



2023  
EDITION

# CHRONIC PAIN

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QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES

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 **Biblio-  
Santé**



Better informed to live better.

## **ABOUT**

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 660 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

## **ACKNOWLEDGMENTS**

Biblio-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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## **VISIT OUR WEBSITE**

You will find all of the Biblio-Santé booklets and additional information.

**[bibliosante.ca](http://bibliosante.ca)**

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2023 and will be updated on an annual basis.

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## HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria.

First, the booklets are carefully designed to primarily meet the needs and interests of health system users and caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information.

With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver.

Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Santé, please visit [bibliosante.ca/criteria](http://bibliosante.ca/criteria)



### CAREGIVERS

#### **CAREGIVERS BOOKLET**

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

## OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S  
DISEASE**



**AUTISM SPECTRUM  
DISORDER**



**BEREAVEMENT**



**CANCER**



**CHRONIC  
PAIN**



**DIABETES**



**END-OF-LIFE  
CARE**



**HEART DISEASE  
AND STROKE**



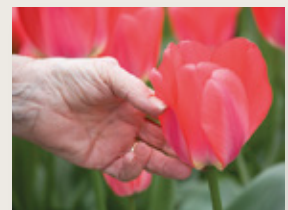
**INTELLECTUAL  
DISABILITY**



**MENTAL  
HEALTH**



**MULTIPLE  
SCLEROSIS**



**PARKINSON'S  
DISEASE**



**PHYSICAL  
DISABILITY**



**PULMONARY  
DISEASE**



**SENIORS  
AND AGING**

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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## General

### ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE (AQDC)

**Phone** 514 355-4198  
**Toll free** 1 855 230-4198  
**Website** <https://aqdc.info/>

The AQDC has a mission to improve the condition of people suffering from chronic pain in Quebec and reduce their isolation. Their website offers targeted information on disease and pain management as well as relevant resources. Website in French.

### CHRONIC PAIN CENTRE OF EXCELLENCE FOR CANADIAN VETERANS

**Phone** 1 833 644-4673  
**Website** <https://www.veteranschronicpain.ca/>

The Chronic Pain Centre of Excellence for Canadian Veterans is a research centre focusing on improving the well-being of veterans with chronic pain. Its website provides various relevant informational resources for everyone on pain management including articles, webinars and a podcast, as well as a list of pain management clinics across Canada.

### L'APPUI POUR LES PROCHEs AIDANTS

**Toll free**  
**(Caregiver support)** 1 855 852-7784  
**Website** [www.lappui.org/en](http://www.lappui.org/en)

The 17 regional Appui offices offer a professional helpline as well as support and reference services tailored to the needs of caregivers serving seniors. Each region provides information, training and respite services. The goal of the Caregiver Support hotline is to provide caregiver support, help you through the different steps, and offer guidance on resources available in your community. The website also includes a directory in which you can search by region and type of need required (respite, psychosocial support, etc.).

## **PROCHE AIDANCE QUÉBEC**

**Phone** 514 524-1959  
**Website** <https://procheaidance.quebec/>

Proche aideance Québec brings together 124 community organizations whose mission is to improve the living conditions of caregivers. You will find the complete list of organizations by region on the Proche aideance website. Website in french.

## **QUÉBEC PAIN RESEARCH NETWORK**

**Website** <https://qprn.ca/en/>

The QPRN's mission is to contribute to the improvement of the quality of life of Quebecers who suffer from persistent pain, through basic, clinical, evaluative and epidemiological research. The "Our Solutions" section on its website offers a page where chronic pain sufferers can access a pain management portal or sign up to participate in research trials, as well as links to various YouTube videos, podcasts and user questions all relating to chronic pain.

# INTERNET RESOURCES

## A few tips for critically assessing information found on the Internet

### **THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)**

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

### **THE QUALITY OF THE INFORMATION SOURCE**

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

## General

### **ARTHRITIS SOCIETY OF CANADA**

<https://arthritis.ca/support-education/online-learning/managing-chronic-pain>

The Managing Chronic Pain online learning module provides strategies, resources and tips on how to minimize your pain symptoms and find relief.

### **GOUVERNEMENT DU QUÉBEC – USE OF OPIOID MEDICATIONS FOR CHRONIC PAIN**

<https://www.quebec.ca/en/health/medications/use-opioid-medications-chronic-pain>

This page presents information about the use of opioid medications prescribed by a doctor for the treatment of chronic pain. Different aspects covered include basic facts about opioids, how to safely use these drugs, side effects and risks associated with opioid medications, alternative pain-management solutions and discontinuation of opioid use. The page also provides links to other useful resources relating to chronic pain management.

### **GOVERNMENT OF CANADA – CHRONIC PAIN**

<https://www.canada.ca/en/public-health/services/diseases/chronic-pain.html>

This page presents information about chronic pain, the different options available to help manage pain, and the Canadian government's role in assisting individuals who suffer from chronic pain. The page also provides links to other sources providing relevant information about chronic pain, as well as regional resources.

### **JOHNS HOPKINS MEDICINE – CHRONIC PAIN**

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/chronic-pain>

This page provides an overview of different types of pain, their potential causes, and details various treatment options which can help with chronic pain management.

## MY PAIN MANAGEMENT

<https://www.gerermadouleur.ca/en/>

*My Pain Management* is an online portal which strives to provide educational resources to patients, family caregivers and healthcare professionals in order to bring together in one place the knowledge necessary for improved pain management. The resources provided were selected and approved by a team of healthcare professionals and patient partners.

## REVENU QUÉBEC – TAX CREDITS

This site provides information on different tax credits and on financial support.

### **Amount for a severe and prolonged impairment in mental or physical functions**

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

### **Disabled individuals**

<https://www.revenuquebec.ca/en/citizens/your-situation/disabled-individuals/>

### **Refundable tax credit for medical expenses**

<https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/>

### **Tax credit for caregivers**

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/>

### **Work premium tax credit**

<https://www.revenuquebec.ca/en/citizens/tax-credits/work-premium-tax-credits/>

# HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

## GOVERNMENT OF CANADA – HEALTH

[www.canada.ca/en/services/health.html](http://www.canada.ca/en/services/health.html)

Offers reliable, easy-to-understand health and safety information for Canadians.

## GOVERNEMENT DU QUÉBEC – HEALTH

[www.quebec.ca/en/health/](http://www.quebec.ca/en/health/)

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

## MAYO CLINIC

[www.mayoclinic.org/patient-care-and-health-information](http://www.mayoclinic.org/patient-care-and-health-information)

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

## MEDLINEPLUS

[www.medlineplus.gov](http://www.medlineplus.gov)

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

# HEALTH DATABASES

## Open access databases

Here is a selection of resources to help you find relevant information. **The databases below are accessible at no charge and no subscription is required.**

### PUBMED CENTRAL

[www.ncbi.nlm.nih.gov/pmc](http://www.ncbi.nlm.nih.gov/pmc)

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

## Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

**In order to access the BanQ databases, you must subscribe to remote services.**

**To subscribe: [www.banq.qc.ca/formulaires/abonnement](http://www.banq.qc.ca/formulaires/abonnement)**

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

## **E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE**

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

## **MAGILL'S MEDICAL GUIDE**

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

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# READING SUGGESTIONS

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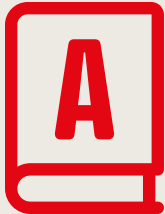
YOUR LIBRARY DOESN'T  
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ARE LOOKING FOR?

