

Report on the Princeton Pain Management Seminar held on March 8, 2017 at Riverside Community Centre

The following information is gathered from the initial questionnaire and the evaluation form filled in by audience members.

Questionnaire

Why did you come to this pain management seminar?

What are you hoping to take away from this evening?

- interested in how to manage pain
- to get knowledge/ideas/information/suggestions (18)
- husband and I both live with chronic pain
- learn to manage knee pain
- learning to cope
- get some relief
- advice on how to manage back pain
- caregiver of arthritis (3 different kinds) sufferer
- caregiver of fibromyalgia patient
- caregiver of Rheumatoid Arthritis sufferer
- possibly get some good literature
- [to get] useful learning and possibly being of help to my friends, neighbours and community
- help family member
- perhaps new contacts
- find an alternative to Tylenol and Ibuprofen which I can't take
- major neck and arm pain
- to observe and information on presentation
- to hear about recent changes in "Guidelines" to physicians re: opiate prescription
- I'm in constant pain! Scoliosis - back 60% curve; right knee replacement; full of arthritis; left knee waiting for replacement!
- way to conquer pain without pills!

Evaluation

Did you find this seminar helpful?

- Very helpful - 4
- Helpful - 7
- Somewhat helpful - 3
- Not helpful - 0

How could future pain management seminars be improved?

- more variety of panel members e.g. physiotherapist etc.
- more experiences and what others do for pain
- possibly more speaking about specific types of chronic pain conditions
- acoustics in room
- somewhat difficult to understand
- more focus on management of pain
- what can people do for self care
- have the people/speaker that live with chronic Pain Syndrome
- unbiased opinions
- more advertising - FB
- more specific information on pain control- e.g. pain control for arthritis. Dr. Stewart very good in July - asked for referral, can't see her for 2 years - today was general.
- couple more speakers in allied fields
- have local medical providers included (i.e. physio/massage) to understand what resources they can provide
- if Dr. and pharmacist could be from Princeton, they could talk more local issues

What is missing in our community?

What suggestions do you have to improve services for people living with pain?

- pain management school
- support groups - that I know of
- somehow spread the word
- perhaps some more 'gentle' exercise groups and classes to help keep people active in a way that's possible for them
- don't know
- someone open a steam room & Dry Sauna therapeutic pool etc.
- an indoor community pool
- doctors/specialists who can work more with pain management - even if come here once a month. Need an arthritis Dr. here once a month for referrals, follow up
- Dr. spend more time with patients and chronic pain
- promote exercise programs
- would like to see the course Keith is talking about advertised in the papers so it can happen soon
- additional educators are needed re: pain