



St. John Ambulance

SAVING LIVES
at work, home and play

TOOLBOX TALKS

Pain Management



INTRODUCTION

With widely increasing numbers of opioid poisonings across Canada, St. John Ambulance (SJA) has partnered with Ontario Building Trades (OBT) to provide opioid poisoning awareness training to support employees in the trade industry in Ontario and their families. This series of three Toolbox Talk topics supplements the instructor-led course focusing on the ecosystem of opioid addiction and managing an opioid poisoning emergency.

These Toolbox Talks are intended to be delivered as just-in-time training in a ‘stand-up’, informal setting to inform the OBT community on the key topics of pain management, drug stigmatization and nasal naloxone administration.

LEARNING OBJECTIVES

Learning Objectives	
Objectives	After completing Toolbox Talk – Pain Management, participants will be able to: <ul style="list-style-type: none">• Recognize that training and awareness is required to help combat Canada’s opioid crisis and its impact on Ontario’s construction industry.• Identify alternate forms of pain management treatment to reduce the risk of addiction.• Identify where members can find support.
Approx. facilitation time required	15 - 20 minutes
Materials/Activities	Instructor-facilitated delivery, Q&A

FACILITATION CONSIDERATIONS

Instructors should consider the following during their facilitation:

- Be aware of your own feelings and experiences about mental health, poverty, drug use and other possible factors that may pose a bias in your instruction. Sometimes this awareness can help you appreciate some participants’ struggles, but sometimes it can also impede your ability to impart this type of content through a compassionate lens.
- Be aware that many of the participants may have some level of lived experience regarding this topic, so remember to be respectful of how content is delivered.
- Encourage participants to actively listen to the content delivery and perspectives of other participants. Model respect for differences in perspectives and in the pace in which people absorb the material presented. Remember to keep the training environment a safe place where everyone’s opinions are valued.
- Be aware of when you might be missing or avoiding material that should be presented. When we are dealing with our own perspective and comprehension of the ecosystem of drugs, our own understanding of mental health challenges or our own entitlement and privilege from our socio-economic status, it may pose a challenge in delivering this material. If this happens, you may want to consider seeking support and reflecting while taking a break from instructing this material.

How to Use this Guide

This guide features guide icons, tips and key concept notes to help guide the instructor’s training practice.

Guide Icons

The following are the icons used throughout the lesson plans to identify content delivery types and prompts.

Icon	Description
	Instructor-facilitated content
	Class discussion
	Important information
	Demonstration

Tips and Concept Notes

Tips provide suggested instructional techniques for content. Concept notes highlight the key objectives or concepts that need to be conveyed for that topic. Both tips and concept notes have been developed and implemented by the St. John Ambulance, National Curriculum Lead who developed and delivered the original iteration of the course for audiences in the social services sectors across Canada.

TOOLBOX TALK – PAIN MANAGEMENT

Tips & Key Concepts	Instructor Script
<p>Key Concepts: It is important to provide the overall goal of the discussion - that in order to assist in a situation where you encounter an opioid poisoning emergency, having an understanding of the ecosystem of the opioid crisis in Canada is crucial to this type of training.</p>	<p>Introduction and welcome</p> <p> Welcome to this Toolbox Talk about Pain Management. This is the first in a series of three talks to support the Ontario Building Trades (OBT) opioid poisoning awareness training.</p> <p>With widely increasing numbers of opioid poisonings across Canada, St. John Ambulance (SJA) has partnered with Ontario Building Trades (OBT) to provide opioid poisoning awareness training to support those in the trade industry in Ontario. To supplement the two-hour instructor-led course focusing on the ecosystem of opioid addiction and managing an opioid poisoning</p>

<p>It is also important to note in response to why participants are here is that workplace education can help to reduce employee substance use (Meister, 2018), for example by:</p> <ul style="list-style-type: none"> -Informing of rights, support/treatment options, harm reduction and normalization. -Health and Safety is <u>health and safety!</u> 	<p>emergency, these talks will focus on key aspects of this ecosystem including pain management, stigma and nasal naloxone administration.</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Introduce yourself and briefly highlight your experience with this subject matter and other training that relates to supporting people who use drugs (PWUD) and/or health and wellness. If you have had experience with opioid poisoning emergencies, you may want to provide details and the approximate number of emergencies for which you have been on the scene.</p> </div> </div>
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Objective 1: Recognize that training and awareness is required to help combat Canada’s opioid crisis and its impact on Ontario’s construction industry