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THE DOCUMENT YOU WOULD LIKE  
FROM ANOTHER LIBRARY.

# Books available in different formats

Did you know that you can borrow books in different formats for free from your libraries?



## LARGE PRINT BOOKS

Large print books are designed to optimize reading comfort for the visually impaired, the sick, people with eye strain and young dyslexics. You will find many of them in public libraries.



## AUDIO AND DIGITAL AUDIO BOOKS

Audio and digital audio books are voice recordings of the text of a book made by a narrator. These books are read by recognized interpreters. They are recommended for both beginning readers and people with visual impairments.

Audio books are recorded on CD or MP3 CD and can be found on the shelves of libraries that offer them.


Digital audio books are available on the [prenumerique.ca](http://prenumerique.ca) platform. They can be listened to on all devices using a recent version of a web browser and a reliable Internet connection. This does not require the installation of a reader application.



## DIGITAL BOOKS

Digital books are available via the [pretnumerique.ca](http://pretnumerique.ca) platform.

On the [pretnumerique.ca](http://pretnumerique.ca) website of libraries participating in the Biblio-Santé program, you will find the **digital Biblio-Santé collection**. Each book suggested in the booklets that is available in digital format is identified by the following mention:

 [Also available on pretnumerique.ca](http://pretnumerique.ca)

These digital books are chronodegradable, that is to say that they deactivate automatically at the end of the loan period. Downloaded books can be read on different devices: e-readers, tablets, computers, smartphones, etc. The service is accessible anytime and anywhere, as long as you have access to an Internet connection.

[Pretnumerique.ca](http://pretnumerique.ca) also offers a dedicated free reading application, available in iOS (Apple) and Android format. This allows you to consult the digital catalog of your libraries as well as to borrow, reserve and easily read your digital books and your digital audiobooks from the same application.

Your reading device gives you access to features to promote its accessibility and facilitate your reading.

For help borrowing an eBook, visit the [Aide en ligne Prêt Numérique](#) page.

\*The supply of books in different formats varies from one library to another.

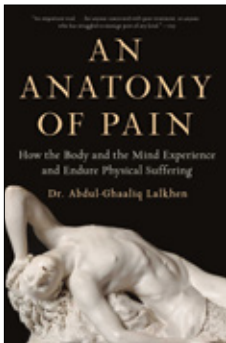
**Find out what your library has to offer!**

# NON-FICTION



Biblio-Santé reading suggestions are intended to provide quality information on various health-related topics. Under no circumstances does the Biblio-Santé program promote the use of drugs or other substances through Biblio-Santé reading suggestions. **The use of drugs for medicinal purposes must be accompanied and supervised by a health professional.**

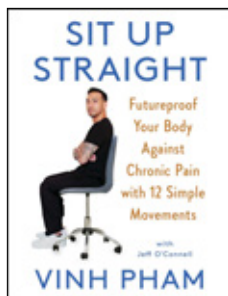
## General works



### **AN ANATOMY OF PAIN: HOW THE BODY AND THE MIND EXPERIENCE AND ENDURE PHYSICAL SUFFERING**

**Abdul-Ghaaliq Lalkhen.** New York: Scribner, 2022, 244 p.

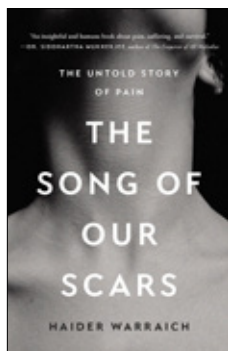
*An Anatomy of Pain* clearly explains the current issues and complexities surrounding the treatment of pain, how society deals with those in pain, as well as how our bodies relate to pain. Common conception still equates pain with tissue damage but that is only a very small part of the story – the organ which produces pain is the brain. Case studies show that someone who has undergone a c-section reports dramatically less pain than a patient who has kidney stones removed in a similarly invasive operation. Soldiers who drag themselves to safety after being shot deal with pain in a remarkably different way from someone suffering a similar injury on a street. The truth is that pain is a complex mix of nerve endings, psychological state, social preconceptions, and situational awareness. Filled with case studies and medical history, this book offers a crash course in all aspects of pain, from chronic to acute, and walks us through the current landscape of pain treatments.



## SIT UP STRAIGHT: FUTURE-PROOF YOUR BODY AGAINST CHRONIC PAIN WITH 12 SIMPLE MOVEMENTS

**Vinh Pham, with Jeff O'Connell.** New York: Scribner, 2022, 256 p.

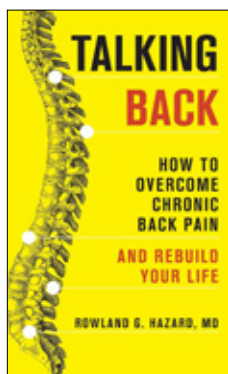
Future-proof your body and relieve chronic pain resulting from sitting, slouching, and other bad lifestyle habits with this easy-to-perform set of daily stretching and exercise routines. Performed correctly, Vinh Pham's "Big Ten" exercises, which can be completed in twenty minutes, will lock in protection for the rest of the day. Vinh provides stretching and exercise routines for many of the specific ailments that affect us, and offers a series of customized movements based on age, gender, and the kind of work we perform.



## THE SONG OF OUR SCARS: THE UNTOLD STORY OF PAIN

**Haider Warraich.** New York: Basic Books, 2022, 307 p.

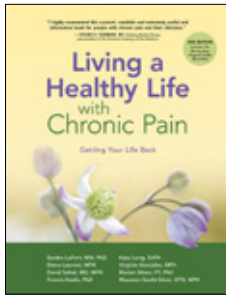
In *The Song of Our Scars*, physician Haider Warraich offers a bold reexamination of the nature of pain, not as a simple physical sensation, but as a cultural experience. Warraich, himself a sufferer of chronic pain, considers the ways our notions of pain have been shaped not just by science but by politics and power, by whose suffering mattered and whose didn't. He weaves a provocative history from the Renaissance all the way to the cutting edge of present-day pain science. The conclusion is clear: only by reckoning with pain's complicated history and its biology can doctors adequately treat their patients' suffering.



## TALKING BACK: HOW TO OVERCOME CHRONIC BACK PAIN AND REBUILD YOUR LIFE

**Rowland G. Hazard.** Lanham: Rowman & Littlefield, 2021, 149 p.

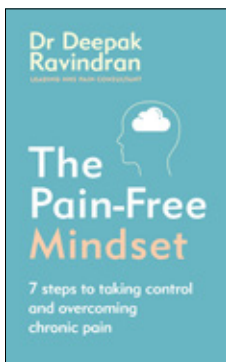
*Talking Back* brings the reader into the classroom with people disabled by chronic back pain to experience the insights and lessons that have helped thousands of them to regain the physical and emotional capacities to resume productive lives. Strategies include dealing effectively with doctors and drugs and owning the skills of deep relaxation and physical self-care to combat acute flare ups of pain and to overcome the fear of pain that can disable people even more than pain itself.



