



President's Message

I bring Autumn greetings to all members of the Society, and outline several items which I believe are of interest to members. Un résumé en langue française est disponible ci-dessous pour mes collègues francophones.

I was very pleased to see so many CPS members participating in the IASP World Congress on Pain in Glasgow, Scotland in August. The cool and often inclement Scottish weather was added encouragement to stay indoors and enjoy the many scientific and social activities of the Congress. The CPS co-hosted a reception for all Canadians attending the Congress and this evening event proved to be a very enjoyable social gathering for the many participants. Canada will be the host country for the next World Congress on Pain which is scheduled to take place in Montreal in August 2010. It is noteworthy that the Congress Scientific Programme

Committee and the Local Arrangements Committee (LAC) are chaired by 2 CPS members: Dr. Jeff Mogil and Dr. Manon Choinière, respectively. The Montreal Congress promises to be a superb meeting, both scientifically and socially, and the LAC has promised warm, sunny weather for the Congress!

On the topic of meetings, I remind members that the next CPS Annual Conference will be held in Quebec City from May 27-30 next year. The deadline for abstract submissions is October 15, 2008 (also see details in this issue under Meeting Announcements). I am also pleased to announce that in addition to the regular CPS Annual Conference in 2011, a joint meeting between the CPS and the British Pain Society is being planned for Edinburgh, Scotland in June, 2011.

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Editor's Note

This edition marks my first solo effort as your new editor. It has forced me to get organized, but more than that, it has made me realize how active our members are, making it all the more impressive that so many have taken time to send updates for this newsletter.

This edition of the newsletter is packed with all kinds of new and ongoing activities. We have news from the President, our Trainee Representative, the Canadian Pain Coalition, and the Special Interest Group (SIG) – Nursing Issues. We also have information about two new SIGs – Acute Pain and Function & Rehabilitation. Also included in the following pages is information about a new online resource for pain

management professionals created through a relationship between the CPS, mdBriefcase and AdvancingIn. There is a call for manuscripts for a special edition of the CPS journal *Pain Research and Management*. In addition, there are meeting announcements and information about upcoming CPS awards (October 15 is an important date!). Details can be found about how to access National Pain Awareness Week and painexplained posters. The regional focus this fall is Alberta and British Columbia. The submissions cover a variety of initiatives in western Canada. It makes me want to move there....the skiing has nothing to do with it!

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Fall 2008

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President's Message (cont'd)

Preliminary plans for the 2011 Edinburgh meeting were made between CPS and BPS officers at the World Congress on Pain in Glasgow.

As members know, the CPS has several awards each year and details can be found under the Awards section of this Newsletter.

I am also pleased to announce that two new CPS Special Interest Groups (SIG) have been approved by the CPS Executive. An organizational meeting for the Acute Pain SIG is planned during the CPS Annual Conference in Quebec City next May. The terms of reference of the Function & Rehabilitation SIG are currently being finalized, and an organizational meeting for this SIG is also planned during the CPS Annual Conference in Quebec City next May. Those members wishing more information on the SIGs can check the website at www.canadianpainsociety.ca under Special Interest Groups, or view the announcement elsewhere in the Newsletter, or contact the Function & Rehabilitation SIG organizer Edwin Koshi (Edvin.Koshi@cdha.nshealth.ca) or the Acute Pain SIG organizer Saifee Rashid (srashid@gmail.com).

Another recent initiative taken by CPS is to partner with mdBriefCase and provide a new opportunity for web-

based continuing education in pain. Details of this initiative are provided elsewhere in this issue of the Newsletter. While this initial programme is targeted at medical practitioners, it is anticipated that programmes will be developed in the future for other healthcare professionals.

Finally, each CPS member should have received a notice over the summer to obtain details of their level and sources of pain research funding. The CPS plans to use such information to encourage funding agencies to increase their priorities and levels of support for pain research in Canada.

J'étais très heureux de voir autant de collègues de la Société canadienne de la douleur lors du Congrès mondial sur la douleur qui a eu lieu à Glasgow, en août dernier, et j'espère que mes collègues francophones qui ont assisté au congrès ont apprécié les événements sociaux et scientifiques, y compris la réception pour les Canadiens donnée par la SCD. Le Canada sera l'hôte du prochain Congrès mondial sur la douleur qui aura lieu à Montréal en août 2010. Deux membres montréalais de la SCD, le Dr Manon Choinière et le Dr Jeff Mogil, ont été nommés respectivement présidente du Comité des arrangements locaux pour le congrès, et président du Comité du

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Editor's Note (cont'd)

This instalment of the Regional Focus marks the end of the second trip across Canada. I plan to continue this initiative started by Diane LaChapelle (past editor) two years ago. It is a great way to learn about the work of our colleagues. As such, I would like to invite CPS members from **Newfoundland & Labrador, Prince Edward Island, Nova Scotia, and New Brunswick** to share news of what is happening in their provinces in relation to research, political/advocacy issues, teaching, clinical initiatives, or members making the news. I'll coordinate your submission with the others from your province.

