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Online classes start soon for understanding chronic pain

SOUTH ZONE – Explain Pain, a free online program designed to help participants understand, manage and support chronic pain, is set to resume this fall.

Chronic Pain is defined as any pain that continues for three months or longer. Registration is now open for adult group workshops that will take place via Zoom, enabling participants to join from the comfort of home on a computer, iPad, or tablet. Workshops are led by a chronic pain registered nurse and other clinicians including a kinesiologist, dietitian, occupational therapist, and more.

Explain Pain is a free educational series comprised of eight classes. Anyone who suffers from chronic pain for three months or longer can benefit. The first two classes outline new findings in the realms of neuroscience and chronic pain and address such questions as: why does my pain flare on certain days; what factors affect my pain; and what role does my brain play in pain. The final set of classes provide patients with practical tools to manage their pain in their day-to-day lives along with connection to supports along the way.

When participants learn new methods and techniques to manage their pain aside from solely taking medication, they can expect to manage their pain differently, more effectively, and ultimately reduce their pain. A reduction in pain can lead to greater independence, connection to values, and a return to enjoyable activities in daily life.

Explain Pain workshops are each approximately two hours long and will begin in September and October, continuing throughout the year in 2023. Participants will have one-on-one opportunities to connect with a chronic pain registered nurse.

Call to inquire about the next available series as dates and times may vary. In Lethbridge and area, call 403-388-6654 or 1-866-506-6654 to self-register and for more information. In Medicine Hat and area, call 403-529-8969 or 1-866-795-9709.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.