## LIVING A HEALTHY LIFE WITH CHRONIC PAIN

**Sandra LeFort, Kate Lorig, David Sobel, Diana Laurent, Virginia González, Marian Minor, Maureen Gecht-Silver, Francis Keefe.** Boulder, CO: Bull Publishing Company, 2021, 406 p.

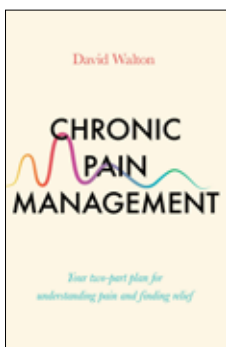
This book is designed to help readers manage their pain so that they can get on with living a satisfying, fulfilling life. Chronic pain includes many types of conditions from a variety of causes. Despite these differences, all readers of this book have one very important thing in common – they are living with pain every day. Acknowledging that overcoming chronic pain is a daily challenge, this book provides readers with proven self-management tools to help them meet that challenge.



## THE PAIN-FREE MINDSET: 7 STEPS TO TAKING CONTROL AND OVERCOMING CHRONIC PAIN

**Deepak Ravindran.** London: Vermilion, 2021, 341 p.

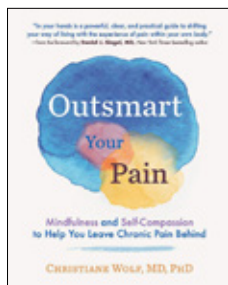
There is no easy fix when it comes to chronic pain. Opioids are often the first, addictive resort and surgery rarely achieves the pain free outcome promised. But while there is no single fix, there is a way out and it starts with your mindset. In *The Pain-Free Mindset*, NHS pain consultant Dr Ravindran uses his 20 years of experience to offer you an effective set of techniques that will help you take back control and overcome your pain. In this groundbreaking guide, you will: Discover what happens to your body and brain when you experience pain; learn how you can change the way you perceive and respond to pain – without taking addictive medication; find the best pain-management plan for you and your lifestyle.



## CHRONIC PAIN MANAGEMENT: YOUR TWO-PART PLAN FOR UNDERSTANDING PAIN AND FINDING RELIEF

**David Walton.** London: Icon, 2021, 250 p.

David Walton, a clinical and cognitive psychologist who experiences chronic pain himself, guides readers through an understanding of the nature of pain; how the body and mind react to it; how to minimize pain; and how to choose the right therapies, medication and relief strategies. Modern research is presented in an engaging and positive way, alongside self-assessment questionnaires, case studies and practical do's and don'ts. Through an understanding of pain mechanisms and relief strategies, readers will be enabled to manage their symptoms better and regain some control over their daily lives.



## **OUTSMART YOUR PAIN: MINDFULNESS AND SELF-COMPASSION TO HELP YOU LEAVE CHRONIC PAIN BEHIND**

**Christiane Wolf.** The Experiment, 2021, 240 p.

Pain can be a big, unwieldy box that we struggle to carry all day. But what if we could put down this box, unpack it, and tackle the contents one by one? *Outsmart Your Pain* is Dr. Christiane Wolf's radically clear, evidence-based guide to relieving chronic pain with mindfulness, complete with twenty easy guided meditations and self-compassion practices, including: rewriting the "pain story" you tell yourself; practicing loving acceptance of your body; mindfully working through negative emotions; strengthening your inner and outer support systems. By separating your pain from the stressful thoughts and troubled feelings that come with it, you can lay down your burden and live with joy.



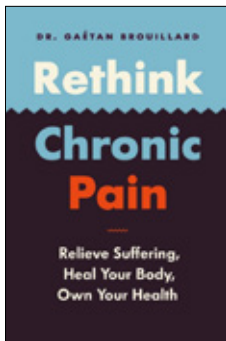
## **ON OPIUM: PAIN, PLEASURE AND OTHER MATTERS OF SUBSTANCE**

**Carlyn Zwarenstein.** Fredericton: Goose Lane Editions, 2021, 362 p.

In *On Opium*, Zwarenstein describes her own use of opioid-inspired medicines and evokes Thomas De Quincey and Frida Kahlo as she travels from the decadence of recreational drug use in past eras to the misery and privation of the overdose crisis today. She investigates why people use substances and when substance use becomes addiction. And she exposes the effects of poverty, isolation, and trauma; the role of race, class, and gender in addressing pain; and a system of prohibition that has converted age-old medicines into taboo substances. Through all of this, Zwarenstein finds hope. Drawing on solidarity between illicit drug users and people in pain; in a wise understanding of what humans need to be well; and in radical drug policies like legalization and safe supply, she lays out a vision of a world where suffering is no longer lauded, and opioids are no longer demonized.



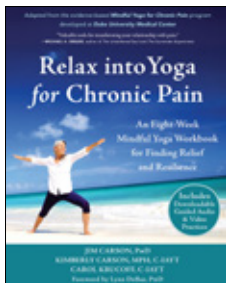
Also available on [prenumerique.ca](https://prenumerique.ca)



## RETHINK CHRONIC PAIN: RELIEVE SUFFERING, HEAL YOUR BODY, OWN YOUR HEALTH

**Gaétan Brouillard.** Vancouver: Greystone Books, 2020, 320 p.

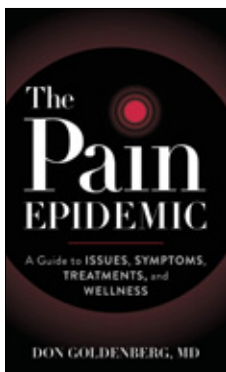
*Rethink Chronic Pain* identifies the physical and psychological roots of pain and recommends not one single treatment (as most of the advice does) but many: Dr. Gaétan Brouillard incorporates osteopathy, hypnotherapy, acupuncture, nutrition and natural products (including cannabis and CBD) into his tried-and-tested approach. He also draws on years of experience as an emergency room doctor, clinician, and researcher to explain scientific breakthroughs in pain treatment and how to use medicine and surgery when necessary.



## RELAX INTO YOGA FOR CHRONIC PAIN

**Jim Carson and Kimberly Carson.** Oakland, CA: New Harbinger Publications, 2020, 224 p.

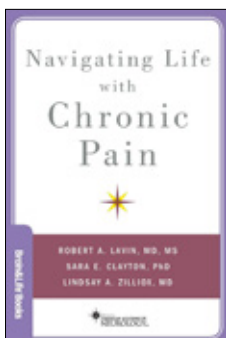
If you live with chronic pain, you need solutions now to help you feel better and get back to living your life. If you're looking for an alternative to pharmaceutical pain medication, yoga is a powerful practice for managing pain and building resilience.



## THE PAIN EPIDEMIC: A GUIDE TO ISSUES, SYMPTOMS, TREATMENTS, AND WELLNESS

**Don Goldenberg.** Lanham: Rowman & Littlefield, 2020, 203 p.

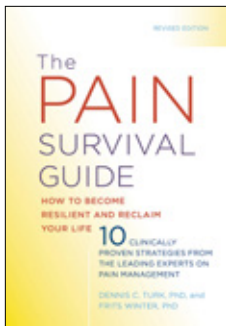
One out of three Americans lives with chronic pain. Despite this, physicians and the public are woefully ill-informed about treatment of the subject. Goldenberg blends the latest research and understanding of chronic pain with very personal stories. He covers the opioid epidemic, mind-body interactions in chronic pain, and gender bias, as well as the role of cannabis and new potential pain treatments.