I hope you enjoy the fall newsletter. As always, please remember that the newsletter is here to serve you. Please send me your feedback, including any changes or additions you might like to see in the newsletter. We are currently examining the logistics of switching to a format where the newsletter would be embedded in an email rather than as an attachment. Let me know which format appeals to you – ev5@queensu.ca. I'm looking forward to receiving submissions from across Canada, and in particular, from NL, PE, NS and NB for our next Regional Focus.

Submission deadline is **December 19, 2008**.

*Sincerely,
Elizabeth VanDenKerkhof
Editor*



President's Message (cont'd)

programme scientifique. Nous sommes donc assurés d'avoir un congrès remarquable, autant sur le plan scientifique que social.

Je vous rappelle que la prochaine conférence annuelle de la SCD aura lieu à Québec, du 27 au 30 mai 2009, et cet événement promet d'être exceptionnel. L'appel pour les résumés a été envoyé à tous les membres de la SCD, et la date limite pour la réception des documents est le 15 octobre 2008. Veuillez noter qu'en 2011, en plus de la conférence annuelle de la SCD, une réunion commune entre la SCD et la British Pain Society aura lieu en juin 2011, à Édimbourg, en Écosse.

Il me fait également plaisir de vous annoncer que deux nouveaux groupes d'intérêt spéciaux de la SCD ont été formés. Il s'agit du groupe d'intérêt spécial Fonction et Réadaptation de la SCD, ainsi que le groupe « Douleur aigüe ». Une rencontre d'organisation de ces groupes aura lieu en même temps lors de la conférence annuelle de la SCD à Québec en mai prochain. Vous trouverez des renseignements supplémentaires à ce sujet dans ce numéro de l'Infolettre, ou à www.canadianpainsociety.ca, ou en contactant l'organisateur du groupe d'intérêt spécial, Fonction et Réadaptation : Edvin Koshi (Edvin.Koshi@cdha.nshealth.ca) ou l'organisateur du

groupe Douleur Aigüe : Saifee Rashiq (srashiq@gmail.com).

La SCD a également conclu un partenariat avec mdBriefCase afin que cette entreprise fournisse une formation continue en ligne sur la douleur. Vous trouverez également des renseignements supplémentaires à ce sujet dans ce numéro de l'Infolettre. Ce programme est surtout destiné aux praticiens, mais des programmes semblables seront probablement mis sur pied pour les autres professionnels de la santé.

Finalement, j'aimerais vous rappeler que la SCD a émis un appel pour la soumission de candidatures pour les nombreux prix qu'elle décerne à chaque année. Je vous informe également que la SCD effectue présentement un sondage auprès de ses membres afin d'obtenir des renseignements concernant le financement de leurs recherches, de façon à ce que la SCD puisse encourager les agences de financement à augmenter les occasions de recherche sur la douleur ainsi que les niveaux de financement.

*Barry J. Sessle, MDS, PhD, FRSC
President*

Coming Soon - Pain Explained Educational Poster

The Professional Outreach subgroup of the **painexplained.ca** campaign is pleased to announce the development of an educational poster for use by health care professionals working in the pain field. This full colour poster will be completed in time for National Pain Awareness Week '08 and will be made available, free of charge, to all health care professionals. The poster will be a useful tool for explaining pain pathways and medications to your patients.

The poster illustrates the key nervous system components of the pain pathway, and how pain signals are transmitted to and then interpreted by the brain. It is accompanied by a simple explanation of the major steps in this process. There is also a basic medication chart that indicates where the various

classes of pain medications act within the system.

The targeted timeline for poster distribution is the third week of October. Details on how to obtain copies of the poster will soon be posted on the website (www.painexplained.ca). Copies can also be ordered by sending an email to educational.poster@painexplained.ca. Further information may also be sent to individual members via email.

The painexplained.ca committee would like to thank Valeant Canada for providing an unrestricted educational grant for the development, printing and distribution of this poster.



Canadian Pain Society

mdBriefCase and AdvancingIn Team up to Provide Online CPD Resources for Pain Management Health Professionals

We are pleased to announce that the Canadian Pain Society (CPS), AdvancingIn and mdBriefCase Inc. have finalized a new partnership to provide on-line educational support for Canadian pain management healthcare professionals.

Advancing In Pain Management (www.advancingin.com) will provide CPS members access to free, convenient, continuing educational programming resources, including CME programs, eSymposia and national discussion forums. These programs will be accredited, interactive and multimedia. They will be developed by leading Canadian opinion leaders and academic institutions.

