Resources* for Chronic Non Cancer Pain

LHIN 2 - South West

Chronic pain treatment clinics

1. Centres for Pain Management (CPM) Location(s)
A network of multidisciplinary pain management clinics offering in-person treatment, including interventional pain management, as well as Telepain eConsults. CPM also conducts a chronic pain self management program and a mindfulness program for patients.
Website: [http://chronicpainmanagement.ca/](http://chronicpainmanagement.ca/)

2. CBI Health Group, Physiotherapy & Rehabilitation Centre Location(s)
This clinic provides chronic pain management services, including a multidisciplinary chronic pain program based on a biopsychosocial treatment model, an interdisciplinary pain program with specialists from physical medicine, psychology, occupational therapy, physiotherapy, exercise therapy, and vocational rehabilitation.
Website: [https://www.cbi.ca/services/pain-management](https://www.cbi.ca/services/pain-management)

This multidisciplinary teaching clinic offers interventions (e.g. nerve blocks, radiofrequency nerve ablation), medication therapy, psychotherapy, rehabilitation and exercise plans, and patient education.
Website: [https://www.sjhc.london.on.ca/pain-management](https://www.sjhc.london.on.ca/pain-management)

4. Dr. John H. Kreeft Headache Clinic Location(s)
This outpatient clinic is dedicated to the diagnosis and management of patients with complicated headache or facial pain problems.
Website: [http://www.cnsuwo.ca/programs/academic-specialization/headache/](http://www.cnsuwo.ca/programs/academic-specialization/headache/)

5. InMedic Pain Management Centres Location(s)
This multidisciplinary pain clinic offers interventions, medications and psychological therapy.
Website: [http://inmedicpain.com/](http://inmedicpain.com/)

Drug addiction clinics

6. Ontario Addiction Treatment Centres (OATC) Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.
Website: [http://www.oatc.ca/clinic-locations/ingersoll-clinic/](http://www.oatc.ca/clinic-locations/ingersoll-clinic/)

7. Ontario Addiction Treatment Centres (OATC) Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.
Website: [http://www.oatc.ca/clinic-locations/london-clinic/](http://www.oatc.ca/clinic-locations/london-clinic/)

8. Ontario Addiction Treatment Centres (OATC) Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.
9. **Ontario Addiction Treatment Centres (OATC)**  
   This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.  
   **Website:** [http://www.oatc.ca clinic-locations/tillsonburg/](http://www.oatc.ca/clinic-locations/tillsonburg/)

### Self-management workshops

10. **Thames Valley Family Health Team: Chronic Pain Self-Management Workshop**  
    Stanford model peer-led six week workshop on managing chronic pain for patients.  

11. **Online Chronic Disease Self-Management Program of Ontario**  
    This online program is based on the live Stanford model of chronic disease management, but provides the program completely online.  
    **Website:** [http://www.ontarioselfmanagement.ca/10/About_the_Workshop/](http://www.ontarioselfmanagement.ca/10/About_the_Workshop/)

12. **South West Self-Management Program**  
    Stanford model peer-led six week workshop on managing chronic disease for patients.  
    **Website:** [http://swselfmanagement.ca/](http://swselfmanagement.ca/)

### Provider education program

13. **Project ECHO Ontario Chronic Pain and Opioids**  
    This physician network provides primary care providers in Ontario with the knowledge and support to manage chronic pain safely and effectively. It uses Telehealth technology to offer weekly 2-hour videoconferences where local practice leaders (“spokes”) present a brief didactic session followed by 2 or 3 de-identified case presentations, plus a yearly “Chronic Pain Basics Boot Camp”. It also provides continuing education credits and fast-track specialist referrals for complex cases.  
    **Website:** [https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx](https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx)

14. **Medical Mentoring for Addictions and Pain (MMAP)**  
    The MMAP is a network that connects family physician mentees to psychiatrist and family physicians with a focused practice in pain and addictions mentors through telephone, email and fax. Mentees may contact their mentors on an informal basis for guidance and support. Formal continuing professional development (CPD) workshops, small group teleconferences and sessions take place regularly in order to foster group cohesion. These tools help to support and augment the case by case mentoring program. Advice in the areas of diagnosis, psychotherapy and pharmacology is provided to mentees. Mentees are matched with mentors based on clinical interests and/or geographic location. Please note this is not a referral service.  
    **Website:** [http://ocfp.on.ca/cpd/collaborative-networks/mmap](http://ocfp.on.ca/cpd/collaborative-networks/mmap)
This Resource was developed as part of the Knowledge Translation in Primary Care Initiative, led by Centre for Effective Practice with collaboration from the Ontario College of Family Physicians and the Nurse Practitioners’ Association of Ontario. Clinical leadership for the development of the resource was provided by Dr. Arun Radhakrishnan, MSc, MD, CM CCFP and was subject to external review by health care providers and other relevant stakeholders. This Resource was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

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Developed by: Centre for Effective Practice
In collaboration with: Ontario College of Family Physicians
Nurse Practitioners’ Association of Ontario

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