

Welcome to the CADTH Virtual Exhibit Page

CADTH is an independent, not-for-profit organization responsible for providing health care decision-makers with objective evidence to help make informed decisions about the optimal use of health technologies, including drugs, diagnostic tests, medical, dental, and surgical devices and procedures, and clinical interventions. In addition to evidence, we also provide advice, recommendations, and tools.

In 2018, a [CADTH Environmental Scan](#) was done to understand the current context around access to, and the availability of, non-drug methods for people with chronic pain across Canada. The scan highlighted issues with access to non-drug methods for chronic pain, as well as the very limited guidance available to support clinicians and patients in making evidence-informed decisions about how to choose an appropriate non-drug method for addressing chronic pain.

CADTH subsequently completed a series of evidence reviews to appraise and summarize the research on the effectiveness of non-drug methods for the treatment of chronic, non-cancer pain. Information from these evidence reviews was used to develop the following resources in collaboration with the Saskatchewan Health Authority. A number of Canadians with chronic pain used their valuable lived experience to review the patient resources, contributing to their quality and practicality.

Key Messages From the Evidence Reviews

- Evidence supports the use of non-pharmacological interventions for chronic pain management.
- A Canadian guideline recommends trying non-opioid and non-pharmacological methods for chronic pain before other methods.

Resources for People Living With Chronic Pain

Handouts

- [Non-Drug Ways to Manage Your Chronic Pain: Physical Methods](#)
- [Non-Drug Ways to Manage Your Chronic Pain: Psychological Methods](#)
- [Non-Drug Ways to Manage Your Chronic Pain: Preventive Methods](#)

Resources for Clinicians

Evidence Summaries

These summaries for clinicians coincide with the handouts for people living with chronic pain. They include “practical considerations,” which are useful tips and strategies for recommending the use of each non-drug method to patients.

- [Non-Pharmacological Methods for Managing Chronic Pain: Physical Methods](#)
- [Non-Pharmacological Methods for Managing Chronic Pain: Psychological Methods](#)
- [Non-Pharmacological Methods for Managing Chronic Pain: Preventive Methods](#)

Poster

- [Thinking Outside the Medicine Cabinet – Non-Drug Ways to Manage Chronic Pain](#)

Chronic Pain Prescription Pad

- [Thinking Outside the Medicine Cabinet – Non-Drug Ways to Manage Chronic Pain](#)

If you have any questions about these resources, please contact:

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