This new partnership promises to enhance evolving CPS educational initiatives by increasing their visibility and accessibility using Web-based tools.

www.mdBriefCase.com is the Canadian market leader in providing online education for physicians; approximately 70% of all Canadian physicians have already joined. These members receive free access to the highest-quality, accredited programs, integrating the best practices from leading experts in the field. Through partnerships with professional associations and societies, such as the CPS, the Canadian Paediatric Society, the Canadian Cardiovascular Society, the Canadian Society of Endocrinology and the Society of Obstetricians and Gynaecologists, these Web sites offer health professionals with access to 50+ continuing education programs per year. One of the planned projects includes videotaping some of the symposia from the CPS 2009 Annual Conference for later online availability.

Although traditionally, this educational activity has been targeted primarily at physicians, Advancing In has developed a multi-disciplinary program on the recently released Canadian Diabetes Association Practice Management Guidelines which will have physician, pharmacist, nutritionist and diabetes educators' streams. We hope that the CPS programs will likewise include content that will appeal to all members. There is also a good possibility that a future program could be developed to teach self-management skills to patients with pain.

For further information on mdBriefcase and Advancing In:

Contact Person: Nancy Thomson, Vice President
Company Name: mdBriefCase
Telephone Number: 416.488.5500 ext. 227
Email Address: nthomson@mdbriefcase.com
Web site address: <http://www.mdBriefCase.com>

Submitted by
Roman D. Jovey, M.D.
Immediate Past-President
Canadian Pain Society





Trainee Corner

In this edition of Trainee Corner, I am delighted to introduce you to Sheila O'Keefe-McCarthy. Sheila is a second year PhD student in Nursing at the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto and is supervised by Drs. Sioban Nelson and Michael McGillion. Sheila received her Diploma in Nursing from George Brown College in 1982, a BSc (Hons) in Nursing from Ryerson University in 2004, and a Master's of Nursing from the University of Toronto in 2007.



Sheila is interested in ischemic and non ischemic cardiac pain, h e m o d y n a m i c parameters of acute myocardial ischemia, and pain assessment and management practices. When asked where her motivation to conduct research on cardiac pain came from, she replied: "The main reason for

wanting to research cardiac pain comes from my clinical practice working with patients in cardiology, emergency and in the intensive care. The experience of pain for patients and its subsequent management have always been a major focus of my nursing practice". Sheila also states that her extensive clinical experience drives her research questions and her interests are diverse, including general medicine, haematology, oncology, gastro-intestinal medicine, neurology, cardiology and the critical care areas of emergency and intensive care.

Sheila is actively involved in conducting and publishing literature reviews: 1) Women's Experiences of Cardiac Pain: A Review of the Literature, Examining Current Qualitative Literature, 2) Ventilator-Associated Pneumonia, Bundled Strategies: An Evidence-Based Practice, and 3) Evidence-Based Nursing Strategies to Prevent Ventilator-Acquired Pneumonia.

Currently, Sheila is developing a qualitative study using focus groups to study factors associated with

acute myocardial infarction (AMI) pain management. This study will examine rural emergency and ICU patients' experience of pain during an AMI while waiting for transfer to an urban centre for percutaneous coronary intervention (PCI). The study will also examine the associated pain management practices of clinicians and the knowledge, attitudes and beliefs about AMI pain held by patients and clinicians. When asked about the implications and possible outcomes of her research, Sheila replied: "Not a lot is known about how the pain of an AMI is experienced in rural settings when access to emergent PCI is delayed. We know that prolonged door to balloon (PCI) time is identified as a strong predictor of increased infarct size and future cardiac events of recurrent AMI and death. Results from this study will inform the development of a pilot trial of an educational AMI pain management intervention for rural community health care professionals. It is hoped that the findings might reveal what the barriers to effective AMI management are and to guide future development and testing of Canadian AMI pain assessment and management practice guidelines".

Sheila was awarded funding from the Registered Nurses Foundation of Ontario and is currently a Strategic PhD Training Fellow in the FUTURE Program for Cardiovascular Nurse Scientists (funded in partnership by CIHR Institute for Circulatory and Respiratory Health and the Heart and Stroke Foundation Research Fund). Sheila feels fortunate to be a part of the FUTURE program which provides access to some of Canada's leading cardiovascular nurse scientists. When asked about her involvement with the program, she stated: "The FUTURE program is an unbelievable research and career opportunity for new cardiovascular research trainees. This program has afforded me the ability to develop collegial relationships with cardiovascular nurse researchers and colleagues locally, nationally, and internationally. It has been a privilege to be able to network in national and international forums and has provided exposure to leading experts in the field. The ability to be mentored and to be given the opportunity to directly work in their research laboratories and programs provides an excellent learning environment to gain valuable research knowledge and skills". In November, Sheila will be travelling to Dalhousie University in Halifax, Nova Scotia, where she will conduct research

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Trainee Corner (Cont)

under the supervision and mentoring of Dr. Judith McFetridge-Durdle. During this time, Sheila will be conducting the following two literature reviews: 1) Examining the Clinical Application of Impedance Cardiography in the Assessment, Diagnosis, and Treatment of Acute Coronary Syndromes, and 2) The Role of Impedance Cardiography and Hemodynamic Parameter Measurement in Acute Pain Research.