## NAVIGATING LIFE WITH CHRONIC PAIN

**Robert A. Lavin, Sara E. Clayton and Lindsay A. Zilliox.** New York: Oxford University Press, 2020, 219 p.

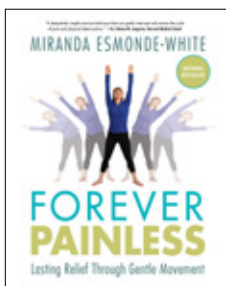
This book provides accessible, comprehensive, and up-to-date information about the challenges patients, family, and caregivers face when confronted by chronic pain. No two pain experiences are the same, so your chronic pain depends on where you have pain, how long you have experienced it, and how the symptoms developed. This book aims to provide clear and reliable information about chronic pain, including “what” (definition), “how” (pathophysiology), and “why” (etiology).



## THE PAIN SURVIVAL GUIDE: HOW TO BECOME RESILIENT AND RECLAIM YOUR LIFE

**Dennis C. Turk and Frits Winter.** Washington, DC: American Psychological Association, 2020, 230 p.

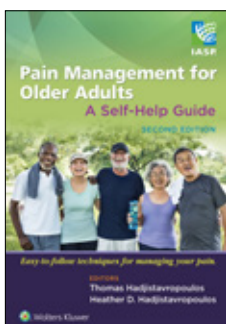
These 10 lessons self management program offers strategies for coping with chronic pain. Despite recent advances in the study of pain, there is still no medical treatment, alternative therapy, or herbal concoction that eliminates all pain for all people all of the time. In this book, you will learn to adjust your daily patterns – from your activity choices to your sleep, eating, interactions with others, and even your thoughts – so you can take control of your life and your pain.



## FOREVER PAINLESS: LASTING RELIEF THROUGH GENTLE MOVEMENT

**Miranda Esmonde-White.** Toronto: Random House Canada, 2019, 301 p.

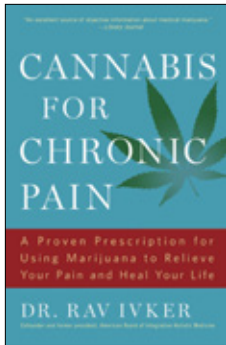
Miranda Esmonde-White introduces a new understanding of how chronic pain begins when muscles become unbalanced and cause connective tissue problems. Daily habits or unexpected accidents or injuries create imbalance, and we compensate by favouring our weaker parts, leading to strain on our feet, ankles, knees, hips, shoulders, upper back, lower back, elbows, wrists or neck – and eventually such conditions as arthritis, chronic back pain, plantar fasciitis and fibromyalgia. *Forever Painless* deals with preventing and reversing imbalances so you can live a pain-free life.



## PAIN MANAGEMENT FOR OLDER ADULTS: A SELF-HELP GUIDE

**Thomas Hadjistavropoulos and Heather D. Hadjistavropoulos (editors).** Washington, DC: IASP Press; Philadelphia: Wolters Kluwer, 2019, 188 p.

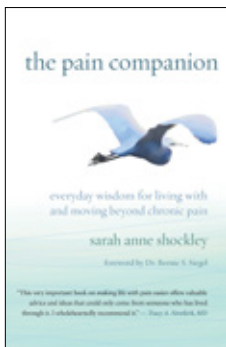
Written specifically for older adults who need practical information and advice for managing chronic pain, this easy-to-read, illustrated guide offers effective techniques, exercises, and methods to improve quality of life. Includes self-assessment checklists, progress charts, photos and illustrations, and clear instructions for managing pain – in easy-to-read large print. Examines the many areas of daily life that affect chronic pain, including relaxation and mood, social support, exercise, the home environment, nutrition, sleep, the physician-patient relationship, and the role of medication.



## CANNABIS FOR CHRONIC PAIN: A PROVEN PRESCRIPTION FOR USING MARIJUANA TO RELIEVE YOUR PAIN AND HEAL YOUR LIFE

**Rav Ivker.** New York: Touchstone, 2018, 346 p.

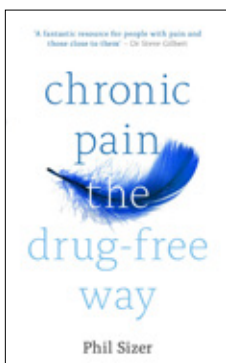
While the number of patients using medical marijuana increases every year, misconceptions about cannabis and whether it's harmful or dangerous still exist. In *Cannabis for Chronic Pain*, Dr. Rav explains the potential of marijuana's capacity for healing chronic pain. Medical marijuana is a safe, non-addictive alternative to opiate pain pills. Along with sharing his own story of using medical marijuana to heal from a severe case of shingles, Dr. Rav guides you through cannabis and holistic treatment for your specific chronic pain condition. If you are suffering from arthritis, back pain, migraines, fibromyalgia, menstrual cramps, IBS, Crohn's Disease, anxiety, depression, or pain from cancer or its treatment, this may be the book for you.



## THE PAIN COMPANION: EVERYDAY WISDOM FOR LIVING WITH AND MOVING BEYOND CHRONIC PAIN

**Sarah Anne Shockley.** Novato: New World Library, 2018, 177 p.

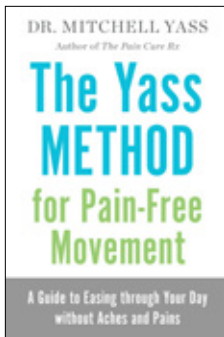
A holistic guide to coping with chronic pain, written by a woman suffering from Thoracic Outlet Syndrome; this book aims to provide strategies for mitigating the emotional, financial, and social consequences of living with debilitating pain.



## CHRONIC PAIN THE DRUG-FREE WAY

**Phil Sizer.** London: Sheldon Press, 2018, 147 p.

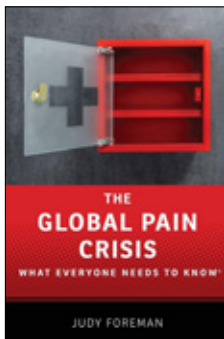
Chronic pain affects many people and can take a wide variety of forms, including arthritis, back pain, fibromyalgia, or may be the result of an accident or an operation. Based on holistic methods, and incorporating aspects of CBT (cognitive behavioral therapy) and ACT (acceptance and commitment therapy), Phil Sizer's book explains the importance of self-management in coping and dealing with many long-term conditions.



## THE YASS METHOD FOR PAIN-FREE MOVEMENT: A GUIDE TO EASING THROUGH YOUR DAY WITHOUT ACHEs AND PAINS

**Mitchell Yass.** Carlsbad: Hay House, 2018, 240 p.

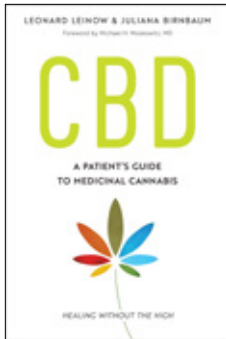
Chronic pain has become an international epidemic – an estimated one billion people across the world suffer every day. Dr. Mitchell Yass presents an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. Dr. Yass has found that about 90 percent of chronic pain that is attributed to structural problems (e.g., herniated disc, stenosis, or arthritis) is actually caused by a muscular weakness or imbalance. In *The Yass Method for Pain-Free Movement*, Dr. Yass focuses on enabling you to perform necessary and normal functional tasks without pain or discomfort. From daily life at home to work to play to travel to sleep, Dr. Yass identifies and provides easy-to-do stretches and exercises for the muscles that you need to strengthen and keep balanced for a satisfying, pain-free life.



