

## Medications for chronic pain

Chronic pain is best managed using a **combination** of treatments. This combination may or may not include medications.

If your doctor suggests a medication, get all the information you need before deciding to use it or not.

### Some things you can ask about:

- Why is this recommended for me and what will it do?
- Are there any side effects?
- Is it safe to take with other medications I am already taking?
- How much does it cost?
- When should I review my medications with a doctor or pharmacist?

*It is normal to worry about the effects of medications.*

It is ok to refuse prescription medications.

This should not affect the care you receive from doctors.

## Other treatment options for chronic pain

You may be offered other treatment options like shots (injections) or surgery.

## Including others in your care plan

Living with chronic pain can feel lonely but **you are not alone**. Consider talking to a family member, an Elder you trust, or someone at your local Health Access Centre.

It may also help to connect with other people in your community living with chronic pain or join an online support group.

### FOR MORE HELPFUL TIPS AND RESOURCES GO TO:

[canadianhealthadvocatesinc.ca](http://canadianhealthadvocatesinc.ca)  
Canadian Patient Rights

[gct3.ca/social/health/chronic-pain](http://gct3.ca/social/health/chronic-pain)  
or visit your local Health Access Center



# Medical care for chronic pain

heart | mind | spirit | body

Based on stories from  
Grand Council Treaty #3  
communities



In partnership with:




## Know your rights

**Your physical, emotional, spiritual, and mental well-being matter.**

When it comes to making decisions about your well-being and health care, you have rights.

You have the right to:

- Receive health care services without discrimination. This means you feel **safe and respected**.
-  **Practice your culture and customs.** This means using traditional medicines, ceremonial objects and practices in hospitals or clinics.
- **Information** about chronic pain management.
- **Choose** pain management tools and care plans. **You can refuse any medical test or treatment.**
- **Privacy** about chronic pain care.

## What is a care plan?

A care plan is an agreement between you and your doctor on how you will manage your pain.

Your care plan should include:

- Actions that both you and your healthcare team will do
- Solutions for all aspects of your wellness including **heart, mind, spirit, and body**

Solutions may include Traditional Anishinaabe Culture and healing practices, Western styles of medicine and self-care, or a combination of both.


## Pain management goals

Pain management goals are an important part of a care plan. They can help you stay motivated and track your progress.


Your goals should focus on activities that matter most to you like caring for loved ones, participating in community activities or hobbies, or getting back to work.

Your goals and your care plan can change over time

## What you can do

- Tell your healthcare provider what helps you manage your pain and what gets in the way of you managing your pain.
- Think about activities that are important to you that you would like to do more of. This can help your goal-setting.
- Bring someone you trust to your healthcare appointment to advocate for you.
-  Ask if there is an Indigenous patient navigator at the hospital or clinic you are visiting.

## What your doctor should do

- Clearly explain your condition and all your pain management options
- Discuss ways to support you in carrying out your care plan like accessing local programs and services
-  Be responsive to the impact of your culture and cultural history on your wellbeing
- Respect your pain management choices