

How to use Live Plan Be with your patients

Patients who are:

SELF MOTIVATED

During the Visit

1. Demo the four sections of the Live Plan Be website:
Managing My Pain (assessments and goal-setting)
Pain Education (information and resources)
Real Stories (videos)
Pain Forum (discussion board)

Prescription

1. Ask your patient to *create an account* and explore the Live Plan Be site.
2. Ask your patient to make a pain plan in the *Managing My Pain* section and email it to you or your MOA.
3. At your next appointment, follow up on the pain plan.

UNSURE HOW TO PROCEED

During the Visit

1. Make a pain plan with your patient in the *Managing My Pain* section (Brief Action Planning).

Prescription

1. Ask your patient to watch the video (Understanding Pain in Less than 5 Minutes) in the *Pain Education* section.
 2. Ask your patient to read about breaking the pain spiral in the *Pain Education* section.
 3. At your next appointment, ask your patient to complete a readiness for change assessment.
1. Ask your patient to research a topic of particular interest to them (sleep, anxiety, activity pacing, etc.) in the *Pain Education* section.
 2. At your next appointment, discuss what your patient learned about the topic.
 3. If your patient is ready, make a pain plan together.
1. Ask your patient to complete full or partial pain assessments in the *Managing My Pain* section on a set schedule.
 2. Ask your patient to email their assessments to you or your MOA.

MOVING TOWARDS READINESS

During the Visit

1. Watch one of the videos in the *Real Stories* section.
Video suggestions:
Scott's story – acceptance
Jacqueline's story – depression; seeing resources
Karen's story – dealing with setbacks
Sherry's story – extreme pain
2. Discuss your patient's responses to the video.
3. Tell your patient you're prepared to work with them on self-management whenever they feel ready.

Talk to your patients about Live Plan Be

Live Plan Be is a free eHealth tool designed to support people living with chronic pain. This online tool also supports health care providers in the following ways:

- Helps you start a conversation about pain management with your patients
- Shifts a challenging discussion in a positive direction
- Provides free reliable resources to your patients
- Reinforces healthy patient behaviours that improve health outcomes
- Supports patients outside your office

Self management can improve knowledge, skills, and confidence in the ability to manage conditions, which leads to fewer hospitalizations and lower medication usage.

“If you see a doctor for a 20-minute appointment once a month, this leaves you with 43,180 minutes on your own. There isn’t a doctor or a medication in the world that can fix all aspects of chronic pain. The good news is that you can be active in your own recovery during the 43,180 minutes each month that you’re living outside of the doctor’s office. Getting well means rebuilding social connections, getting healthier with emotions, learning to move again, and working on the thinking processes that have become disrupted. Live Plan Be is an important self-management tool that incorporates all of these aspects of getting well so you can live better with pain.”

– Dr. Haseena Majeed, GP

“Live Plan Be is something that’s unique that isn’t out there. It gives you a feeling of ownership. This is for me; this is my plan. I like having a place to go to manage my pain.”

– Angela, Internal Disc Disruption