



Misiway's Approach to Chronic Pain Management

Misiway health care providers are able to provide services to clients with non-complex neuro-musculoskeletal chronic pain. This includes pain caused by headaches, arthritis, low back pain, facial pain, neck and shoulder pain, orofacial pain, neuropathic pain and fibromyalgia.



If you have questions regarding your pain management call us at 705-264-2200 to book an appointment with your healthcare provider.

Misiway Clinic Hours of Operation:

Monday: 10:00am—6:00pm

Tuesday: 8:30am—4:30pm

Wednesday: 8:30am—4:30pm

Thursday: 8:30am—4:30pm

Friday: 8:30am—4:30pm

Chronic Pain Management Misiway Milopemahtesewin Community Health Centre



Community Health
Centre

Taking an active role in managing your pain is essential.

As a Misiway client you will be an active participant in the plan of care.

Key activities in your plan include:

- Attending a chronic pain management workshop (hosted by Timmins Family Health Team)
- Attending all scheduled appointments with your healthcare provider, specialist(s) and any other providers involved in your care
- Completing pain assessment forms (CaNPAss)
- Urinary drug screening if required
- Committing to minimize the use of narcotics in your treatment plan



We aim to minimize the use of narcotics.

Our healthcare providers are not obligated to prescribe medication(s) that you may request. We believe that there are many options that can be used to help manage chronic pain. Medication for pain is prescribed based on clinical findings and may include a combination of medications. If narcotics (opioids) are part of the treatment plan, you will:

- Have ONE provider responsible for prescribing and monitoring narcotics (opioids)
- Attend regular follow-up visits to assess your comfort, side effects, activity levels and behaviours
- Sign a narcotic agreement that outlines all responsibilities

There are a variety of pain management options that will be explored.

Your healthcare provider can refer you to community resources that can assist in managing your chronic pain. Some examples are:

- Traditional healing practices
- Physiotherapy— including: exercise routines, acupuncture, TENS, etc.
- Chiropractics— manipulations
- Massage therapy— relaxation
- Tai Chi, Yoga
- Water therapy