Sheila is excited to conduct her preliminary qualitative study and welcomes any opportunity to discuss her research. I would like to thank Sheila for sharing her interesting research and training experiences with us. All the best for an exciting and productive year!

If you would like to speak with Sheila regarding her research or if you would like to be highlighted in the next issue of trainee corner, please do not hesitate to contact me at: melanie.noel@dal.ca.

*Sincerely,
Melanie Noel,
Clinical Psychology PhD student (Dalhousie University)
CPS Trainee Representative*

Function & Rehabilitation SIG

The recently formed Function and Rehabilitation SIG is open to interested members of the CPS. The purpose of this SIG is to raise awareness of the role of rehabilitation in the management of patients with pain. Areas of interest include the role of exercise and pain modalities in management of pain. Other areas of interest are the role of vocational rehabilitation in assisting people to return to work, in identifying appropriate jobs they can return to, determine functional capacity level etc. Outcome measures in pain medicine will be another important area of interest to this SIG, in particular, how to measure function, impairment and disability. The role of multidisciplinary teams will also be a focus. How to set up such teams? How do they work? What is the role of each team member? What is the evidence for their effectiveness? Please contact Edvin Koshi, chair, if you have any questions or suggestions (Edvin.Koshi@cdha.nshealth.ca).

Awards

The following award competitions close on **October 15, 2008**. See the CPS website for submission details (www.canadianpainsociety.ca).

- Awards for Excellence - Distinguished, Early and Lifetime
- Interprofessional Pain Education Award Purdue & CPS
- Interprofessional Project Award - Nursing - Purdue
- Nursing Excellence In Pain Management Award - Janssen
- Nursing Research/Education Award
- Trainee Research Grants

Other Award/Grant Deadlines:

- Pain Awareness Award CPS – March 15, 2009
- Small Grants for local and regional initiatives in Pain Education and Organizational Development – throughout the year.



Special Feature: Regional Focus VII

Highlighting the work of our Members in Alberta & British Columbia

Calgary's Regional Pain Program – An Overview

The vision of the Calgary Regional Pain Program (RPP) is to provide innovative and comprehensive pain management for the community. The aim of this regional program, which is comprised of the Chronic Pain Centre (CPC), the Calgary Headache Assessment and Management Program (CHAMP), the Acute Pain Service and the Hospital Chronic Pain Consult Service, is to work collaboratively to provide patients with high quality, evidence based pain management. This innovative program was recently highlighted in an oral presentation at the IASP World Congress.

Chronic Pain Centre

The Chronic Pain Centre is an interprofessional team utilizing a self management philosophy in addition to traditional medical management. Recent changes in patient registration into the Chronic Pain Centre have improved the triage process. Patients are now more likely to be directed to the most appropriate team. Active engagement occurs early on in the program by encouraging patients to attend group programs based on Lorimer Moseley's Explaining Pain and having them set goals to establish their pain management priorities while participating in the program. Depending on the nature of their problems, a patient may be triaged to assessment and treatment by some or all members of the extensive interprofessional pain team, which draws from anesthesia, neurology, obstetrics and gynecology, psychiatry, osteopathic medicine, family medicine, psychiatry, psychology, addiction medicine, nursing and the rehabilitation disciplines. As well as educating patients about pain, the Chronic Pain Centre offers many learning opportunities for health care professionals of all disciplines. Additionally, the Chronic Pain Centre has collaborated with groups of general practitioners (Primary Care Networks) to create pain education opportunities for family physicians, nurses, psychologists and allied health providers in the community. This is one of the efforts to have pain managed in primary care, thereby potentially decreasing the risk of chronic pain and the need to refer to the Chronic Pain Centre. Primary Care Networks are located in all settings; urban, rural and

1st Nations. Education is also supported through mentoring opportunities. Learners come to the Chronic Pain Centre to improve their knowledge about patient assessment and follow up by working with pain specialists. The Chronic Pain Centre also offers telephone support/consultation with physicians, nurses and pharmacists. Our community stakeholder engagement extends to other programs, including Chronic Disease Management, Mental Health & Addictions, Seniors Health, and Child & Women's Health programs. The aim is to educate patients and their families about pain management.

Calgary Headache Assessment and Management Program

The Calgary Headache Assessment and Management Program focuses on 'the working headache' population. The program utilizes a self management approach to optimize pain control and quality of life for patients experiencing fewer than 15 headache days per month.

Acute Pain Service

The Hospital Pain Services includes both inpatient programs; acute pain service and chronic pain consult service. The acute pain service follows post-operative patients, in particular those with complex pain problems, with the majority of patients in the post operative period. Clinical care, education and research are the hallmarks of this service.

Chronic Pain Consult Service

Calgary's most innovative service is the Chronic Pain Consult Service, a consultation service for hospitalized patients with chronic pain. A recent internal chart review found that pain decreased by 40% on average following intervention by the Chronic Pain Consult Service.

