



President's Message

As I write this report, the snow is falling outside and I am anticipating a very productive coming year for the CPS. At the executive committee meeting in November, our Chair of the Scientific Program Committee for the Annual meeting (Jason McDougall) reported that Drs. Frances Keefe and Tony Yaksh have been confirmed as keynote speakers along with an excellent slate of symposia for the CPS meeting in April 2011 in Niagara Falls, ON. We are also having a joint meeting with the British Pain Society (BPS) in June 2011 in the beautiful Edinburgh International Conference Centre. Jennifer Stinson, who is on the planning committee for the BPS meeting, reported that there are three Canadian plenary speakers and good representation of Canadians leading symposia and workshops at the meeting. These will both be excellent

meetings, so whether you would like to experience Niagara Falls in the Spring or Scotland in the Summer, we know you will be treated to excellent science. We hope members of the CPS will attend one or both of these meetings. The CPS will continue to provide many trainees with travel awards to attend these meetings as well.

In addition to our growing list of grants and awards, the executive approved an additional grant program to support workshops and meetings, with a total funding envelope of \$20,000 per year. There is also the new TRIP award for trainees. Please check the website for details and deadlines on these new awards.

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Editor's Note

Welcome to the **Winter Edition** of the CPS Newsletter. I'm writing this note in the lead up to the holidays, but by the time it makes it to your computer screen it will be 2011. In reviewing the newsletters from the past year, I was struck by the number of pain-related activities that took place. Looking forward to 2011, it seems the pace will not let up anytime soon, especially with the two CPS conferences, one in Niagara Falls in April and the Joint CPS/BPS meeting in Edinburgh in June. The preliminary program for the latter indicates a very respectable cadre of Canadian pain scientists leading cutting-edge workshops. It looks like another exciting year.

This edition of the newsletter contains our regular features - news from the President, the Trainee Representative, Special Interest Groups, and the Canadian Pain Coalition. Thank you very much to our colleagues in western Canada for taking the time to send us news for the Regional Focus about the very innovative programs and initiatives taking place. In addition, there is information about upcoming educational events and a new trainee award.

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Winter 2011

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President's Message (cont'd)

We continue to raise awareness through media efforts. Recently, Statistics Canada released a new study about pain in 12-44 year olds, which identified that 10% of this relatively young population suffers from chronic pain. Thanks to established representation through Argyle Communications and key health reporters, who are now giving us a heads up about pain -related events, we were able to be right on top of this finding with a media release, which was available the same morning these figures were released. We are coordinating with the Canadian Pain Coalition (CPC) to assure that the voices of individuals with pain are heard. We now have a speakers' bureau of CPS members from across the country representing many disciplines and with different areas of expertise, so when members of the media want an interview, we can respond. In this case our comments were picked up across the country. CPC has done the same and together, I believe we will have a more powerful impact.

The steering committee for the Canadian Pain Summit and the executive director Gail Logan, continue to move forward. Fundraising efforts have been very successful and the Summit date has been set for Tuesday, April 24, 2012 at the Chateau Laurier in Ottawa. The Summit website is www.canadianpainsummit2012.ca. In the meantime, we will need to build the momentum in an effort to get widespread support for the National Pain Strategy, so please watch the website for ways you can become involved. I am looking forward to a productive 2011.

All for now,

*Mary Lynch
President*

Editor's Note (cont'd)

Our cross-country tour will move back to the east coast for the *Spring Newsletter*. Hopefully, the western provinces have set the new standard for number of submissions. I would like to challenge the eastern provinces to match and possibly even exceed this number. Nothing like a bit of friendly competition to keep it interesting! So, members from **Newfoundland & Labrador, Nova Scotia, New Brunswick and Prince Edward Island**, you are encouraged to share with us news of what is happening in your provinces in relation to research, political/advocacy issues, teaching, clinical initiatives, or members making the news. However, members from other provinces are also encouraged to send submissions to the *Spring Edition*. The deadline for submissions is March 25, 2011.

I hope everyone enjoys this edition of the newsletter. As always, please remember that the newsletter is here to serve you. If you have any suggestions for improvement, changes, or story ideas, please do not hesitate to get in touch with me – ev5@queensu.ca.

I'm looking forward to receiving submissions from across Canada and in particular from **NL, NS, NB and PEI** for our next Regional Focus.

Respectfully submitted by:

*Elizabeth G VanDenKerkhof
Editor*



Canadian Pain Coalition Update

Happy New Year! Included are some highlights from a very busy and productive fall. We are especially pleased about the following: success of **CPC's Pennies for Pain Walk to End Pain**, implementing CPC's advocacy plan, presenting before the Parliamentary Committee on Palliative and Compassionate Care, engaging in National Pain Awareness Week activities and working with the Canadian Pain Society to create a National Pain Strategy that will be launched at the co-hosted National Pain Summit on April 24, 2012.

