



Chronic Pain Centre of Excellence for Canadian Veterans

OVERVIEW

The Chronic Pain Centre of Excellence for Canadian Veterans (CPCoE) was established to conduct research and make recommendations in order to help improve the well-being of Canadian Armed Forces (CAF) Veterans, and their families, living with chronic pain. Veterans, especially those with service-related injuries, can face a host of unique health challenges. A major challenge for Veterans is chronic pain. Recent Government of Canada research found that Veterans are twice as likely to suffer from chronic pain compared to others in the Canadian population.ⁱ While chronic pain cannot be treated, it can be better managed.

The severity of chronic pain in each individual will vary as they experience pain differently. For some Veterans, a better understanding of how chronic pain impacts their life will allow them to make changes to improve their well-being and to use their treatment benefits to better manage their pain. For other Veterans, a higher level of care is required. For those with severe chronic pain, the CPCoE recommends interdisciplinary care. This is the highest level of care available. Interdisciplinary Pain Management Centres or Clinics provide care through a whole person approach where the doctor, pharmacist, psychologist, and team work together with a Veteran to better manage their pain.

HELPFUL RESOURCES

The CPCoE works collaboratively with research teams to develop evidence-based resources for healthcare providers, Veterans, and other interested groups. The following links will take you to relevant information on the CPCoE website related to chronic pain and Veterans.

Tools and Training

Description	Link
A tool for clinicians to better understand Veterans as patients and to equip them with a series of prompts they may use to enhance communication in the patient-provider relationship.	A Communication Tool for Clinicians Working with Veterans
An infographic (to complement the Communication Tool above), which includes facts and statistics about Veterans.	What Makes Veteran Patients Unique: a resource for clinicians
An evidence-based recommendation regarding non-inhaled medical cannabis for patients with chronic pain.	Medical cannabis or cannabinoids for chronic pain: a clinical practice guideline

Research – Summary Infographics and Videos

Description	Link
A summary infographic exploring the complexity of chronic pain experiences among military personnel, Veterans, and health care providers.	The Chronic Pain Experiences of the Military: A qualitative evidence synthesis
A short video summarizing research findings about the effectiveness of interdisciplinary care for Veterans with chronic pain.	Effectiveness of Interdisciplinary Care (Video)
A list of key findings from a study on Veterans' use of cannabis for symptoms related to pain and mental health.	Cannabis for Chronic Pain? Full publication → Views on and experiences with medicinal cannabis among Canadian Veterans who live with pain: A qualitative study
An infographic about prescription opioid use among CAF Veterans.	Opioids for Chronic Pain: Trends in opioid prescribing and suggestions for clinical practice

PODCAST

The Most Painful Podcast was created to cover all aspects of chronic pain by presenting evidence-based information that provides better insights into chronic pain. The podcast aims to investigate how chronic pain impacts Veterans, and their families as they suffer from chronic pain at a higher rate compared to the Canadian population. The Most Painful Podcast considers various topics that help inform Veterans, clinicians, researchers, and anyone else suffering from chronic pain.

To listen to The Most Painful Podcast, please click here: <https://www.spreaker.com/show/the-most-painful-podcast>

¹ https://publications.gc.ca/collections/collection_2020/acc-vac/V3-1-7-2020-eng.pdf