Calgary's RPP team is committed to providing quality pain assessment and management to an aging and rapidly expanding geographic region. In light of the new Alberta Health Services Board and the subsequent 'Provincialization' of health care in Alberta, we hope to collaborate with our colleagues from across the province



Special Feature: Regional Focus VII (Cont'd)

Highlighting the work of our Members in Alberta & British Columbia

to further integrate services and continue to improve the quality of pain care Albertans receive regardless of their proximity to a major urban centre.

Submitted by:

*Sara Pereira RN MN ACNP
Director, Regional Pain Program &
Dr. Chris Spanswick, Medical Lead, Regional
Pain Program*

Life Despite Pain – Multidisciplinary Pain Centre, University of Alberta

Submitted by Saifee Rashid and Bruce Dick

The *Life Despite Pain (LDP)* program is a novel treatment program for individuals with chronic intractable pain. It was developed in 2004 with the intention of providing evidence-based treatments in a multidisciplinary environment. The treatment method is based on a biopsychosocial approach to chronic pain management using a cognitive-behavioral framework. The delivery of the program has a strong focus on acceptance of pain and the reduction of pain-related disability through education, family involvement, and a strong focus on individual goals.

A very pragmatic approach is taken during the delivery of three group educational sessions and subsequent individualized assessment and treatment sessions. All sessions are simultaneously attended by the full LDP team composed of a pain specialist physician, a nurse, and a clinical psychologist.

The program begins with three group education sessions ('Bronze', 'Silver', and 'Gold') that are one hour in duration. Each session includes 20-minute presentations by each LDP team member and is organized to gradually build upon previous sessions. Physician teaching topics include:

- Differentiating chronic from acute pain and a comparison of causes and consequences of both types of pain
- The biopsychosocial model of chronic pain

- Distinguishing hurt from harm during activity
- Fallacies of diagnostic imaging
- Differentiating addiction from tolerance and physical dependence
- The shortcomings of technical solutions in chronic pain

Nurse-led topics include:

- The social implications of chronic pain
- The self-management approach to chronic pain
- Focusing on increasing function, not pain reduction
- Exercise, sleep, and nutrition
- Balancing one's lifestyle
- Family and friends
- Good communication
- Hope

The nurse also leads a value sorting exercise with all group members and an impromptu role play incorporating group members.

Psychology topics include:

- The psychological effects of chronic pain
- Breaking vicious cycles between pain, stress, and muscle tension
- The science and art of relaxation
- Avoidance, fear of pain, and activity cycling
- Goal setting based on errorless learning principles
- Pacing activity
- Managing stress and anxiety
- Recognizing and changing unhelpful thinking patterns
- Regaining control

Following these three sessions, individuals who wish to continue in the program take part in individual sessions where the person with chronic pain and invited family members or friends attend sessions with the entire LDP team present. The first session includes the collection of medical and psychosocial information, a physical examination, an exploration of the negative impact of chronic pain on the person, and initial goals aimed at



Special Feature: Regional Focus VII (Cont'd) Highlighting the work of our Members in Alberta & British Columbia

helping the person decrease pain-related disability using practical strategies introduced in the education sessions. These self-determined goals, which must be tangible and quantitative, form the basis of an explicit contract between the patient and the rest of the team. (S)he undertakes to achieve these goals prior to the next scheduled visit, in exchange for the team's ongoing support.

Quantitative data collected thus far suggests the LDP participants have shown significant reductions in pain-related disability and dramatic increases in physical tolerance levels for a variety of activities. Qualitative data collected from patients suggests that the program's broad applicability across tasks and individuals has assisted people in increasing their activities, improving hope, increasing social activity, and augmented self-confidence. Program strengths for professionals include practicality, low program administration costs, and program flexibility.

Further information on this program can be found at www.uofapain.ca or by contacting the authors.

Submitted by

Saifee Rashiq and Bruce Dick



Life Despite Pain

Multidisciplinary Pain Centre
University of Alberta Hospital

The BC Provincial Pain Initiative (BCPPI)

The BCPPI was born out of a regional committee to improve pain management services within Vancouver. The work garnered attention within the province and became a provincial initiative in May 2007. This is an interdisciplinary and province wide committee with over 20 active and 100 corresponding members. Their work was last updated in the Fall 2007 CPS Newsletter. Since then, much more has been achieved.

After working as an independent committee with support from one health authority for two years, the committee was finally able to meet with the Ministry of Health and develop a working relationship with the Primary Care Division. They were successful in establishing chronic pain as a chronic disease within the Ministry, and as such, work has begun on several important initiatives in conjunction with the Ministry of Health and chronic disease management. These include working on a method to code for chronic pain within primary care physicians offices; implementing clinical practice guidelines; piloting a chronic pain self-management program led by trained mentors and developed by researchers at the University of Victoria; and exploring how chronic pain care can be implemented with the planned Integrated Health Networks in BC.