Conference Attendance, Education and Outreach

Presentation to the Parliamentary Committee on Palliative and Compassionate Care, October 19, 2010

You know that your organization is doing something right when a Parliamentary Committee is aware of your work/expertise and subsequently asks representatives to appear before their committee. On October 19, Mary Lynch and I presented the *State of Pain in Canada*. The presentation was well received and further contact with the committee has occurred. As a result, CPC ran a grass roots advocacy campaign via email, where health professionals and people with pain shared their experience of pain control with Mr. Harold Albrecht, MP and co-chair of the Parliamentary Committee. As always, it was a true pleasure to work with Mary Lynch. We made a great team as we conveyed the health professional/scientist and person with pain perspectives.

Encouraging Optimal Use of Diagnostic Imaging (DI) for Low Back Pain Workshop, Edmonton, October 26-27, 2010

Lynn Cooper, CPC president, attended as a presenter, panel member and discussion leader at the *Encouraging Optimal Use of DI for Low Back Pain Workshop*. Discussions involved how to effectively and efficiently use diagnostic imaging (DI) and prevent overuse of DI in the treatment of low back pain. The workshop also focused on ways to explain to patients, when indicated, that using DI will not reveal anything new in their condition. Lynn's presentation highlighted the barriers and facilitators to patients' acceptance that DI is not required for best practice treatment for back pain. Barriers included a lack of understanding of chronic pain and the general expectation by Canadians that DI will reveal the problem and a cure will happen. Facilitators to aid in the acceptance of lower use of DI revolved around education about chronic pain, a trusting working relationship between the health care professional and the person with pain and time within the health care visit for the health care provider to explain the case-related reasons for not ordering future DI.

Canadian Arthritis Network Annual Scientific Meeting, Gatineau, October 28-30, 2010

Representing CPC, Lynn Cooper presented and participated in the workshop focusing on the proposed National Centre of Excellence (NCE) for Pain. Lynn spoke about the readiness of both the CPC and people with pain advocates to actively work within and contribute to a NCE for pain.

Public Forums and CPC Board Speakers

During the months of October and November 2010, CPC hosted three public pain education forums in Ontario. Dr. Sol Stern and Lynn Cooper provided information about pain and pain management in Sudbury (Oct. 13), Barrie (Oct. 14), and London (Nov. 10). CPC board members were active as speakers as well as panel and committee members at professional meetings and public education events throughout Canada on pain and pain issues. Janice Sumpton, pharmacist, gave several presentations at health professional meetings about fibromyalgia and pain.

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Canadian Pain Coalition Update (cont'd)

National Pain Awareness Week, November 7 – 13, 2010

Since the National Pain Awareness Week (NPAW) Senate Resolution was passed in 2004, CPC has seen a growing interest by organizations and health professionals to provide education about pain and pain management for their peers. We congratulate everyone who hosted a NPAW event this year. Together we are making a difference for people with pain through education and awareness. CPC provided in depth coverage of NPAW events by member organizations through news articles on the CPC website and via email updates.

Please mark **November 6-12, 2011** in your calendar as NPAW this year. You will be interested to know that NPAW will be listed for the first time on the Health Canada - Health Promotion Days website. We've hit the big time!

CPC's National Pain Awareness Week 2010 activities included:

- Distributed its signature NPAW posters to all pain clinics in Canada and to individuals and organizations upon request
- Initiated a grassroots letter writing campaign to Member of Parliament, Harold Albrecht, co-chair of the Parliamentary Committee on Palliative and Compassionate Care. Mr. Albrecht requested letters from Canadians about their experience with pain control. CPC alerted members and member groups as well as Canadian Pain Society (CPS) members about the opportunity to have their voices heard on this issue. CPC informed members about CPC's Advocacy Plan and asked Canadians to consider supporting this advocacy work in their letters
- Distributed pain information packages to all Members of Parliament
 - The package included a short co-branded CPS/CPC version of the Canadian Pain Fact Sheet and the Canadian Pain Summit Brochure
 - Follow up meetings will be sought in January and February 2011 when MPs are in their home ridings
 - Issued a press release highlighting the *Charter of Pain Patient Rights and Responsibilities*, chronic pain being declared a chronic disease and promoting the National Pain Strategy
 - Participated with the CPS media statement for NPAW
 - CPC Board members participated in print, radio and TV interviews about NPAW press releases and NPAW events across Canada
 - Hosted three public pain education forums in Ontario in the communities of Sudbury, Barrie and London. All were supported by press coverage in those cities
 - Arranged for Mr. Fred Horne, MLA, to read a member statement announcing NPAW in the Alberta Legislature
 - CPC Board members attended NPAW public events with a display booth and hosted a mall display in Comox, British Columbia
 - Circulated the Advocacy Plan and a NPAW slide deck to member groups for highlighting and distribution.



Canadian Pain Coalition Update (cont'd)

Fund Development and Awareness

Pennies for Pain Walk to End Pain

As a follow up to our report about the **Walk to End Pain** in the Fall Issue, CPC would like you to know that with minimal expenses related to the event, CPC netted over \$52,000 as a Charity Challenge participant of the Scotiabank Toronto Waterfront Marathon on September 26, 2010. We are thrilled to tell you that CPC's Team Pennies for Pain, our central team, received special mention at the Charity Challenge awards ceremony on November 29, 2010. The Scotiabank Toronto Waterfront Marathon date has moved to October 16, 2011. We hope that you will join us as we walk and run in the various events. The organizing has already begun! For more information please visit www.canadianpaincoalition.ca or call (905) 494-9545.

