

LETTING THE SUN SHINE AGAIN

OrionHealth understands pain and its effects. We also understand how to manage pain so that people with pain have a chance to get back to life.

The majority of clients who complete the OrionHealth Pain Management Program experience a number of very positive outcomes, including:

- Changes in how they manage their pain
- Significant improvement in mood and mental outlook for those entering treatment with depressive symptoms
- Lasting decrease in pain levels and fatigue
- Better sleep patterns

More than 5,000 people have participated in OrionHealth's Pain Management Programs.

THE COST OF CHRONIC PAIN

CHRONIC PAIN STEALS

Annually, Canadians pay \$6 billion in direct health care costs to mitigate their chronic pain. In addition, the Canadian economy annually records \$37 billion in lost productivity in the workplace because of pain-related absence.¹

¹ Phillips. C. J.; Schopflocher, D. (2008). *The Economics of Chronic Pain. In Health Policy Perspective*. Weinham, Germany: Wiley-Blackwell.

² Schopflocher et al in Press, *The Nanos Survey Results (2009)*; Gibson, S. J., Pain and aging: *The pain experience over the adult life span*. In: Dostrovsky, J. O., Carr, D. B., Koltzenburg, M., eds. *Proceedings of the 10th World Congress on Pain*. Seattle, WA: IASP Press; 2003: 767-90.

1 IN 5 CANADIANS SUFFERS FROM CHRONIC PAIN

The older we get, the more common pain becomes. One in six adults reports living with constant pain and a full one-third of Canadian adults report severe to moderate chronic pain.²

As many as 6.7 million Canadians - more than 80% of the combined population of British Columbia and Alberta - suffer from severe to moderate chronic pain.²

Chronic pain also steals hope, dreams and enjoyment of life. OrionHealth aims to return the smiles to those suffering from pain.

SUCCESSFULLY MANAGING PAIN

Non-malignant chronic pain is a complex medical issue. Not surprisingly, therefore, its successful management requires an interdisciplinary approach.

The good news for those suffering from chronic pain, and their health providers, is that a significant amount of the suffering and disability that accompanies chronic pain can be managed through techniques available through OrionHealth's pain management services.

Interdisciplinary pain programs are most effective when initiated as early as possible in the recovery process, often helping to prevent disability.

ABOUT US

OrionHealth has provided specialized healthcare services for over 25 years. We help clients who have work injuries, experienced a trauma, suffer from chronic conditions, or need a specialized assessment. Our goal is to bring every individual who walks through our doors back to productive functioning. Our clinicians are innovative, highly skilled rehabilitation professionals who evaluate fairly, and provide individualized services that get results. We achieve outcomes that sustain long after our clients have left our care.

WHAT WE DO

At OrionHealth, you will be evaluated and treated in a timely manner. Every plan is fitted to each client; we work closely with you, your family and your referrers to provide a suitable, customized program that works. Our methods are based on over 25 years of leadership in best practice.

ORIONHEALTH
Burnaby • Calgary • Canmore
New Westminster • Surrey • Vancouver
*Programs vary by location,
visit our website for more information:*
www.orionhealth.net

OrionHealth is a member of the CBI Health Group, Canada's largest community healthcare provider, dedicated to comprehensive healthcare services that improve the health and enrich the lives of Canadians.
www.cbi.ca

 



*An interdisciplinary approach to
successful pain management*

OrionHealth
REHABILITATION & ASSESSMENT CENTRES

Working together from assessment to treatment...

A RECORD OF SUCCESS IN PAIN MANAGEMENT

OrionHealth's experience and expertise have helped thousands of individuals get on with their lives, experiencing less pain and far more enjoyable and productive quality of life.

OrionHealth:

- Has been a leader in interdisciplinary pain management since 1989
- Has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) since 1994
- Uses evidence-based practice and established standards of care in our interdisciplinary services and programs
- Offers intensive outpatient day programs for pain management
- Offers customized programs provided by interdisciplinary teams made up of physicians, psychologists, pharmacists, physiotherapists, occupational therapists, kinesiologists and vocational specialists



Interdisciplinary pain services and programs have been proven to be effective in treating persistent pain, and more cost-effective than many traditional medical and surgical treatments.

OFFERING EFFECTIVE PAIN MANAGEMENT

When pain takes control of an individual's life, the sufferer can feel isolated, discouraged and abandoned, losing hope and withdrawing from the very resources that can help mitigate the pain.

OrionHealth's pain management services help the sufferer reconnect with his or her internal resources and regain control of life. This is a key to successful pain management.

OrionHealth helps clients mobilize their inner physical and mental resources to effectively manage pain and illness. Our pain management treatment program uses an interdisciplinary approach that includes physical activity and education to provide coping strategies for persistent pain.

Our integrated treatment plan:

- Encourages self-awareness
- Teaches appropriate and effective self-care
- Helps the client learn self-management techniques

Clients and their doctors are not alone in fighting the battle against chronic pain.

First, an OrionHealth team of professionals helps the client better understand his or her condition by assessing the individual's degree of disability, the current prognosis and future health outlook.

Typically, the assessment team includes a physician, psychologist, occupational therapist, physiotherapist and pharmacist.

TREATMENT HELPS CLIENTS HELP THEMSELVES

Depending on the results of the team assessment, an interdisciplinary treatment program may be recommended. The treatment program focuses on teaching clients:

- Techniques to increase body awareness; these techniques combine breathing with gentle stretching to calm their minds and strengthen their bodies
- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Appropriate exercises to maintain and improve strength, flexibility and endurance
- Appropriate use of medications
- Effective communication with family, employers, health professionals and friends
- Nutrition
- Other techniques and information based on the unique needs of the client

Our treatment program successfully manages complex health issues. Pain is reduced and the client progresses toward improved physical and psychological functioning. Find out more about how we help by visiting us online: www.orionhealth.net

