



About Alberta Moving on with Persistent Pain:

Development

In 2015-2016, Red Deer Primary Care Network (RDPCN) noticed that Persistent pain was a significant contributor to patients not being able to make positive health changes. In 2015 RDPCN began offering a piloted Persistent pain program facilitated by psychologists and health care providers. In 2016, the RDPCN Moving on with Persistent Pain team developed a program which could be taught by a wide range of health professionals. This group program focuses on developing or broadening an already existing skill set intended to help those who are living with varying levels of Persistent pain. Weekly sessions are intended to interactively educate participants on the important role that the mind-body connection has in Persistent pain, and how certain lifestyle factors can impair this relationship. Participants learn simple changes in class and set goals to practice the skills throughout the week. Small group discussion and a positive atmosphere foster accountability and learning. Lifestyle factors that are examined in detail include: exercise, sleep, nutrition, medication, stress, coping strategies, managing grief and relaxation skills. (Acknowledgements go to the AHS Calgary Persistent Pain program and Calgary Foothills PCN for sharing their Persistent pain programs and supporting our venture.)

This Alberta Moving on with Persistent Pain program is easy for people to understand and incorporate into their daily lives. RDPCN evaluation reports Pain intensity and interference average scores with statistically significant decreases between pre/post evaluations (2017-2018) – measured by Brief Pain Inventory®

Other PCNs and organizations within Alberta heard about the program and asked for training. RDPCN was happy to spread this provincially funded and owned program. The Stanford Model of knowledge transfer is followed. Communication with partnering organizations takes place through quarterly coach mentoring and manager Community of Practice teleconferences.

Principles

Evidence based

- Content and design
 - Based on research focusing on management of Persistent pain without medications.
 - Simple programming with skills based approach, designed using the AMSO model which focuses mostly on participant motivation and identification of opportunity to use the Moving on with Persistent Pain skills.
- Knowledge transfer
 - Based on the Stanford Model incorporating adequate training and maintenance of program principles and standards
- Continuous Quality Improvement
 - Toyota Model used for continuous quality improvement.

Accessible across the province

- Effective and affordable coach training is available in person as scheduled and will be designed to do online from the PCN PMO website in future.
- Manuals can be self-printed from the PCN PMO website or volume orders can be shared amongst partners through Suzanne Erickson at CBN commercial solutions 403-214-5917.

Collaborative partnership between PCNs and other health care partners

- Administrative Community of Practice
 - Quarterly teleconferences of managers of partnering organizations offering the program.
 - All groups contribute to Alberta Moving on with Persistent Pain™ Annual Report.
 - Groups are encouraged to present at conferences and community events. Collaborative presentations are encouraged at events such as Accelerating Primary Care.
- Mentoring
 - Quarterly teleconferences to build the coach mentoring collaboration
 - Coach sharing, question/ answer on PCN PMO collaborative link
- Quality Processes ensure a Consistent Product
 - Coaches must be Health Care Professionals, it is recommended that two coaches teach the program and at least one of the facilitators be a mental health professional.
 - Continuous Quality Improvement Process- changes to the program are compiled by the RDPCN through partner consensus
 - Changes are released at two year intervals.

Program Offerings .

- Alberta Moving on with Persistent Pain™ 8-week program teaches several skills to help those living with Persistent pain.
- Slices of Moving on with Persistent Pain™ teach three to four skills in a 60 and 90 min format. These slices can be adapted to a variety of organizations and used in marketing the program.

Evaluation

- Each organization is expected to contribute to the Alberta Moving on with Persistent Pain™ annual report each year by sharing statistics of numbers of classes, numbers of attendees and graduates, and some information on course evaluation. Annual report forms are sent to each organization by RDPCN. Evaluation provides information to assess the impact of the program and program trends. These aggregated yearly reports are shared with all partners.
- Evaluation tools are suggested for the Alberta Moving on with Persistent Pain™ program. Please see the *Evaluation Overview* on the PCN PMO website under Alberta Moving on with Persistent Pain™ for information on assessments that can be used. RDPCN has included a program evaluation form that can be used on Week 8 on the website as well.

Evaluation Overview

For further information on evaluation of the Alberta Moving on With Persistent Pain™ program, contact the RDPCN Program Evaluator, (ProgramSharing@rdpcn.com).