CPC Educational Grants

New CPC grants are available to CPC members in 2011. Information and application forms are available at www.canadianpaincoalition.ca. In 2010, CPC provided an operating grant to support the work of Mr. Terry Bremner, National Support Group Coordinator of the Chronic Pain Association of Canada. Mr. Bremner conducted support group development and maintenance in Atlantic Canada during July 2010.

CPC awarded Small Educational Grants (\$500) to:

- The Arthritis Society Newfoundland & Labrador for a Rural Outreach Chronic Pain Management Program – grant awarded in November 2010
- The Edmonton Nerve Pain Association for an Educational Display Panel – grant awarded in November 2010

CPC Advocacy Plan

CPC's National Pain Consumer Advisory Committee has been moving forward with projects relating to the CPC Advocacy Plan. Examples of projects that are currently being developed include:

Equitable access to services for people with pain: CPC registered with the Common Drug Review (CDR) Patient Input Process. On November 5, 2010, CPC provided its first submission regarding BuTrans, a pain medication being reviewed by the CDR. CPC is currently developing a survey and interview questions relating to current therapies and the medications under review that will assist us in providing more robust opinions from people with pain.

Having pain recognized as a chronic disease in Canada: CPC mailed a pain information letter to all Members of Parliament in November 2010. Follow up meetings with identified MPs will be conducted in 2011.

Creating a National Pain Strategy: CPC is working in partnership with the CPS to identify stakeholders to review the draft and to promote the need for a National Pain Strategy. CPC is participating on the Canadian Pain Summit Steering Committee as a co-host of the Summit.

Respectfully submitted,

*Lynn Cooper BES
President*



Special Interest Group Nursing Issues

The executive of the Nursing Issues SIG (NI SIG) has been busy planning activities for 2011. They hope to see many CPS members at the Joint BPS/CPS conference in Edinburgh in June 2011 where they are presenting a workshop. More information will be available in the conference program.

Plans are underway for the Annual CPS meeting in April 2011 in Niagara Falls. The NI-SIG will once again host a luncheon/business meeting for members and encourage all to attend. Information about elections for executive positions including **Chair** and **Membership Director** will be circulated prior to the meeting. Information about awards being offered by the NI SIG will be on the CPS website in the New Year.

The Nursing Issues SIG has an interdisciplinary membership and is intended for those interested in nursing issues related to pain management. All CPS members are invited to join the NI SIG, just check the box on your renewal form.

Respectfully submitted,

*Kathy Reid,
Chair, NI-SIG*

Awards

New Trainee Research Interchange Program Award Opportunity

The new **Trainee Research Interchange Program (TRIP) Award** sponsored by the Canadian Pain Society was established in 2010 to support doctoral trainees in the early stages of their program. The award is intended to enhance research capacity, education, collaboration, and networking of doctoral trainees by facilitating collaboration with Canada's scientific pain community. The award will support two trainees (one in clinical science and one in basic science).

Objectives:

- To learn about the research program of a leading pain research scientist in Canada
- To expand current knowledge of pain research by exposure to pain research conducted in a domain that differs significantly from that of the trainee and his/her supervisor
- To expand knowledge of research methodologies in the study of pain
- To understand at the operational level, the process of conducting scientific pain research
- To gain an appreciation of the interdisciplinary team work in pain research
- To expand trainee networking and collaborative abilities within our national pain science community
- To increase trainee research capacity and productivity via collaboration in the development of a CPS Trainee Research Interchange Project

Application deadline will be March 1, 2011. The call for trainee applications for this award will occur via an email launch in early January 2011. For more information contact: office@canadianpainsociety.ca

Submitted by

*Sheila O'Keefe-McCarthy RN PhD candidate
CPS Trainee Representative
Lawrence S. Bloomberg Faculty of Nursing
University of Toronto*

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Regional Focus

British Columbia

Pain BC Society

Michael Negraeff, MD, FRCPC, FFPANZCA

Brenda Poulton, RN, MN, NP

Pain BC Society, incorporated in 2008, has seen a tremendous amount of growth and activity over the past twelve months. After finalizing vision and mission statements in January, the Board hired Maria Hudspith as Executive Director in June 2010. Maria worked on the Pain BC Society priorities, including the development of a Strategic Plan, improving the Society's communication material, initiating a patient engagement strategy and re-engaging the membership and pain stakeholders across the province.

The Strategic Plan was approved by the Board in October 2010 and included the following key goals:

- 1. Encourage Prevention and Early Intervention**
- 2. Facilitate Patient Engagement and Enhance Patient Education**
- 3. Enhance Support and Education for Health Care Providers to Enable Best Practice**
- 4. Advance System Responsiveness through Advocacy and Redesign**
- 5. Broaden and Deepen Engagement of Pain Stakeholders**
- 6. Build Pain BC Society's Organizational Capacity**

Some key activities within the plan include hosting a number of education sessions for both the public and providers, co-hosting one patient focus group per year with Chronic Pain Association of Canada and Patient Voices Network and completing development of four online pain management education modules for healthcare providers. Pain BC is collaborating with Healthlink BC's Community Healthcare and Resource Directory, a Ministry initiative, to be sure Pain Resources are included in the navigation directory. The key event for 2011 is hosting a province-wide, multi-stakeholder *Summit* to bring together health care providers, non-profit organizations, government and regional health authority representatives and people living with pain to work together on implementing Pain BC's strategic priorities.

