

Welcome to the Transitional Pain Clinic at Vancouver General Hospital

PROGRAM GUIDE AND INFORMATION

At the TPC, we acknowledge and appreciate that our place of work and reflection lies on the beautiful lands which are the unceded traditional homelands of the xʷməθkʷəy̓əm (Musqueam), sk̓wx̓wú7mesh (Squamish), and sel̓ílwitulh (Tsleil-Waututh) Nations.

We give thanks as visitors to this land.

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Transitional Pain Clinic (TPC)

About

The TPC is a pre- and post-surgical interdisciplinary pain clinic that aims to enhance readiness for surgery and recovery from post-surgical pain or trauma.

Pre-Operative Program	Post-Operative Program
Up to 3 months in duration Enhance readiness for surgery	Up to 6 months in duration Recovery from post-surgical pain/trauma

Various educational classes are offered to enhance your knowledge and understanding about pre-operative and post-operative pain management.

Team



Physicians



Nursing



Physiotherapy



Psychology



Occupational Therapy

Contact



Transitional Pain Clinic
 Vancouver General Hospital
 Gordon and Leslie Diamond Centre
 7th floor, Reception 4A
 2775 Laurel Street, Vancouver, BC V5Z 1M9

Phone: (604) 675-3653

Fax: (604) 675-3659

Email: vghttransitionalpain@vch.ca

Web: [Click here to visit the TPC webpage](#)

We are a non-emergency clinic. For medical or mental health emergencies, you can call 911 or other crisis numbers, which can be found in the **list of crisis resources on the second last page of this document.**

BEFORE SURGERY

TPC Pre-Operative Program

GOALS

The TPC's post-operative services goals are to:

1. Enhance readiness for surgery.
2. Empower clients to make positive behaviour changes through education and knowledge related to pain science and self-management.
3. Reduce pain and the risk of developing chronic post-surgical pain by optimizing pharmacological and non-pharmacological interventions.
4. Address risks associated with prolonged opioid consumption.

BEFORE SURGERY – Path of Care

Complete Entry Surveys Online

- A separate email invitation with the subject line “**pre-operative questionnaires to be completed before visit**” will be sent to you with instructions.



Sign up for and attend an Orientation Class

- Register for an upcoming TPC Orientation Class linked in the welcome email.
- If you are unable to attend any of the upcoming class offerings, please contact the clinic at 605-675-3653 as we'd be happy to discuss other offerings or options to help meet your needs.



Attend an Intake Call

- After attending the Orientation Class and completing pre-operative questionnaires, you will be contacted for a telephone intake session.
- Depending on your goals, you may be referred to one, or more, of our clinicians.



Attend our Educational Classes

- We have a variety of educational classes led by our TPC clinicians and physicians for you to attend. These include the following:
 - Pain Science
 - Pacing
 - Sleep
 - Coping with Anxious and Sad Feelings
 - Preparing for Surgery
 - Helpful Ways of Responding to Unhelpful Thoughts
- Class sign-up instructions are sent every 2-4 weeks to all current TPC clients.

Meet with a TPC Clinician

- Our TPC clinicians will provide a consultation and make treatment recommendations. This may include 1-2 follow up sessions.
- TPC clinicians:
 - Pain Physician
 - Clinical Nurse
 - Psychologist
 - Physiotherapist
 - Occupational Therapist



Closure

- Upon discharge, a treatment summary will be sent to your Primary Care Provider.

If you require our post-operative pain management services after your surgery, please ask your surgeon or doctor to send in a TPC post-op referral.

AFTER SURGERY

TPC Post-Operative Program

GOALS

The TPC's post-operative services goals are to:

1. Reduce pain and the risk of developing chronic post-surgical pain by providing pharmacological and non-pharmacological interventions.
2. Address risks associated with prolonged opioid consumption.
3. Improve coping and functioning to help clients reach their goals and increase their quality of life.
4. Empower clients to make positive behaviour changes through education and knowledge related to pain science and self-management.

AFTER SURGERY – Path of Care

Complete Entry Surveys Online

- A separate email invitation with the subject line “**post-operative questionnaires to be completed before visit**” will be sent to you with instructions.