## THE GLOBAL PAIN CRISIS: WHAT EVERYONE NEEDS TO KNOW

**Judy Foreman.** New York: Oxford University Press, 2017, 380 p.

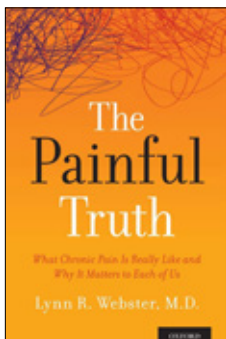
Hundreds of millions of people around the world live with chronic pain – many in such severe pain they are disabled by it. Physicians know almost nothing about chronic pain, much less how to treat it, for two reasons: medical schools barely teach it and government institutions allot almost nothing to the pain research budget. In *The Global Pain Crisis: What Everyone Needs to Know*, renowned health journalist Judy Foreman addresses the most important questions about chronic pain: what is it, whom does it affect most, which pain relief methods in Western and alternative medicine are effective, what are the risks and benefits for opioids and marijuana, and how can the chronic pain crisis be resolved for good?



## **CBD: A PATIENT'S GUIDE TO MEDICINAL CANNABIS**

**Leonard Leinow and Juliana Birnbaum.** Berkeley, CA: North Atlantic Books, 2017, 317 p.

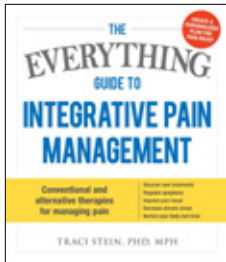
This practical, accessible guide to using CBD-dominant cannabis contains a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating several health conditions with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and various other issues. This book offers guidance on different forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. With dosage suggestions, potential side effects and contraindications, and the pharmacology of the plant, this is an essential guide for both doctors and patients looking for a nontoxic alternative to opiate-based pain medications and other pharmaceuticals.



## **THE PAINFUL TRUTH: WHAT CHRONIC PAIN IS REALLY LIKE AND WHY IT MATTERS TO EACH OF US**

**Lynn R. Webster.** New York: Oxford University Press, 2017, 216 p.

Chronic pain is more prevalent than cancer, heart disease, and diabetes combined. Yet millions of people struggle with pain because they can't find someone who understands how much it affects their lives. Pain specialist Dr. Lynn Webster validates the debilitating nature of pain, offers practical answers, and helps you become a catalyst for changing the way pain is viewed in society. This book explores: What a difference it makes to be heard; Why pain is much more than a symptom of disease; The benefits and risks of opioid prescriptions; How cultural attitudes toward pain affect us; The role of a caregiver in the journey of pain and recovery; How, even in the worst pain situations, you can have a fulfilling life.

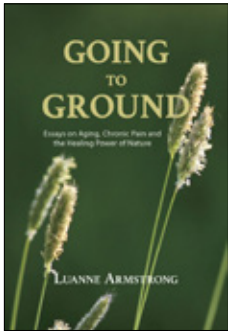


## **THE EVERYTHING GUIDE TO INTEGRATIVE PAIN MANAGEMENT: CONVENTIONAL AND ALTERNATIVE THERAPIES FOR MANAGING PAIN**

**Traci Stein.** Avon, MA: Adams Media, 2015, 304 p.

Living with pain is a daily struggle. If you are suffering from chronic pain, sometimes even small tasks can be difficult to accomplish. But there is hope. With *The Everything Guide to Integrative Pain Management*, you'll learn about the different options for managing pain with an integrative plan, incorporating traditional medications with natural pain relief solutions. With advice on which treatments are best for specific types of pain, as well as guided breathing and relaxation exercises to ease body stress, this all-in-one guide gives you the tools you need to manage your pain and get back to living.

## LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



### **GOING TO GROUND: ESSAYS ON AGING, CHRONIC PAIN AND THE HEALING POWER OF NATURE**

**Luanne Armstrong.** Qualicum Beach, BC: Caitlin Press, 2022, 180 p.

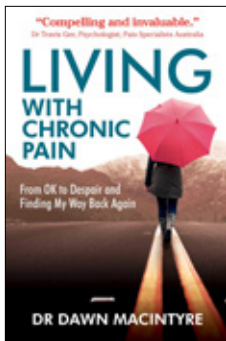
*Going to Ground* is a deeply intimate and meditative collection of personal essays exploring the intersections of chronic pain, the myths and stories that make us human, and the unexpected magic of finding your rage and joy reflected back to you by nature. Through these brave and vulnerable vignettes brimming with a lifetime's worth of wisdom, Luanne Armstrong gets deeply personal about what it means to recover from traumatic brain injuries, grow older when you've fallen in love with being needed, and slow down enough to listen to nature, even when the message isn't what you were expecting to hear.



### **THERE I AM: THE JOURNEY FROM HOPELESSNESS TO HEALING**

**Ruthie Lindsey.** New York: Gallery Books, 2020, 278 p.

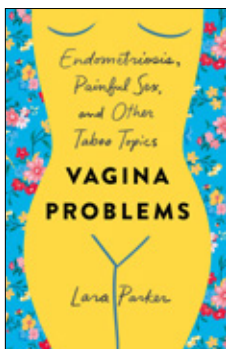
At seventeen years old, Ruthie Lindsey is hit by an ambulance near her home. She's given a five percent chance of survival and one percent chance of walking again. One month later after a spinal fusion surgery, Ruthie defies the odds, leaving the hospital on her own two feet. A few years later, Ruthie begins to experience debilitating pain. Her case confounds doctors. She goes into the hospital in chronic pain, dependent on prescription painkillers, and leaves that way. As her life unravels, Ruthie returns home to Louisiana and sets out on a journey to learn joy again. She trades fentanyl for sunsets and morphine for wildflowers, weaning herself off of the drugs and beginning the process of healing – of coming home to her body.



## LIVING WITH CHRONIC PAIN: FROM OK TO DESPAIR AND FINDING MY WAY BACK AGAIN

**Dawn Macintyre.** Newport (Australia): Big Sky Publishing, 2020, 207 p.

One in five people live with chronic pain and most feel misunderstood and unsupported. Dr Dawn Macintyre is one of those people. Here, Dawn shares her journey from living a full life to a life so diminished, full of pain, shame and exhaustion that she was desperate enough to want to take her own life. The author's personal story is interwoven with insight into the emotions and challenges faced, as well as practical advice for changes and support to help sufferers enjoy life again.



