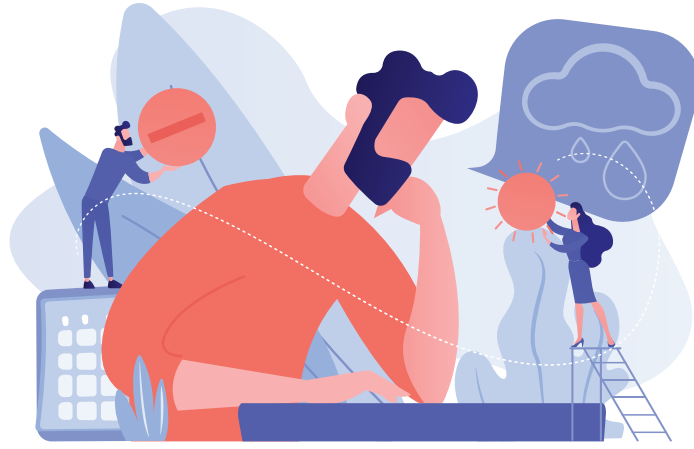


CHRONIC PAIN



WHAT IS AN CHRONIC PAIN?

Chronic pain, also known as “persistent pain”, is defined as pain that lasts longer than three months. This kind of pain can occur anywhere in the body and can present in different levels of intensity

COMMON SIGNS AND SYMPTOMS

- Pain that does not go away when expected
- Pain that feels like shooting, burning, aching, soreness, tightness, stiffness etc.
- Discomfort
- Mood changes including feelings of frustration, sadness, anxiousness etc.
- Fatigue and difficulty sleeping.

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- May reduce activity tolerance
- May lead to a weakened immune system resulting in further illness
- May lead to changes in energy levels at work

Cognitive

- May impact concentration
- Difficulty with work tasks that include:
 - Memory
 - Attention
 - Following instructions
 - Planning

Emotional

- May impact one's mood which can affect relationships at work
- May lead to feelings of hopelessness, frustration, and sadness

CHRONIC PAIN MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
- For more information please refer to:
 - [Chronic Pain](#) - Canada.ca
 - [Veterans Chronic Pain – Self-Education](#)
 - [Curable](#) – Phone app for Chronic Pain Education
 - [4 Ps of Energy Conservation - Strategy for Managing Pain](#)