The first patient focus group was a tremendous success and generated positive feedback on the current direction of the Society. The Society will work alongside people living with pain as it implements patient-focused aspects of the Strategic Plan. On the communications front, the Society worked with professionals to develop a new logo, improve the communications tools and establish a platform for more polished, consistent communications. Social networking (now on twitter!) and other tools are being used to reach out to health care providers, health science students, people living with pain, non-profit and government organizations, and regional health authorities.

Through the Ministry of Health links, the Society sits at the Community Partnership Council, an initiative between Primary Care and several NGOs, geared towards finding common solutions among the stakeholders representing the major chronic health conditions. An example is the current Musculoskeletal Initiative between the General Practices Service Committee, the Arthritis Society and Pain BC to develop solutions for primary care providers around three conditions: osteoarthritis, rheumatoid arthritis and low back pain. At the Specialist Services Committee, Pain BC members are advocating for support for GPs from Specialists using a Rapid Access telephone consult service, creation of support for regional pain directors and Practice Support Program modules to drive change in GP offices. In addition, the Specialist Service Committee is supporting Pain BC's strategic plan by providing funding for the provincial pain summit this spring.

Pain BC is creating momentum for service change in the province and capitalizing on the growing worldwide movement for creation of patient centered best practices for people with pain.

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Regional Focus (cont'd)

A number of Pain BC members are involved in the development of an Interprofessional Pain Course through the College of Health Disciplines at the University of British Columbia. This on-line interactive pain course piloted the first module in 2010 with students from medicine, nursing, physiotherapy, occupational therapy, pharmacy and dentistry. Feedback from the students was very positive and with their input, additional face to face time with pain practitioners as well as small group work was added to the course. The second on-line module is in development and anticipated to be piloted in Spring 2011. Details of Pain BC can be found at www.painbc.ca.

Complex Regional Pain Syndrome (CRPS) Explained for Teenagers by Teenagers

Gillian Lauder, MB, BCh, FRCA, FRCPC

Complex Regional Pain Syndrome (CRPS) is a rare condition that may have devastating effects for both teenagers and their families. Without timely and appropriate management, CRPS can result in significant physical and/or emotional disability. Early management can help prevent the downward spiral to loss of function in all biopsychosocial aspects. A huge part of getting better involves understanding what is going on. Very few resources are available and those that do exist are not targeted for the adolescent population. Thus, Dr. G. R. Lauder and two teenage sisters, Shona and Roslyn Massey, have collaborated to make this knowledge accessible and understandable in the book *Complex Regional Pain Syndrome (CRPS) Explained*.

The medical terminology used by the principle author has been translated to “teen language”. Integrated with the text are drawings of “Harold, the alpha lion” designed to clarify difficult concepts and illustrate the CRPS journey from diagnosis to recovery. A significant part of the creative process was based on feedback from a focus group of teenagers, which included one teenager recently treated for CRPS. This valuable critique shaped the content and wording of the book.

The principal aim of this book is to provide clear and concise information about CRPS. With this understanding, teenagers will be able to take part in the decisions that affect their body and health. Material provided in the text is referenced, thereby providing a list of other relevant books. In addition, an extensive list of contacts is provided to promote access to pain management clinics worldwide. Although this book is specifically designed to cater to the needs of teenagers with CRPS, it will also serve as an extremely useful educational tool for families and healthcare professionals.

The website for the book is <http://www.crpsexplainedforteenagers.com/book.html> and it can be purchased from amazon.com at:

http://www.amazon.com/s/ref=nb_sb_noss?url=searchalias%3Dstripbooks&field-keywords=lauder+massey

2010 Update on Key BC Provincial and Regional Healthcare System Changes

Brenda Lau MD FRCPC FFPMANZCA MM

There are multiple common barriers reducing patient access to timely pain management services. Many healthcare system changes impacting primary care in BC are focused on chronic disease management. Those same health system changes are also enabling physicians to improve the management of complex persistent pain through practice changes, improved access to interdisciplinary team and specialist care and self-management programs.

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Regional Focus (cont'd)

Information Technology

Community Healthcare and Resources Directory (CHARD) is a web-based service for health care providers and their assistants to find detailed information on healthcare specialists and resources, including up-to-date versions of referral forms and instructions. The current database contains mental health resources and by Spring 2011, pain service resources will be included.

'myHealthPlan' is a pilot project in the Fraser Health Authority involving web-based patient health information charting that is accessible by a patient, their physician and allied health care providers.

Remuneration/practice changes

Numerous fees have been introduced in 2010 for both GPs and Specialists to make use of teleconsultations between physicians and their patients.

New group appointment fees enable initiatives to make clinic time more efficient and effective.

Multiple complex care fees are available for GPs.

Divisions of Family Practice are groups of physicians organized at the local or regional level who work to address common health care goals. Each works in partnership with its health authority, the General Practice Services Committee (GPSC) and the Ministry of Health Services (MOHS) to identify gaps in patient care and develop solutions to meet their community's needs. Pain care access has been identified by most divisions as a major need.