The committee is extremely pleased with this relationship with Primary Care. However, improved tertiary care for pain is also needed as well as the crucial link with tertiary care supporting primary care. To this end upcoming meetings are planned with the Ministry of Health's tertiary care division to hopefully establish another successful relationship.

Another exciting development has been the initiation of a pain society in BC. The incorporation is underway with a plan to name the society **PainBC**. The mandate of the society will be to support the founding vision of the BCPPI - "that all individuals of BC, from birth to end-of-life, who experience any type of chronic, acute and/or palliative pain will receive integrated, coordinated and quality pain services in all care settings." The society will use the relationships established with the Ministry of Health and the Health Authorities to implement the strategies to support the vision.



Special Feature: Regional Focus VII (Cont'd) Highlighting the work of our Members in Alberta & British Columbia

The committee is busy this fall with ongoing communication with various stakeholders and policymakers in the province to disseminate our work to date. For example, the committee has met with the regional and provincial Acute Care Committees about the Minimum Standards for Acute Care Facilities report that the working group generated. Similarly, a document for Residential Care Facilities will be presented to the provincial Residential Care Committee.

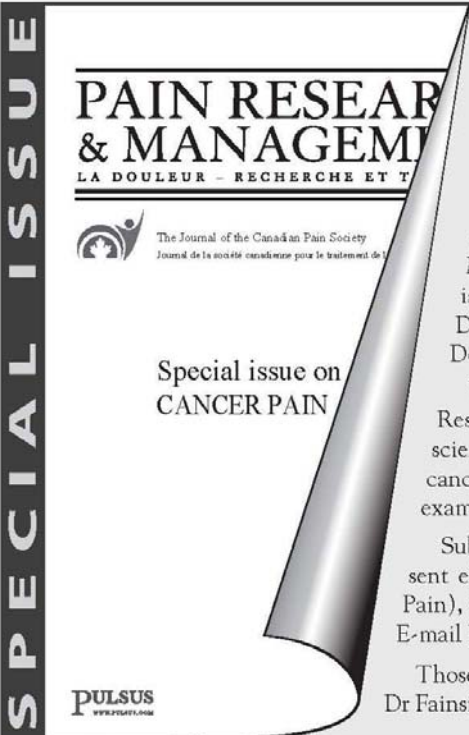
Other work in progress includes the establishment of a not-for-profit Pain Foundation for BC to fund research and infrastructure for good pain care. The provincial website is in the final stages of development and we look forward to it in 2009.

Education is a key initiative in this effort. To that end, there has been rapid progression in the development of an interdisciplinary pain education process at UBC involving the Colleges of Nursing, Medicine, Pharmacy, Physiotherapy, Dentistry, and Psychology. Money has been granted to establish a pilot program within a year. Education for existing providers is moving forward with a research project by one of the members, Dr. Pam Squire, whereby family doctors and nurse practitioners will be trained and mentored by pain experts so that they may become experts on pain management in their own communities.

A lot of groundwork and relationship building has resulted in some concrete changes taking place. Our greatest achievement thus far has been regular meetings of a committed network of individuals from all disciplines. We look forward to updating you with our ongoing efforts!

*Submitted by
Michael Negraeff
Chair, BCPPIC*

SPECIAL ISSUE



CALL FOR MANUSCRIPTS: SPECIAL ISSUE ON CANCER PAIN

In recognition of the International Association for the Study of Pain 2009 Global Year Against Pain focusing upon Cancer Pain, the Editor-in-Chief of *Pain Research & Management* is pleased to announce publication of a special issue on Cancer Pain, edited by Dr Robin Fainsinger, Director/Professor, Division of Palliative Care Medicine, Department of Oncology, University of Alberta.

You are invited to contribute to this peer-reviewed special issue. Research papers in basic biological and social science, clinical sciences, health policy research and pain arising from all forms of cancer and across the life span would be welcomed, as would reviews examining collective research or professional issues.

Submissions will be considered until January 12, 2009 and are to be sent electronically to Robin L Fainsinger MD, Guest Editor (Cancer Pain), *Pain Research & Management*.
E-mail Robin.Fainsinger@capitalhealth.ca

Those considering a submission are encouraged to advise Dr Fainsinger in advance.



Clinical and Research Activities in British Columbia

PRIVATE PRACTICE IN PENTICTON

Neil Pearson, a physiotherapist and yoga therapist, left a large multidisciplinary pain management setting in Vancouver two years ago to move to Penticton, in the Okanagan Valley. The closest pain specialist physicians are an hour away and have waiting lists of up to one year. Neil is expanding chronic pain management services for this small city of 35,000, using a multimodal approach to physiotherapy that combines the best science about pain, including concepts of neuroplasticity, community-based pain management education sessions, and therapeutic yoga. His practice is centered around the importance of providing education to people with pain as well as to health care professionals. He encourages pain clinicians and people with pain to incorporate self-management techniques, such as active physical therapies, breathing exercises, and biofeedback into routine pain management plans.