## VAGINA PROBLEMS: ENDOMETRIOSIS, PAINFUL SEX AND OTHER TABOO TOPICS

**Lara Parker.** New York: St. Martin's Griffin, 2020, 224 p.

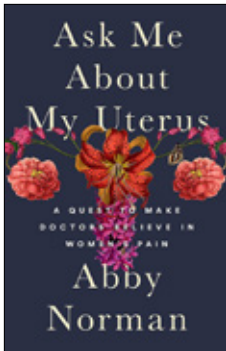
In 2013, Lara Parker received not only the diagnosis of endometriosis, but also of pelvic floor dysfunction, vulvodynia, vaginismus, and vulvar vestibulitis. Combined, these debilitating conditions have wreaked havoc on her life, causing excruciating pain throughout her body since she was fourteen years old. For years her doctors insisted she just had 'bad period cramps,' or implied her pain was psychological. She fought back against a medical community biased against women and discovered that the ignorance of many doctors about women's anatomy was damaging more than just her own life. Here she discusses coping with painful seizures while at the office, diet and wardrobe malfunctions when your vagina hurts all the time, and the depression and anxiety of feeling unloved.



## THE LADY'S HANDBOOK FOR HER MYSTERIOUS ILLNESS: A MEMOIR

**Sarah Ramey.** New York: Doubleday, 2020, 415 p.

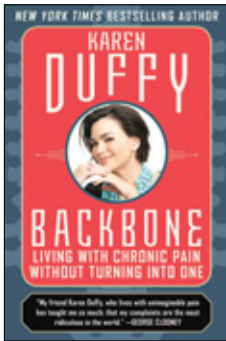
In this memoir, Sarah Ramey recounts the decade-long saga of how a seemingly minor illness in her senior year of college turned into a prolonged and elusive condition that destroyed her health but that doctors couldn't diagnose or treat. Worse, as they failed to cure her, they hinted that her problems were all in her head. *The Lady's Handbook for Her Mysterious Illness* strives to help the millions of (mostly) women who suffer from unnamed or misunderstood conditions: autoimmune illnesses like fibromyalgia and chronic fatigue syndrome, chronic Lyme disease, chronic pain, and many more.



## **ASK ME ABOUT MY UTERUS: A QUEST TO MAKE DOCTORS BELIEVE IN WOMEN'S PAIN**

**Abby Norman.** New York: Nation Books, 2018, 272 p.

In 2010, Abby Norman's strong dancer's body dropped forty pounds and gray hairs began to sprout from her temples. She was repeatedly hospitalized in excruciating pain, but doctors insisted it was a urinary tract infection and sent her home with antibiotics. Unable to get out of bed, Norman dropped out of college and embarked on what would become a years-long journey to discover what was wrong with her, eventually finding a diagnosis of endometriosis. In this memoir, Norman describes what it was like to have her pain dismissed, to be told it was all in her head. Putting her own trials into a broader historical, sociocultural, and political context, Norman shows that women's bodies have long been the battleground of a never-ending war for power, control, medical knowledge, and truth.

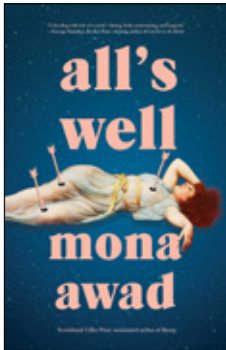


## **BACKBONE: LIVING WITH CHRONIC PAIN WITHOUT TURNING INTO ONE**

**Karen Duffy.** New York: Arcade Publishing, 2017, 234 p.

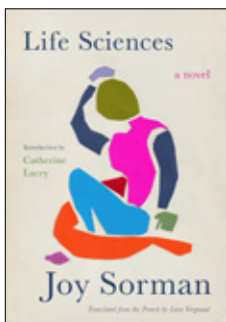
For two decades, Duffy has suffered from sarcoidosis, a disorder that causes the growth of inflammatory cells on different organs of the body. In her case, her sarcoidosis is located in her brain, causing unimaginable pain. At times inspirational, funny, and informative, Duffy illuminates methods people can use to cope with chronic pain. She reinforces the sentiment that despite the pain, there is a way to a good life.

## NOVELS

**ALL'S WELL**

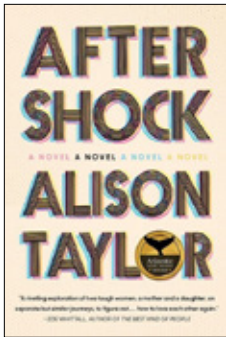
**Mona Awad.** Toronto: Hamish Hamilton Canada, 2021, 368 p.

Miranda Fitch's life is a waking nightmare. The accident that ended her burgeoning acting career left her with excruciating, chronic pain, a failed marriage, and a deepening dependence on painkillers. And now she's on the verge of losing her job as a college theatre director. Determined to put on Shakespeare's *All's Well That Ends Well*, she faces a mutinous cast hell-bent on staging *Macbeth* instead. Then she meets three strange benefactors who have an eerie knowledge of her past and a tantalizing promise for her future: one where the show goes on, and the invisible, doubted pain that's kept her from the spotlight is made known.

**LIFE SCIENCES**

**Joy Sorman.** New York: Restless Books, 2021, 259 p.

For centuries, the women in Ninon Moise's family have been afflicted by obscure, inexplicable medical phenomena. Seventeen-year-old Ninon is no exception to this bizarre family inheritance, and she wakes one morning with a debilitating and excruciatingly painful response to touch on her arms. Unlike her forebears, Ninon refuses to passively accept her cursed fate and rebels against the indifferent medical professionals who dismiss her condition as uninteresting, feminine, obscure, niche, or incurable. A taut, daring parable of womanhood, *Life Sciences* is a bold reclamation of self and bodily autonomy as Ninon struggles to define her own destiny.



## AFTERSHOCK

**Alison Taylor.** Toronto: HarperCollins Publishers Ltd., 2020, 300 p.

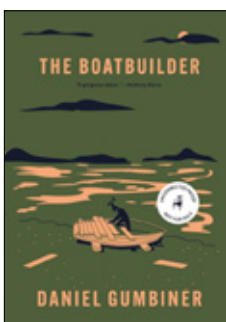
Nightmares still haunt Chlœ thirteen years after she lost her baby sister. Her mother, Jules, with a busy tech career and long history of chronic pain, has little time for Chlœ. After Chlœ drops out of university to travel for a year, Jules's OxyContin dependency quickly becomes a problem. *Aftershock* follows their parallel journeys: Jules struggles to regain control of her life, while Chlœ, after a rocky visit with her estranged father in New Zealand, resolves to go off the map completely and spend some time alone. When Jules suddenly can't find her daughter, the feeling is all too familiar and she becomes determined to find her. Mother and daughter will need to address old secrets and the emotional impact they have wrought on both their lives before they can reconcile with each other and, eventually, with themselves.



## PLEASE READ THIS LEAFLET CAREFULLY

**Karen Havelin.** New York: Dottir Press, 2019, 271 p.

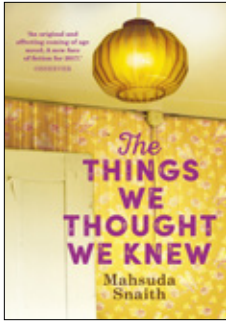
This novel tracks backward, from 2016 until 1995, etching details of daily life into a gripping and darkly humorous bildungsroman, about the intricacies of love and life in a fragile body. We meet Laura Fjellstad first as she works and cares for her young daughter, while struggling with debilitating pain and endometriosis, an invisible chronic illness. As the reader moves in reverse to meet Laura's younger and somewhat healthier selves (a hopeful bride in New York, a baby queer in Paris, a figure skater in Norway) we uncover her tireless work to gain control of her identity, her illness and the conflicting demands made by doctors, friends, lovers and family.