Regional interdisciplinary team resources

Integrated Health Networks (IHN) have been established in some regions to provide physicians with an extended interdisciplinary health care team for the management of chronic diseases.

Access to self-management programs and patient support groups

'Patient Voices' is a BC MOH supported initiative to provide patients and their families a network to share their experience and learn from each other.

Numerous community-based LeFort Chronic Pain Self-Management Programs (CPSMP) have been offered since 2009 MOHS funded initiative.

Education/Service Capacity Expansion

BC-wide Practice Support Program funds physicians and their assistants to learn multiple techniques to enhance their clinical capacity. Chronic disease and mental health management were amongst the first clinical modules. Pain and musculoskeletal disease management are currently being developed. Specialist targeted programs focus on initiatives for waitlist management, advance access, office efficiencies and group medical visits.

New BC Concept of the Tertiary Pain Clinic Integrated in Chronic Disease Management Programs in Surrey

Brenda Lau MD FRCPC FFPMANZCA MM

Ruth Ringland, RN, MN, NP

Fraser Health is the fastest growing health region in Canada, with a patient population of approximately 1.5 million. Thirty-seven percent of its population is living with multiple chronic conditions. The Surrey Memorial Hospital Pain Clinic is the Fraser Health Authority regional pain centre hub. The Surrey Memorial Pain Clinic has evolved from Dr. Pace-Florida's (founder) early vision for a clinic with a broader biopsychosocial model of pain care. The clinic has had a rapid expansion of interdisciplinary staff over the last five years with the addition of four physicians, a nurse practitioner, physiotherapist, occupational therapist and support staff.

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Regional Focus (cont'd)

It will soon be moved into the Surrey Outpatient Care and Surgical Centre (SOCSC) slated to open in May/June 2011. Along with the increased space this move will provide, the vision is to expand interdisciplinary staff to include psychology, social work and additional physician specialists. The pain clinic's scheduling system, resources and outpatient program will be accessible and integrated with other on site programs of chronic disease care including: enhanced family practice, positive health clinic (HIV/hepatitis), respiratory, cardiac, renal, neurology, diabetes and geriatrics. Common elements of self-management program resources, education and mental health support will be shared. Case coordination for complex patients requiring multiple services will be available to integrate programs. This model is a new way of delivering care and services to persons living with chronic conditions including chronic pain.

Alberta

Calgary Pain Program Alberta Health Services

The big news for pain professionals and people with pain in Alberta is the recent announcement that chronic pain will now be considered the 4th chronic disease in our provincial **Chronic Disease Management** framework – good news for all of us working to develop resources for these patients. In particular, this offers the opportunity to bring services to many in the community who do not have access to tertiary chronic pain facilities.

We continue to pursue partnerships with various **primary care networks** (PCN) in southern Alberta, including a new initiative with the Department of Rheumatology and the Calgary Foothills Primary Care Network (CFPCN), to create clinical tools for patients with osteoarthritis and fibromyalgia. Our tele-pain consult service is extremely popular, offering PCN physicians the opportunity to review cases with a pain physician at regularly-scheduled times. We have completed 41 consults with family physicians in the CFPCN, mainly regarding medication management. The primary care-based pain clinic continues to operate with close ties to the tertiary Calgary Chronic Pain Centre and has seen 231 patients, with 111 of those having already completed the program. Physicians from the Calgary Chronic Pain Centre provide approximately 20 lunch-and-learn sessions per year for family physicians in that primary care network.

Our **Mainpro-C accredited pain course** "Chronic Pain Management for the Family Physician" runs three times per year. The course is designed to begin with a full day of broad-spectrum, small-group pain teaching tailored to the needs of the participants. Each participant then has the opportunity to schedule 3-5 days with any of the multidisciplinary staff of the Calgary Chronic Pain Centre who act as preceptors. In course evaluations, participants consistently report that after the course they feel more confident prescribing appropriate medications for pain, more comfortable discussing psychosocial contributors to pain and were more likely to focus on function rather than simply pain levels. More information on the course can be accessed via the University of Calgary, Faculty of Medicine, Department of Continuing Medical Education: www.cme.ucalgary.ca.

The Calgary Pain Education Foundation's annual **Calgary Pain Conference: Trends and Treatments** took place on December 3, 2010. More than 180 registrants participated in the one-day conference, which featured a keynote presentation by Professor Eloise Carr (co-chair of the IASP's Education SIG). Other keynote presentations included an overview of the new National Opioid Use Guidelines, a review of the evidence for Mindfulness-Based Stress Reduction for Pain Control and an examination of Humour and Health.



Regional Focus (cont'd)

The Pain Diaries: After a successful staging of the play during last year's CPS meeting in Calgary, playwright Deborah Nicholson is pursuing a related film project. Producer/director Carolyn McMaster (*Walk All Over Me*) is now onboard as producer for the movie and the projects that are to follow. They have also welcomed scenic designer, Terry Gunvordahl (*The Outlaw Jesse James*). If all funding is in place by early spring, shooting will begin in the summer of 2011 with release during Pain Awareness Week 2011 across Canada. In conjunction with the movie, the producers of *The Pain Diaries* (McMaster and Nicholson) are planning to start a foundation to work on furthering pain education in North America, as well as an outreach program for pain patients themselves.