Meet with a Pain Physician or Nurse

- After being accepted into the TPC post-operative program, you will be contacted by our clerk to book in a pain physician and/or nurse consult.
- The consult includes goal setting and treatment recommendations. Follow up consults will be booked to support and monitor your progress.
- Depending on your goals and interest, the physician or nurse may refer you to one of our allied health providers.
- If you cannot attend a virtual class, please call the clinic at 604-675-3653 as we'd be happy to discuss options like meeting with you in-person to review materials.



Attend our Educational Classes

- All TPC clients are encouraged to attend any of our educational classes led by our TPC clinicians. These include the following:
 - Pain Science
 - Pacing
 - Sleep
 - Coping with Anxious and Sad Feelings
 - Helpful Ways of Responding to Unhelpful Thoughts
- Class sign-up instructions are sent every 2-4 weeks to all current TPC clients.

Meet with a TPC Allied Health Provider

- Our TPC allied health team can provide one-on-one psychological or physical support for your post-operative and post-trauma recovery. This may include up to 8 follow up sessions.
- TPC allied health team:
 - Psychologist
 - Physiotherapist
 - Occupational Therapist



Closure

- Upon discharge, a treatment summary will be sent to your Primary Care Provider.

Group Education Classes

Class schedules with registration links are emailed to current TPC clients every 2-4 weeks.

Classes are offered virtually (ZOOM) with all participants muted and with cameras off.

If you cannot attend a virtual class, please call the clinic at 604-675-3653 as we'd be happy to discuss options like meeting with you in-person to review materials.

Class Descriptions

BEFORE SURGERY classes:

Orientation – Learn about the TPC's philosophy, team, services, and resources available to you during your time at the Transitional Pain Clinic. Please come to this class with your pre-admission questionnaires complete and with questions for the clinicians.

If you have not completed your questionnaires, you will be given time to complete them at the end of the class.

Pre-Operative Optimization – Learn to manage expectations about surgery and pain to help calm anxiety.

Classes for ALL CLIENTS:

Pain Science – Education about the science behind pain and what you can do to manage your pain.

Sleep – Education on the science of sleep, how pain and sleep are related, and tips to help you sleep better.

Pacing for Pain Management – Education on what pacing is and how to utilize it to help with your pain management and recovery.

Coping with Anxious and Sad Feelings (CBT) – General information on the relationship between emotions, pain and our thoughts and tips and strategies for dealing with emotions and worry thoughts.

Helpful ways of Responding to Unhelpful Thoughts (ACT) – General education about values, setting goals, and skills to feel less controlled from unhelpful thoughts and feelings.

All classes are 60- to 90-minutes in length.

Accessing TPC Virtual Classes

How do I join?

You will need a computer or smartphone/tablet, internet connection, and a private space for conversation.

1. First, click on the link to register and answer a few quick questions on your screen.
2. **After you register, we will then email you a different, separate link that you will use to attend the session.**
3. Please register as soon as possible so that we have enough time to register you in the class.

On the day of the class, please join **ZOOM** a few minutes before the scheduled start time.

What will I learn?

You will learn about various topics related to pain management and health.

Who teaches the class?

Our pain physicians and clinicians.

Will people in the class see me?

No, you will remain anonymous. Your camera and microphone will automatically be set to be off when you join the class. No one will be able to see or hear you, nor see your name. The teachers will not say your name in the class.

What are the guidelines?

Please:

- Do not share your invitation link on social media or with others.
- Do not record or take any pictures of the class.
- Do not use names or specific information that other group participants possibly share that could identify them.

Only invite a family member or caregiver if you choose to invite someone to attend the class with you.

Virtual Class Guidelines

Your attendance at the class will mean that you:

- Have read, understood, and agreed to the 'VCH Patient Notice' and the guidelines outlined in this email.
- You can read the **VCH Patient Notice** by clicking this link:
<http://www.vch.ca/Documents/Virtual-visit-patient-notice-of-video-appointment.pdf>.
- Understand the risks and benefits of participating in a ZOOM group education class.
The risks and benefits are explained in the 'VCH Patient Notice'.
- Understand that your participation in this class is voluntary and you can leave the class at any time. Your withdrawal will not change the way we treat you or jeopardize your access to care and treatment at the Transitional Pain Clinic.
- Acknowledge that you have been given an opportunity to answer any questions you might have about the class.

