painbc.ca



604 961 6556

Download a quick reference →



Back to CP

- Validate
- Educate
- Mitigate
- Collaborate
- Relationship

Knowledge - Empowerment - Self management



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SUPPORTS

DOMAIN

Enviro	Bio	Psycho	Socio	Spiritual
Home	Meds	Counselling	\$	Church
Location	Intervention	CBT/CFT	Family	Nature
Barriers	Therapy	ACT	Services	Meditation
Function	Assists	PRT	Community	Beliefs
Internet		MBSR	Friends	

Community Activation

Divisions of FP

- Pathways

PQI/FE

Peer Support Programs

- Pain BC
- Self-Management BC



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SKILL DEVELOPMENT

Pain Foundations (Pain BC & Pain Canada)

Coaching/mentoring

- UBC CPD
- Pain BC AMN

Interventional care (RCME/REAP):

- TP
- MA
- PIT

Cognitive training

- MBSR
- PRT



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Practice Management

- Takes a Team
- Structured/scheduled appointments
- Care Plan
- Avoid the tri-trap of medications, investigations and referrals



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Q&A

POST YOUR QUESTIONS IN THE CHATBOX



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