We have continued to develop our **clinical programs** to serve the evolving needs of our patients. A new Male Intimacy Class debuted this year, which was modelled on the success of our intimacy group for women with chronic pain. A poster regarding the group's development process was presented at the CPS meeting in May 2010, highlighting the fact that up to 75% of male patients with chronic pain report a significant impact on sex. Topics covered in the four-session group include: the basics of men's and women's sexual response cycles, biomechanics and positions, pacing and communication related to intimacy.

A new walking group has also been developed by our kinesiologists for patients hoping to increase their walking tolerance. Also, a new yoga group is now accepting patients who wish to learn to modify traditional yoga poses to match their physical tolerances. We have also launched a "Quickstart" program for patients who wish to complete several of our self-management based groups at one time by attending the clinic for ten full days.

Submitted by:

*Lori Montgomery MD CCFP, Interim Medical Director, Chronic Pain Centre
Suzanne Basiuk RN MN CNN(C), Manager, Chronic Pain Centre
Chris Spanswick MB ChB FRCA FFPMRCA, Medical Leader, Calgary Pain Program
Sara Pereira RN MN ACNP, Manager, Calgary Pain Program*

Pain Symposium, Edmonton

On November 19, 2010 the Faculty of Rehabilitation Medicine, University of Alberta and the Stollery Children's Hospital in Edmonton hosted a Pain Symposium. The symposium included presentations from the Canadian Pain Society Annual Conference, which was held in May 2010. In all, seven speakers presented from a wide range of perspectives such as pain and sleep (Dr. Cary Brown), validation of chronic pain in children (Dr. Mark Simmonds), the influence of expectation in the pain experience (Geoff Bostick), stigma and chronic pain (Dr. Bruce Dick), the use of cannabinoids in chronic pain (Dr. Pravesh Vallabh), and the use of technology in both the development of an acute pain database (Brandy Love) and in replacing a face-to-face visit (Kathy Reid). Closing remarks were provided by Barry Ulmer, Chronic Pain Association of Canada. Over 125 people attended the free symposium and feedback was elicited via an electronic survey. Ninety-seven percent of respondents were satisfied or very satisfied with the symposium. Ninety percent felt it was appropriate and informative and 85% would attend again next year. Several topics were suggested for future symposia and plans are already underway for next year's event.

Respectfully submitted:

*Kathy Reid RN MN NP
Dr. Cary Brown PhD*

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Regional Focus (cont'd)

Calgary Pain Interest Group Becomes Calgary Pain Education Foundation (CPEF)

The Calgary Pain Interest Group (CPIG) is a steering committee comprised of health care professionals from a number of disciplines who specialize in pain management. The members of this committee represent acute, palliative, and tertiary care, as well as private practice. CPIG's primary mandate had been facilitating education and providing forums to share expertise in pain related disorders and treatments.

On December 3, 2010, CPIG hosted the 20th annual inter-professional 'Calgary Pain Conference', which featured national and international keynote speakers and a number of local professionals with expertise in pain treatment. In the past, CPIG in partnership with other Alberta sites, have hosted pain education sessions via video conferencing. The possibility of creating a pain speaker's bureau list for rounds and educational events and broadcasting educational events through online media is currently being explored.

One of the other major projects this past year has been to turn CPIG into a non-profit organization. This required a name change to the Calgary Pain Education Foundation (CPEF). To meet the new mandate of increasing the accessibility of pain treatment and practice information, the CPEF Education Fund was created to provide financial assistance for the continuing education of Alberta based health care providers. CPEF will offer funding for individuals to attend educational events as well as funding to host workshops, conferences or other knowledge translation events for health care professionals. An application form is available for participants to access funding. Funding is subject to availability and will fluctuate annually depending on the available budget. Funding decisions will be made by a designated committee, on a quarterly basis.

CPIG was started and lead for 19 years by Dr. Paul Taenzer until his retirement in 2010. CPEF is now co-chaired by Janice Rae and Geoff Schultz.

Submitted by:

Janice Rae

CPS Funded Community of Practice University of Alberta

In 2009, the CPS provided Dr. Cary Brown at the University of Alberta with a grant to support the formation of an occupational therapy community of practice group. The formative first meeting was kicked off with a fascinating presentation from the artist Deborah Padfield (currently a PhD student at University College London in the UK) who presented on the use of digital images as a form of pain expression. The meeting was a great success and the network now has 27 members from three provinces and one member from the Seychelles. We are eager to share resources and build our community - occupational therapists interested in being on the e-mail distribution list should contact Cary Brown (cary.brown@ualberta.ca).

While in Edmonton, Deborah Padfield presented the same topic in a learning module format to the MSc students in occupational therapy. The students created some amazing images depicting their own pain experiences (see below). A manuscript co-authored by several of the students and Dr. Brown and based on the learning opportunities experienced during the module is now under review.

