

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

PAIN

This Pathfinder can guide you to support services and other resources to help you cope with cancer-related pain.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

Living a healthy life with chronic pain (Book online)

Available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=11052726>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Managing pain before it manages you (Book)

WL700 C371 2009

Mayo Clinic guide to pain relief (Book)

WL704.6 M473 2014

Meditations for pain recovery (Book online)

Available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10580132>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Mindfulness solution to pain (Book)

WL700 G227 2009

Understanding pain (Book online)

Available at <http://site.ebrary.com/lib/bccancer/reader.action?docID=11039573>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Yoga for pain relief (Book)

QZ266 M113 2009

AUDIO CDs

This list provides the names of just a few of the many CDs that are available at BC Cancer centre libraries.

Mindfulness meditation for pain relief

QZ266 K12m 2010

Pain control

QZ266 M113 2009

Pain: softening the sensations

QZ266 H7981p 2006

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

Pain (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Managing Symptoms & Side Effects→Pain.

Pain relief (Canadian Cancer Society)

Go to www.cancer.ca and click on Support & Services→Publications or pick up a copy from the BC Cancer Library.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Managing Symptoms & Side Effects Websites→Pain Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Coping with Cancer→Managing Symptoms & Side Effects→Pain.

Provides some information about cancer-related pain and its management.

American Cancer Society

www.cancer.org

Click Treatment & Support→Treatment & Side Effects→Managing Side Effects→Pain.

Provides a guide to controlling cancer pain, a pain management video, a pain diary and information about getting help for cancer pain and home care for the cancer patient. There is also an interactive online program called, I Can Cope-Relieving Cancer Pain.

Click on Cancer Information→Diagnosis and Treatment→Pain.

Provides information about the types and causes of pain, treating pain, pain and emotions, and finding support.

National Cancer Institute

Click on About Cancer→Treatment→Side Effects→Pain.

Provides information about assessment of pain, drugs, radiation therapy and other treatments for pain, including relaxation exercises.

PainAction

Provides articles, self checks, lessons, tools, etc. for cancer and neuropathic pain. Helpful lessons on this website include: “Things you can do to manage pain” and “How to use relaxing images to manage pain.”

Pain BC

Provides information and support for those in chronic pain. Includes list of pain clinics and services around BC.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

People in Pain Network Pain Self Management Support Groups

Offer peer-led self-management support groups in various locations around BC.

Call 1.844.747.7246 or email victoria@pipain.com for more information.

Chronic Pain Self-Management Program

Offer free six-session workshops that help people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.

Call 1.866.902.3767 for more information.

If you would like more information about these or other resources, please contact the BC Cancer Library.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322