

## WEBINAR SERIES: Chronic Pain, the Journey Forward

The Canadian Institute for the Relief of Pain and Disability (CIRPD) and Pain BC are pleased to invite you to join us for an inspiring online webinar as part of our public education series, *"Chronic Pain, the Journey Forward"*. This free webinar series provides an opportunity for people living with pain as well as their families to learn from top researchers and practitioners about the latest research into and treatments for chronic pain, and how to live well with chronic pain.

### Chronic Pain Self-Management: Past, Present and Future

FEBRUARY 29, 2012 - 2:00pm (PST)



This presentation will review the concept of self-management and how peer-led self-management programs are implemented in communities. It will then describe how self-management strategies can be applied to chronic pain management. It provides an overview of the Chronic Pain Self-Management Program and the scope of its delivery in BC. Then, the main self-management strategies are introduced and described. Lastly, using a case example of a middle aged male, it summarizes an experience of developing chronic pain and the path that was taken to manage and maintain quality of life.

#### During this webinar you will learn:

- How self-management programs are implemented at the community level
- How self-management strategies are applied to chronic pain
- From a case study how the self management strategies help maintain quality of life

#### [Register Now!](#)

You will receive an email confirmation of your registration and a reminder with directions on how to link to the webinar on your computer.

#### About the Speaker – Patrick McGowan, PhD



Dr. McGowan's research career over the last 25 years has mainly focused on several aspects of health education programs for persons experiencing chronic health conditions, especially self-management programs and strategies. He has been implementing and researching self-management programs relating to particular chronic health conditions such as chronic pain, diabetes, arthritis, osteoarthritis, and tuberculosis.

As well, he has been researching the feasibility, viability, acceptability and effectiveness of a general self-management program called the "Chronic Disease Self-Management Program" which is offered to persons experiencing any type of chronic health condition. This research is being conducted at the community level (including small aboriginal communities), and at the provincial, national, and international levels.

*Join the online dialogue for this and future webinars in the series. Check our [website](#) for updates on other webinars in the series. We look forward to meeting you online!*

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