## THE BOATBUILDER

**Daniel Gumbiner.** San Francisco: McSweeney's, 2018, 237 p.

At twenty-eight years old, Eli "Berg" Koenigsberg has never encountered a challenge he couldn't push through--until a concussion leaves him with lingering headaches and a weakness for opiates. Berg moves to a remote Northern California town to seek space and time to recover, but soon finds himself breaking into homes in search of pills. Addled by addiction and chronic pain, Berg meets Alejandro, a reclusive master boatbuilder, and begins to see a path forward. Alejandro offers Berg honest labor, but more importantly a new approach to his suffering, a template for survival amid intense pain. Nurtured by his friendship with Alejandro and aided by the comradeship of many of Talinas's colorful residents, Berg begins to return to himself.

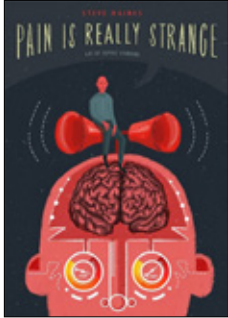


## THE THINGS WE THOUGHT WE KNEW

**Mahsuda Snaith.** London: Doubleday, 2017, 296 p.

Ravine and Marianne were best friends. But ten years later everything has changed. Ravine lies in a bed plagued by chronic pain syndrome. And her best friend Marianne is gone. Where is Marianne? How did their last adventure go so wrong? Who is to blame? Heartbreaking, bittersweet and unforgettable, *The Things We Thought We Knew* is a powerful novel about the things we remember and the things we wish we could forget.

# COMICS

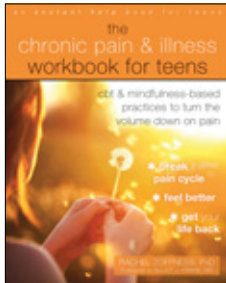


## **PAIN IS REALLY STRANGE**

**Steve Haines and Sophie Standing** (ill.). London: Singing Dragon, 2015, 32 p.

Understanding pain is a very good way of relieving it. This engaging, funny, and highly original research-based graphic book explains the nature of pain and how you can effectively relieve pain by changing your mind's habit

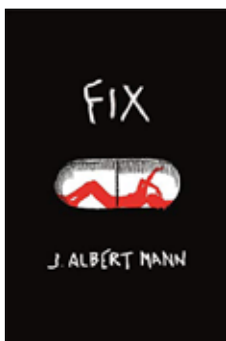
## YOUTH LITERATURE



AGES 13+

**THE CHRONIC PAIN AND ILLNESS WORKBOOK FOR TEENS: CBT AND MINDFULNESS-BASED PRACTICES TO TURN THE VOLUME DOWN ON PAIN****Rachel Zoffness.** Oakland: Instant Help Books, 2019, 154 p.

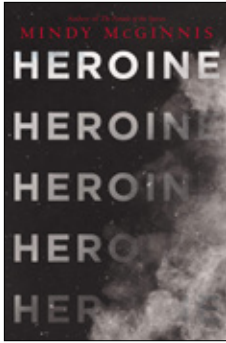
Living with chronic pain and illness can be difficult, scary, and sometimes lonely. But if you're one of the millions of teens who suffer from chronic pain, you should know that there are real tools you can use now to help you feel better. Blending cognitive behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR), this workbook provides proven-effective solutions to help you take control of your pain. With this workbook you'll learn how pain affects both your mind and body, how negative emotions can make pain worse, and strategies to help you turn the volume down on your pain, so you can go back to enjoying activities that you love. You'll also learn mindfulness and relaxation exercises, including belly breathing and body scan to help manage pain in the moment.



AGES 14+

**FIX****J. Albert Mann.** New York: Little, Brown and Company, 2021, 280 p.

In the aftermath of major surgery, sixteen-year-old Eve struggles with pain, grief, and guilt while becoming increasingly dependent on pain medication, revisiting memories of her best friend, and exploring a potential romance.

**AGES 14+**

## HEROINE

**Mindy McGinnis.** New York: Katherine Tegen Books, an imprint of HarperCollins Publishers, 2019, 418 p.

When a car crash sidelines Mickey just before softball season, she has to find a way to hold on to her spot as the catcher for a team expected to make a historic tournament run. Behind the plate is the only place she's ever felt comfortable, and the painkillers she's been prescribed can help her get there. The pills do more than take away pain; they make her feel good. With a new circle of friends--fellow injured athletes, others with just time to kill--Mickey finds peaceful acceptance, and people with whom words come easily, even if it is just the pills loosening her tongue. But as the pressure to be Mickey Catalan heightens, her need increases, and it becomes less about pain and more about want, something that could send her spiraling out of control.

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# FILM, SERIES AND PROGRAM SUGGESTIONS

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## DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF DVDS AND BLU-RAYS THAT CAN BE BORROWED. THEY ALSO OFFER ONLINE ACCESS TO MOVIES, SERIES AND PROGRAMS. CHECK WITH YOUR LOCAL LIBRARY.

# FICTION



## **CAKE**

**Daniel Barnz.** 2014, 102 min.

Claire Bennett becomes fascinated by the suicide of a woman in her chronic pain support group. As she uncovers the details of Nina's suicide and develops a poignant relationship with Nina's husband, she also grapples with her own, very raw personal tragedy.



## **HOUSE M.D.**

**David Shore** (creator). 2004-2012.

An antisocial maverick doctor who specializes in diagnostic medicine does whatever it takes to solve puzzling cases that come his way using his crack team of doctors and his wits, while dealing with chronic leg pain and a Vicodin addiction.

# DOCUMENTARIES

## General



### **THIS MIGHT HURT**

**Kent Bassett and Marion Cunningham.** 2019, 80 min.

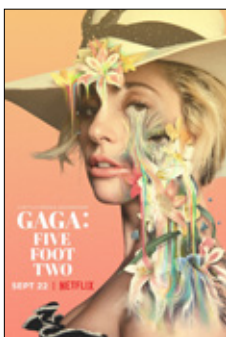
*This Might Hurt* is a documentary that offers solutions to reduce and unlearn chronic pain. The film follows three chronic pain patients who have spent years searching for answers. Desperate for relief, they enter a new medical program – run by Dr. Howard Schubiner – that focuses on uncovering hidden causes of pain and retraining their brains to switch the pain off.



### **ALL THE RAGE**

**Suki Hawley, Michael Galinsky and David Beilinson.** 2016, 90 min.

Using a first-person approach to explore the work of renowned physician Dr. John Sarno and his radical methods to treating back pain, *All the Rage* examines the connection between emotions and health. Through interviews with Sarno, esteemed patients, and experts, the film invites viewers to profoundly rethink our approach to healthcare.



### **GAGA: FIVE FOOT TWO**

**Chris Moukarbel.** 2017, 100 min.

An insight into the woman behind pop sensation character Lady Gaga. From the production of her bold new album, *Joanne*, to her health struggles – chronic pain caused by fibromyalgia – to her experiences on and off the stage with her fans and entourage.