Submitted by:

*Cary A. Brown FHEA BMR(OT) PhD
Associate Professor, Department of Occupational Therapy
Faculty of Rehabilitation Medicine
University of Alberta*



Regional Focus (cont'd)



Stabbing Knee Pain
Photo by: Mary-Lou Halabi



Breaking Away From Pain
Photo by: Lorena Campbell



Occupational Therapy Students with Deborah Padfield



Regional Focus (cont'd)

Pain and Sleep Health Literacy Skills for Rehabilitation Therapists who Work with Children University of Alberta, Edmonton

A 2010 survey of Canadian pediatric occupational therapists found a lack of information about, and awareness of, resources for both pain and sleep issues in children. In response, Dr Cary Brown, and graduate students Robyn Berry and Lakshmi Turlapati from the Faculty of Rehabilitation Medicine, University of Alberta, developed a health literacy website and a range of informational brochures for children with pain and/or sleep problems, their parents, and healthcare providers (www.OTHealthliteracy.ualberta.ca). For more information contact Dr Cary Brown cary.brown@ualberta.ca.

*Submitted by
Cary A Brown, FHEA, BMR(OT), PhD
Associate Professor, Department of Occupational Therapy
Faculty of Rehabilitation Medicine
University of Alberta*

Alberta Low Back Pain Guideline Goes Public on YouTube

Canadian Pain Society members from across Alberta contributed to the development of the *Guideline for the Evidence-Informed Primary Care Management of Low Back Pain*. The guideline was the product of the collective energies and expertise of a broad network of Alberta agencies and individuals including patients working together through the Ambassador Project hosted by the Health Technology Assessment Unit of the Institute of Health Economics in Edmonton.

The Ambassador team believes that guideline dissemination and implementation is as important as the guideline itself. Donna Angus, Director of Knowledge Transfer Initiatives for Alberta Innovates - Health Solutions (formerly the Alberta Heritage Foundation for Medical Research) is leading the dissemination plan. The plan includes strategies for health professionals, patients and the public. Dissemination of evidence based health information to the public is a fascinating challenge. As many of us are aware, Rachele Buchbinder's group in Australia has taught us that carefully planned and executed public health campaigns can make a tangible and lasting impact; but they are expensive.

The Ambassador team decided to try something different. Social media helped Barack Obama become the first black American president; maybe it could help get the message out about evidence based back care!

The team brought a 'social media consultant' onboard and got to work. The first 'product of that process is a You Tube video on acute low back pain - <http://www.youtube.com/watch?v=lkPv72O9ums>.

Take a look. We are interested in your feedback. You are also welcome to link to it if you think it may be of value in your work.

Future videos are 'on the drawing board' for the chronic low back pain guideline recommendations and for chronic pain self-management.

If you want more information on the Ambassador Project please check our website (www.ihe.ca/research/ambassador-program) or contact either of the project leads, Christa Harstall (charstall@ihe.ca) or Paul Taenzer (ptaenzer@gmail.com).

For more information on the low back pain guideline see the *Toward Optimized Practice* website: www.topalbertadoctors.org/informed_practice/cpgs/low_back_pain.html

*Submitted by,
Paul Taenzer*



Trainee Corner



I am pleased to introduce *Michel-Pierre Coll* from Laval University, a second year PhD student in clinical psychology. He is supervised by Dr. Philip Jackson, Director of the Social and Cognitive Neuroscience Laboratory. Prior to beginning his PhD, Michel-Pierre completed an undergraduate degree at Laval, where his thesis research studied the influence of fundamental cognitive psychology on the factors influencing working memory performance.

Michel-Pierre chose research in the field of pain because he has always been fascinated by how we understand and seek to relieve the suffering of other people. Michel-Pierre commented "Pain communication is a specific form of social interaction in which the sufferer seeks to express what he or she is feeling. But pain being a subjective experience, different interpretations can be made and

depending on these interpretations, different behaviors will be chosen: Is the pain so intense that I should help right now or can it wait? How much should I help? How we interpret the pain of others and how we respond to it is influenced by numerous factors, one of them being previous exposure to others' pain."

Michel-Pierre's current research focuses on the effects of regular exposure to people in pain on the behavioral and cerebral responses to the pain of others in a clinical context. He stated, "Health care professionals who are working with patients in pain on a daily basis for instance, are constantly and regularly exposed to individuals in pain. Still, they need to be able to precisely evaluate the pain of their patients in order to offer adequate treatment." According to Michel-Pierre, previous research has shown that seeing people in pain triggers a series of specific affective reactions and cognitive processes supported by different neural systems. These mechanisms help us understand and share certain aspects of the observed individuals' experience and decide how we should behave in the face of this persons' pain. Still, little is known on how previous exposure to pain may affect these mechanisms and resulting behaviors. In order to better document this phenomenon, Michel-Pierre plans to use brain imaging techniques to measure brain activity in health care professionals while they observe patients in pain and during the subsequent helping behaviors and then compare the findings to matched controls.

When asked what he hopes his research focus may contribute to science and clinical practice, Michel-Pierre stated, "As a clinical psychologist in training, I am personally more and more aware of the effects that seeing people in pain and distress on a regular basis can have on clinicians. I hope my research will contribute to our understanding of the specific effects that regular exposure to pain can have on the lives and practice of clinicians and ultimately lead to interventions or training strategies that may help health care professionals cope better with this often difficult situation. I believe that such interventions or training could help these persons to continue to enjoy their work and to offer optimal help to people in pain."