<p>Tip: It is important to preface the discussion with this overview of ‘why’ we are here today engaging in these topics.</p>	<p>Canada’s opioid crisis</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Did you know that the current opioid crisis has claimed more Canadian lives in some provinces than the COVID-19 pandemic? This is an extremely shocking fact and is often overshadowed by other world events covered in the media.</p> <p>Between January 2016 and June 2020, more than 17,000 Canadians from different demographics have died from opioid poisonings.</p> </div> </div>
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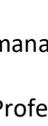
<p>Key Concept: Recognize the impact of Canada’s opioid crisis in the construction community.</p>	<p>Opioids and the construction community</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>In the recent report, Changing Circumstances Surrounding Opioid-Related Deaths in Ontario during the COVID-19 Pandemic, of the nearly 2,500 opioid-related deaths reported in Ontario, 30% were employed in the construction industry.</p> </div> </div>
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Objective 2: Identify alternate forms of pain management treatment to reduce the risk of addiction

<p>Key Concept: Being informed about your personal treatment options and the power to advocate for oneself is your very first and best step in recovering from an injury.</p>	<p>What if you have been injured on the job?</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>What if you have been injured on the job? What do you do? If you or someone else has been injured on the job site, it can be a frustrating and confusing time. You may be upset with yourself or your employer that the injury occurred in the first place, managing acute pain in the days following the injury and confused about what to do next and what to expect.</p> <p>The very first step should be speaking with your doctor. Prior to your visit, write down a list of your questions or concerns to open the dialogue. Your questions may be drawn from your awareness of the following tiered phases of treatment:</p> <ol style="list-style-type: none"> 1. Non-medical measures are always the first treatment consideration. You may try cold/heat packs, rest, time off work, etc. During this phase, most workers may continue to work which can lead to additional or worsened conditions. If your doctor recommends brief time off of work, reduced workload or modified duties to rest your injury, it is best to heed this advice as to not cause further complications. 2. Over-the-counter medications would be recommended in the second phase. Use these </div> </div>
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	<p>medications by following the directives on the bottles.</p> <ol style="list-style-type: none"> 3. For non-significant injuries, your doctor cannot prescribe opiates. Alternatively, they would prescribe a non-opioid such as Naproxen. 4. For significant injuries such as a crushed foot, your doctor would prescribe opioids. <p>Each assessment or specific issue may also include massage therapy, chiropractic, acupuncture and/or physiotherapy treatments. You should be working with your doctor regularly so you can provide updates about your progress.</p>
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<p>Key Concept: The more information people have about prescription opioids and their impact, the more empowered they will be to make more educated decisions in terms of accepting the prescription or inquiring about alternatives to pain management medication.</p>	<p>Be informed if you are prescribed opioids</p> <p> Construction work is extremely demanding on the human body and can result in painful, significant injuries that are sometimes treated with prescription opioids. In fact, one in four people are prescribed opioids for long-term or chronic pain.</p> <p>Physicians prescribe opioid medications to relieve acute pain—from injuries, surgeries, toothaches or other medical and dental procedures—or to alleviate chronic pain. However, studies show that long-term opioid use for chronic pain can be ineffective and comes with the risk of addiction. When used as prescribed, opioids are beneficial and can help people lead healthy and productive lives. But be aware of that there are a spectrum of alternative strategies and treatment options that can help reduce the risk of drug addiction.</p>
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	<p>Alternative strategies and treatment options</p> <p> Holistic approaches such as massage therapy, chiropractic care, acupuncture and physiotherapy are often covered by group benefits plans and are easily accessible in the community.</p> <p> Mindfulness, meditation and yoga practices have also been shown to be a helpful pain management strategy.</p> <p>Professional counselling and therapies such as Cognitive Behavioural Therapy (CBT), Motivational Therapy and 12-Step Programs can help treat potential underlying issues leading to substance use.</p> <p>Opioid replacement therapies can include methadone and buprenorphine which are long-acting opioid drugs used to replace the shorter-acting opioids that someone may be addicted to, such as heroin, oxycodone, fentanyl or hydromorphone.</p> <p>Treatment plans can also consist of a combination of holistic methods and prescription medications to treat chronic pain.</p> <p> Regardless of the treatment, all strategies must be discussed with your doctor prior to their implementation.</p>
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Objective 3: Identify where members can find support

	<p>Support</p> <p> Get help if you or a loved one are dependent on pain medication to get through the day.</p> <p>Check with your union or employer to find out if they have a program to help, such as an employee assistance program (EAP) or member assistance program (MAP). You may be eligible for the De Novo Treatment Centre (https://denovo.ca/), which is an OBT partner.</p> <p>If you or someone close to you needs help with a substance dependency, talk to your healthcare provider or contact Connex Ontario by calling this confidential provincial hotline 1-866-531-2600 to find out about treatment options near you. Connex Ontario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area.</p>
<p>Tip: At this time, participants may process their own trauma associated with an opioid poisoning. They may wish to ask questions or share an anecdote. Be prepared to make space for this discussion. Assure participants that although you are not able to provide advice as a professional counsellor, you are able to actively listen. Some participants may be comfortable sharing with the group or may remain after the session to discuss with you privately.</p>	<p>Q&A</p> <p> Discussion: Welcome participants to ask questions. You can also refer them to the reac-tandreverse.ca website which includes a FAQ section.</p>