If you have any questions, please call the **Transitional Pain Clinic** at **(604) 675-3653**

What is ZOOM?

ZOOM is a secure platform that allows you to attend video-based virtual visits and education sessions. ZOOM is similar to video calling with Skype, FaceTime, or Google Duo.

For more information, please see below.

Help with ZOOM

- To learn how to use ZOOM, please click on this link:
<http://www.vch.ca/your-care/virtual-health/for-patients-and-clients>
- Test your internet, audio and video connection at <https://zoom.us/test>; this will also direct you to download the appropriate tools for your visits.
- VCH clients can call 1-844-442-4433 (toll-free) for ZOOM technical support (Monday-Friday 7am-5pm).

External Pain Resources

LivePlanBe+

[\(Click this link to visit\)](#)

LivePlanBe+ is a free online program from Pain BC designed to help people living with pain make small changes that can lead to big improvements in well-being.

TAPMI (Toronto Academic Pain Medicine Institute)

[\(Click this link to visit\)](#)

TAPMI offers learning modules that cover a variety of topics from pain science to lifestyle strategies.

Pain BC

[\(Click this link to visit\)](#)

Pain BC offers learning tools and programs for people with persistent pain, including Online Pain Support and Wellness Groups and Coaching for Health, a free telephone coaching program aimed at improving self-management skills and well-being.

Pain BC Online Resource Centre

[\(Click this link to visit\)](#)

The PainBC Online Resource Centre has multilingual information sheets covering commonly asked questions by people living with pain.

Pain Revolution – Pain Facts

[\(Click this link to visit\)](#)

A science-backed webpage with essential pain facts offered in over 13 different languages with links to other helpful external resources.

Power Over Pain

[\(Click this link to visit\)](#)

The portal provides access to free resources in a one-stop shop. Resources include articles, videos, podcasts, courses, workshops, and peer support.

Toronto Transitional Pain Service

[\(Click this link to visit\)](#)

Toronto's Transitional Pain Service (TPS) has various free online resources for individuals who may develop chronic pain after surgery and experience related disability.

Pain Support Line

[\(Click this link to visit\)](#)

Talk to volunteers, through PainBC if you have issues with housing, isolation, finances, and other pain related challenges. They will support you to find appropriate resources and help in the community.

Bill Nelems Pain & Research Centre Webinars

[\(Click this link to visit\)](#)

This southern interior British Columbia pain clinic has various webinars on Pain Education and Pain Management led by local medical and clinical experts in pain.

Crisis and Emergency Phone Numbers

If you are in an emergency, or feel that you or someone else is at risk of harm, please contact someone immediately:

- **Call 911 for help right away.** Speak to your doctor, or go to your nearest hospital emergency room, walk-in clinic, or community health centre. If your community has mental health care, you can call 911 to request it.
- **Call 988 or 1-800-SUICIDE (1-800-784-2433).** If you are thinking about ending your life or are concerned about someone who may be, you can call for help anytime of the day or night, from anywhere across BC. It's a free call.

Need someone to talk to?

If you are worried, confused, or just need someone to talk to, there is help available.

Crisis line workers are trained to listen to you and offer support without judgement as well as provide mental health information and resources.

BC Mental Health Support Line	Call 310-6789 (No area code needed) 24 hours a day, 7 days a week
Greater Vancouver Distress Line	604-872-3311 / 604-872-0113 TTY 1-866-661-3311 / 1-866-872-0113 TTY Crisis chat: www.crisiscentrechat.ca Noon to 1 am daily
Chimo Crisis Services Crisis Lines	604-279-7070
S.U.C.C.E.S.S Chinese Help Lines	604-270-8233 (Cantonese) 604-270-8222 (Mandarin) 10:00 am to 10:00 PM ONLY, 7 days a week
Seniors Distress Line	604-872-1234 24 hours a day, 7 days a week

We look forward to working with you!



Any further questions? Please Contact Us.

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