Michel-Pierre feels fortunate to be part of a larger effort research group at Laval, focusing on improving the understanding of mechanisms of pain perception and understanding how mechanisms differ across specific populations such as children, spouses of chronic pain patients or in different types of psychiatric patients. Michel-Pierre explained "We use multiple brain imaging techniques such as functional magnetic resonance imaging, electroencephalography and transcranial magnetic stimulation to investigate the different neurobiological mechanisms underlying perception and interpretation of other peoples' pain. We believe that such knowledge can help our comprehension of normal and pathological conditions and can be extended outside of the pain domain, in order to know how these populations understand and perceive other peoples' intentions and emotional states."



Trainee Corner (cont'd)

Michel-Pierre received a training award from Québec City's Interdisciplinary Research Center in Rehabilitation and Social Integration (CIRRIS) to support his research. He is also the recipient of a CIHR research award and has financial assistance from the Laval University School of Psychology financial aid for excellence program. In addition, Michel-Pierre's research is funded in part by a Quebec Pain Research Network (QPRN) pilot project grant and Dr. Jacksons' CIHR and NSERC grants.

Thank you Michel-Pierre for sharing your research interests with us. Michel-Pierre can be reached at michel-pierre.coll.1@ulaval.ca.

Submitted by:

*Sheila O'Keefe-McCarthy RN PhD candidate
CPS Trainee Representative
Lawrence S. Bloomberg Faculty of Nursing
University of Toronto*

Awards (cont'd)

The CPS Grants and Awards Programs Continue to Grow!!

Over the years the CPS has offered a number of awards and grants for individuals at all career stages (from graduate students to senior researchers). Some of the newest awards to be offered include:

- Trainee travel grants for students who wish to attend and present their work at the upcoming joint CPS/BPS meeting in Edinburgh, Scotland;
- Special Projects fund to support pain-related initiatives that are not typically covered by other funding agencies (for example, our most recent Special Projects grant awarded to Dr. Anna Taddio was used to fund the dissemination of new national guidelines of pain management during pediatric immunization);
- Postdoctoral fellowship offered in partnership with Pfizer Canada to support pain-related research;
- In 2011, the CPS will offer a new award to assist with funding for national/international Workshops/Conferences that are based in Canada.

Information about CPS awards is available at www.canadianpainsociety.ca. Updated information about our various CPS Awards for 2012 (including our Early Career and Distinguished Career Awards) will be available on the site by the spring 2011. Winners of the 2011 awards are posted on the CPS website. They will receive their awards at the annual meeting in Niagara Falls in April. Many thanks to the reviewers of the 2011 awards.

All CPS members are encouraged to review the various awards and to apply or consider nominating a worthy colleague.

Submitted by:

*Christine T. Chambers PhD
Chair, CPS Awards Committee*



Upcoming Educational Events

Clinical Pain Management Skills Course

Canadian Academy of Pain Management

January 29-30, 2011

Hamilton General Hospital, Hamilton, ON

The Canadian Academy of Pain Management invites all health care professionals to attend the 1st Clinical Pain Management Skills Course. This course will benefit those just entering the field of pain management and treatment and those interested in updating their skills and knowledge. Faculty is drawn from Canadian pain practitioners, respected for their contributions to pain management.

For more information visit: http://www.canadianpainsociety.ca/en/special_education_current.html

Course Objectives:

Deliver a wide range of topics in the area of pain, enhancing the skills of attendees

Provide practical case-based discussions, enabling attendees to incorporate new views into their practice

For more information contact: Events In Sync office@eventsinsync.com or 905-404-9545

Chronic Pain Refresher Course

The Canadian Pain Society Education SIG

February 25 – 27, 2011

Crowne Plaza Hotel, Ottawa, ON

The Education Special Interest group is hosting the 3rd Annual Chronic Pain Refresher Course. Clinicians of all disciplines are welcome.

Online registration: <http://www.peopleware.net/2182g>

Canadian Pain Society Annual Meeting

Niagara Falls, Ontario

April 13-16, 2011

For more information visit: <http://www.canadianpainsociety.ca>

British Pain Society / Canadian Pain Society

Joint Annual Scientific Meeting

Edinburgh, Scotland

June 21—24, 2011

Poster abstract deadline: Feb 28, 2011

For more information visit:

<https://pain.conference-services.net/authorlogin.asp?conferenceID=2346&language=en-uk>



the CANADIAN PAIN SOCIETY
la SOCIÉTÉ CANADIENNE de la DOULEUR

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www.canadianpainsociety.ca

Mark Your Calendars

Deadline for submission of materials for the next Newsletter is **March 25, 2011**. We are interested in receiving items on:

- Interesting case studies
- Programs of research
- New clinical programs or initiatives in pain
- Upcoming meeting announcements
- Book reviews

Please send correspondence to:

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Canadian Pain Society 2010

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The CPS Newsletter is published four times per year by the Canadian Pain Society. Comments and suggestions are welcome.

Don't forget

A special invitation is extended to our colleagues in Newfoundland & Labrador, Nova Scotia, New Brunswick and Prince Edward Island to contribute news from your part of Canada.