Neil Pearson and his research colleagues recently completed a pre-test post-test pilot study examining the affect of self-efficacy, pain catastrophising and pain attitudes in a heterogenous group of fifty-seven people with chronic pain after they received pain neurophysiology and pain management education. The education session was provided in auditoriums with up to 167 people in attendance. Improved attitudes about pain persisted at 1 month follow-up. Neil Pearson and his colleagues presented this research at the Pain Mind and Movement Conference held in Dublin in August. Further studies are required, however, three randomized trials report similar results in people with chronic low back pain when education was provided in small groups or individually. What was more interesting was that the people in the study who scored highest on the Pain Catastrophising Scale showed the greatest amount of improvement in post-tests. Catastrophic thinking is often considered a significant barrier to recovery. Similar findings have not been reported in the research.

Neil's research group is keen to progress with this research. They hypothesize that if large group education is an effective and cost-effective manner for changing attitudes and beliefs about pain and pain control, this could lead to increased intrinsic motivation to engage in pain self-management approaches - either as adjuncts to other pain management approaches or stand alone interventions. If providers and people with pain are aware of the importance of neuroplasticity in chronic pain, they would be more likely to adopt techniques that promote neuroplasticity to decrease pain, thereby increasing function and improving quality of life.

With the support of the Canadian Pain Coalition, a recording of one of Neil Pearson's education sessions is available in three free webcasts. These can be accessed through the following links: http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_1/; http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_2/; http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_3/

Neil is also the founding Chair of the newly formed Pain Science Division of the Canadian Physiotherapy Association. This group has three goals:

- To disseminate and share evidence-based information regarding the assessment and treatment of people with pain by physiotherapists in Canada.
- To foster the development of connections and working relationships between Canadian clinicians and researchers interested in pain and physiotherapy.
- To develop working relationships and a stronger presence for Canadian physiotherapists and the physiotherapy profession in Canada within national and international pain groups.

Anyone wishing to contact the Pain Science Division can do so at painscience@physiotherapy.ca.

*Submitted by
Neil Pearson, MSc(RHBS), BScPT*



Nursing Issues SIG Update

Membership Survey

The Nursing Issues SIG executive is conducting a survey to better understand the needs of its members. To that end, a questionnaire was recently emailed to all Nursing SIG members. Please submit your completed questionnaires by **October 19**. The results of the survey will be presented at the 2009 CPS meeting and will help the SIG executive identify key priorities. Thanks to those who have already responded!

National Strategy Project: Nursing Job Descriptions in Pain Management

As a result of the national strategy project survey, data on nursing roles in pain management were used to develop job descriptions for the following nursing roles: Nurse Clinician, and Advanced Practice Nurse roles CNS and NP. The role descriptions will be posted on the Nursing Issues SIG website and may be used as a resource for developing roles in pain management.

SIG Newsletter Needs a Name

Shirley Musclow, Nursing Issues SIG Newsletter Editor, is working on the first edition of the SIG newsletter. Input from all members will assist in providing helpful information for members. The newsletter requires a name. Please email Lori Palozzi (l_palozzi@yahoo.ca) or Shirley Musclow (pastchair@gmail.com) with your suggestions. All entries will be put to a SIG member vote and the winner will receive a \$50.00 gift card.

Acute Pain Special Interest Group (SIG)

The **Acute Pain** SIG was formed this past summer and nearly 100 people (from Sea to Shining Sea) have already joined. Membership is open to any CPS member, but it is hoped that this SIG will also attract new CPS members with a particular interest in acute pain. Please pass this information on to your colleagues from all disciplines - Surgery, ICU, Emergency Medicine, anesthesiology, and allied areas - and encourage them to join the CPS and the Acute Pain SIG. Saifee Rashiq (Edmonton) is the interim chair and the inaugural meeting will be held on May 27, 2009 at the CPS Annual meeting.

An active Acute Pain SIG will make tangible contribu-

CPS Nursing Awards

October 15th, 2008 is the deadline for applications to the CPS Nursing Awards.

Consider applying for:

Nursing Excellence in Pain Management – Janssen Interprofessional Project Award - Nursing – Purdue Nursing Research/Education Award

Visit the website <http://www.canadianpainsociety.ca/awards.html> for award criteria. Questions may be directed to Shirley Musclow, Past Chair at past-chair@gmail.com

National Pain Awareness Week: Pain Information Booths

In the months of October and November, the Canadian Pain Coalition together with volunteers from the Nursing Issues SIG will be hosting pain information booths in select malls across Canada. Some of you have been involved in the planning of this event, and some of you may have been approached about volunteering. THANK YOU! The purpose of these booths is to increase awareness about pain in Canadians, and to distribute pain information packages which are supplied by the CPC. The volunteers will be given a small gift for their participation.

*Respectfully submitted,
Lori Palozzi,
Chairperson CPS Nursing Issues SIG*

tions to patient welfare. Members are already sharing ideas via email about potential SIG activities. This will set the stage for an informed debate about the most promising initiatives, when the group meets in Quebec City in May.