Alberta Moving on with Persistent Pain™ , Alberta Health Basics™, Alberta Happiness Basics™, Alberta Relationships in Motion™, Alberta Journeying through Grief™, Alberta Anxiety to Calm™ Community of Practice

This Community of Practice has been designed to engage all partner organizations in the spread of this program. The COP also includes those using Alberta Moving on with Persistent Pain™ , Alberta Health Basics™, Alberta Happiness Basics™, Alberta Relationships in Motion™, Alberta Journeying through Grief™, and Alberta Anxiety to Calm™.

The Toyota model is the basis for this group. The model uses continuous process flow (regular meetings in our case) to bring forward potential improvements and opportunities to grow the program using timely and accurate information gathered from evaluation as well as organizational experience. We share information in a timely manner, consider alternatives for issues that arise and use consensus to move forward. Efficient communication is a key to success. Every participant has value to add.

Quarterly teleconferences are set up for participation by managers of organizations using any of these Alberta programs. All managers are encouraged to bring feedback, ideas and participate in how this Alberta program grows and spreads. Agendas are distributed prior to the meeting. Anyone with an agenda item should send it to ProgramSharing@rdpcn.com prior to the meeting.

Training

Organizational Requirements

All PCNs in Alberta and AHS are welcome to participate in facilitator training for Alberta Moving on with Persistent Pain™. Other organizations may be considered. Trainees must be health care professionals preferably with facilitation training and experience working with this population. It is recommended that there are two coaches per class offered and preferable if one of these coaches has a designation as a mental health professional. It is recommended that each organization offering Alberta Moving on with Persistent Pain™ have:

- A screening protocol to ensure participants are not in crisis and are ready to participate, learn and practice new skills.
- A back up plan for coaches if a Mental Health issue arises in class.

Training Registration Form

All organizations and trainees must be registered using this form. It is available on the RDPCN website under the About Us tab. E-mail completed forms to ProgramSharing@rdpcn.com. We will arrange for eligible trainees to get access to the PCN PMO collaboration link that hosts the training and class materials. Your choice whether to have in-person training or online training will depend on the education, experience and learning style of coaches. In-person training provides additional support and mentoring to increase the confidence and potential effectiveness of the coach.

Training Options

1. **In person training** is offered at RDPCN or at your organization. A minimum of 5 participants and a maximum of 30 can be trained in one offering.
 - Training for the 8 week program is offered over 2 days.
 - Costs: **If training is at your organization:** you pay travel, food and hotel costs of the facilitators, the costs of coach manuals and participant journals for each participant, and all costs supporting the venue. You will need to provide a laptop/projector for power point presentation, tables/ chairs for participants. Arrangements are made by the local organization.

If training at RDPCN: costs will include food (lunch, snacks) and the cost for coach manuals and participant journals for each participant.

Training Preparation and Experience

- You are expected to be prepared to facilitate on the first day of training: this includes reading recommended readings, viewing all 8 weeks of the on-line videos while following along with the Participant Journal and Coach Manual accessed from the PCN PMO website prior to attending the course.
- You will have an opportunity to be both a facilitator and a participant during the 2 days of training and will receive helpful feedback on your facilitation in a positive environment.
- In-person training with preparation recommended is the equivalent of 28 training hours. Certificates of Coach Training Completion will be given at the end of training.

2. **Online training**. *CURRENTLY NOT AVAILABLE*

- Online training is available for the 8 week program through weekly program videos.
- Once an organization has completed the Registration for Training Form, the coach trainee will receive access to the PCN PMO Website Alberta Moving on with Persistent Pain™ link which includes a printable E-copy of the Coach Manual and Participant Journal for the 8 week program, introductory information, training and skill based videos, the power point presentation for the 8 week program and links to suggested evaluation tools.
- Once the trainee has access to the training materials, they can begin their self-training.
- Training requirements listed on the Completion of Coach Training document on the PCN PMO website will guide your training. Online training is considered the equivalent of 14 training hours.

Once you have completed all the online training requirements:

- Fill in the Completion of Coach Training document within one month of training date and send it to: programsharing@rdpcn.com
- You will then receive a Certificate of Coach Training Completion.

Ongoing Support:

- Coach mentorship teleconferences are scheduled quarterly. Coaches are encouraged to participate regularly to share issues or successes or to refresh themselves to the Alberta Moving on with Persistent Pain™ program content.

- Significant questions can be posted on the PCN PMO website under the Alberta Moving on with Persistent Pain™ collaborative discussion board and our trainers will answer the questions in a timely manner.

Branding

Trademark is Alberta Moving on with Persistent Pain™. This trademark was designed to be inclusive of the Alberta collaborative. Please use the Alberta Moving on with Persistent Pain™ Logo.

