ABSTRACT

To our knowledge, there are currently no comprehensive chronic pain self-management tools that can also serve as a healthcare communication and coordination tool. We are proposing to develop a chronic pain patient tool kit adapted to the needs of individuals with chronic pain in Quebec. The focus for this study will be on low back pain, and the self-management tool kit developed for this study will be adapted for other chronic pain patient populations in the future. This toolkit will be developed following a comprehensive literature review and on-going focus groups with patients, healthcare workers, and administrators from Health and Social Services Centre of West Island, Cavendish, Les Eskers and Vaudreuil-Soulanges, and members from the Centre of Expertise for Chronic Pain, RUIS McGill. The toolkit will include the most recent evidence regarding chronic pain management, a self-management section with a patient diary and action plan, as well as a section to improve communication between the patient and the interdisciplinary team, and to improve care coordination. Once pilot tested for acceptability in this study, the toolkit will then be formally evaluated in another project funded by Pfizer-FRSQ-MSSS entitled "Implementation and evaluation of a chronic pain prevention and management network in primary care".