## **TIME BOMB: OXYCONTIN ADDICTION**

**Morris Karp.** 2012, 43 min.

<https://www.youtube.com/watch?v=iNOHAJs9dBY>

Since OxyContin was introduced in 1996, Canada has recorded the second-highest number of prescription opioid painkiller addictions – and the world’s second-highest death rate from overdoses. But how did this little pill become so big, so fast? In 1998, Canadian sales were just a few million dollars, but within 12 years they had soared to \$243 million. In the U.S., yearly sales topped \$3.5 billion. This documentary examines why medical schools, GPs and specialists in pain clinics readily embraced the drug at first, and why some have now changed their minds.

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# TAKING PART IN ONE'S HEALTH CARE

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This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

## **WHAT DOES PATIENT-AS-PARTNER MEAN?**

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

# ORGANIZATIONS AND ASSOCIATIONS

## General

### **CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)**

**Phone** 514 890-8000, ext. 15488  
**Website** <https://ceppp.ca/en/>

The CEPPP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

### **HEALTHCARE EXCELLENCE CANADA**

**Toll free** 1-866-421-6933  
**Website** <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

## Legal information

### **CHAMBRE DES NOTAIRES DU QUÉBEC**

**Phone** 514 879-1793  
**Toll free** 1 800 263-1793  
**Website** [www.cnq.org/en/home.html](http://www.cnq.org/en/home.html)

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

## COMMUNITY JUSTICE CENTERS

**Website** [www.justicedeproximite.qc.ca/en/](http://www.justicedeproximite.qc.ca/en/)

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

## CONSEIL POUR LA PROTECTION DES MALADES

**Phone** 514 861-5922  
**Toll free** 1 877 276-2433  
**Website** <http://cpm.qc.ca/en/home/>

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

## CURATEUR PUBLIC DU QUÉBEC

**Phone** 514 873-4074  
**Toll free** 1 844 532-8728  
**Website** [quebec.ca/en/government/departments-and-agencies/curateur-public](http://quebec.ca/en/government/departments-and-agencies/curateur-public)

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

## **FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES**

**Toll free** 1 877 767-2227  
**Website** <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

## **JURISTES À DOMICILE**

**Phone** 514 944-9929  
**Website** [www.juristesadomicile.com](http://www.juristesadomicile.com)

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

## **PROTECTEUR DU CITOYEN**

**Toll free** 1 800 463-5070  
**Website** <https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

## **REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)**

**Phone** 514 436-3744  
**Website** [www.rpcu.qc.ca/en/](http://www.rpcu.qc.ca/en/)

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.



# INTERNET RESOURCES

## General

### **CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE**

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

### **CHOOSING WISELY CANADA**

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the "Patient Resources" tab.

### **COLLÈGE DES MÉDECINS DU QUÉBEC**

<http://www.cmq.org/hub/en/services-au-public.aspx>

The "Services for the public" section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

### **GOVERNMENT OF CANADA**

#### **How older adults can use social media safely**

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

This blog post gives tips on how to navigate social media safely.

## GOVERNEMENT DU QUÉBEC

### Info-Santé 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

### Service Organization

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

## HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

## HEALTHCARE EXCELLENCE CANADA

### Engaging Patients in Patient Safety – a Canadian Guide

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

### Patient, Family and Caregiver Engagement and Partnerships

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

**Shift to Safety**

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

**HEALTH CHARITIES COALITION OF CANADA –  
“HOW TO” HEALTH GUIDE**

[www.healthcharities.ca/resources/how-to-health-guide.aspx](http://www.healthcharities.ca/resources/how-to-health-guide.aspx)

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

**HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR  
HEALTH CARE**

[https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?\\_](https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_)

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

**INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA –  
SAFEMEDICATIONUSE.CA**

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

**MCGILL UNIVERSITY HEALTH CENTER****Patient Safety and Physical Restraints: What You Need to Know**

[http://www.muhcpatienteducation.ca/DATA/GUIDE/349\\_en~v~patient-safety-and-physical-restraint.pdf](http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf)

This booklet aims to help you understand physical restraints.

## **MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE**

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

## **ORDRE DES PHARMACIENS DU QUÉBEC – PROTECTION DU PUBLIC**

<https://www.opq.org/protection-du-public/que-fait-lordre-pour-me-protoger/>

The “Protection du public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

## **OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS**

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

## **RÉGIE DE L'ASSURANCE MALADIE – CITIZENS**

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

## **SANTÉ ET SERVICES SOCIAUX QUÉBEC**

### **Quick Reference: I'm taking care of my Health**

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

## **SENIORS' GUIDE TO STAYING CYBER SAFE DURING COVID-19**

<https://www.getcybersafe.gc.ca/en/resources/seniors-guide-staying-cyber-safe-during-covid-19>

This guide helps seniors protect their identity by helping them create strong passwords, enable multi-factor authentication, and warn them about phishing attempts.

## HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

## WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

## HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

## CANADIAN DEPRESCRIBING NETWORK

[www.deprescribingnetwork.ca](http://www.deprescribingnetwork.ca)

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

## Legal information

### **COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSIBILITIES**

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

### **ÉDUCALOI**

#### **Caregivers: Practical Legal Tools**

[www.educaloi.qc.ca/en/caregivers-practical-legal-tools](http://www.educaloi.qc.ca/en/caregivers-practical-legal-tools)

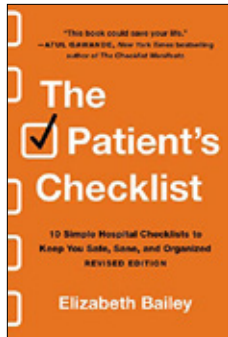
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

#### **Health Topics**

[www.educaloi.qc.ca/en/categories/health](http://www.educaloi.qc.ca/en/categories/health)

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

# READING SUGGESTIONS



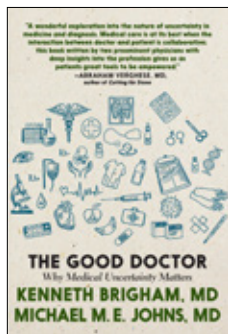
## THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

**Elizabeth Bailey.** New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



Also available on [prenumerique.ca](http://prenumerique.ca)



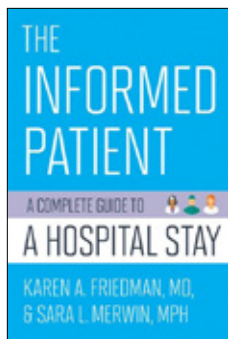
## THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

**Kenneth Brigham and Michael M.E. Johns.** New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Brigham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



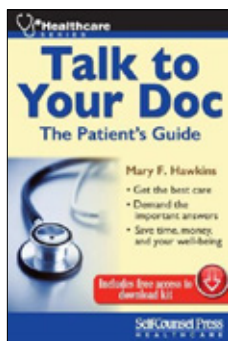
Also available on [prenumerique.ca](http://prenumerique.ca)



## THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

**Karen A. Friedman and Sara L. Merwin.** Ithaca: ILR Press, 2017, 228 p.

Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



## TALK TO YOUR DOC: THE PATIENT'S GUIDE

**Mary Hawkins.** North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



## GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

**Phillip K. Peterson.** Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.







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