Your participation would be warmly welcomed; simply email Ellen at the CPS office and ask for your name to be added to the SIG roster. Please email me directly (srashiq@gmail.com) if you would like to suggest things that the SIG might do.

*Saifee Rashiq
Edmonton AB
Interim SIG Chair*



Meeting Announcements

Conquering Pain: New Tools and Helpful Rules

October 24, 2008
London, Ontario

The Inter-Urban Pain Association of Ontario and the University of Western Ontario Interdisciplinary Pain Program is sponsoring the Interurban Pain Conference at the Four Points Sheraton London. *Topics to be covered include:* neuropathic pain; topical agents in the management of chronic pain; insight into the controversies associated with opioid management of chronic pain and the risk of substance abuse; understanding current research into the psychological and biochemical predictors of chronic pain; recent advances in whiplash associated pain. The registration package is available at www.londonpain.ca.

5th Annual Clinical Day in Pain Management

November 7, 2008, 0830-1600hrs
Fredericton, New Brunswick

This one day workshop is being held in Fredericton at the Hugh John Flemming Forestry Complex. Topics include: Fibromyalgia - Facts & Fallacies; Drivers of Pain - "Biologic versus Psychological Pain"; Pain in the Elderly; Trends and Challenges in Chronic Pain Management; Panel discussion with health care practitioners & members of the community on "What's Preventing us from Effective Pain Management?". For more information please contact: Nancy Schuttenbeld (Nancy.schuttenbeld@rvh.nb.ca) or Karen Spragg (Karen.spragg@rvh.nb.ca). To register call (506) 452-5050 or e-mail robyn.dean@rvh.nb.ca. Cost: \$100.00 full day, ½ day \$50.00

Le défi de la douleur neuropathique

Société québécoise de la douleur
23 et 24 octobre, 2008
Montréal, Québec

Communiquer avec: Mme Kelly Ann McCulloch-Glover
(514) 934-1934, poste 44173;
kelly.glover@muhc.mcgill.ca

One Face, Many Causes – Symposium on Neuropathic Pain

Presented by Action Ontario
November 3, 2008
Toronto, Ontario

Further information contact Frances Lau
frances.lau@rogers.com

Conquering the Hurt: Interprofessional Paediatric Pain Conference

The Hospital for Sick Children
November 21, 2008
Toronto, Ontario

Website: <http://www.sickkids.ca/learninginstitute>

Canadian Pain Society Annual Conference

May 27-30, 2009

Quebec City, Quebec

Abstract deadline: October 15, 2008

CPS website: www.canadianpainsociety.ca

International Association for the Study of Pain 13th World Congress on Pain

August 29 – September 30, 2010

Montreal, PQ

IASP website: www.iasp-pain.org

News From Other Regions

Prince Edward Island

Submitted by Des Colohan, MD

PEI's only pain management clinic, Island Pain Management, is booking new assessments into the spring of 2010! Requests have been made to government for additional staffing support, but reinforcements have not yet appeared on the horizon. They also submitted a proposal to the Department of Health to establish regional primary pain clinics, staffed by nurse practitioners, who would use the pain physician in Charlottetown as a consultant in a collaborative practice model. No response to date. The annual Atlantic Provinces multidisciplinary pain conference is being held in Halifax the first weekend in October. Life goes on as usual in Anne's Land.



Canadian Pain Coalition Update

As summer turns to fall the volunteers and office staff of the CPC kick into high gear! Although we are busy through out the year, the lead in to our fundraising Gala and National Pain Awareness Week sparks a flurry of activity after a summer of preparation. As always, it is a pleasure to update you on CPC's activities.

CPC Gala, October 17, 2008

Plan to attend the CPC's 5th Annual Fundraising Gala on Friday, October 17th. **Karen Kain**, Artistic Director of the National Ballet of Canada is this year's special guest. This amazing night will include a performance by **Illusionist Brian Michaels**, random prize draws, food stations, networking and full seating for all guests! Ken Craig is reprising his role as master of ceremonies. The CPC's operating funds are secured through this event so please spread the word and do join us.

National Pain Awareness Week (NPAW) is November 2 – 8, 2008

CPC's activities include the annual mailing of our NPAW posters and information kits to Canadian pain clinics, health care facilities and MDs. The projected distribution of posters is 25,000. Posters can be downloaded at www.canadianpaincoalition.ca or hard copies can be ordered free of charge at office@canadianpaincoalition.ca. We encourage everyone to display the posters at upcoming presentations or in association newsletters.

From October 18 to November 8, the CPC, in partnership with the CPS Nursing SIG, and with Celeste Johnston as project lead, are hosting pain information clinics in malls across Canada. Nursing SIG volunteers and the CPC are also conducting information clinics in several Dell Pharmacies in the Hamilton, Ontario area during National Pain Awareness Week. We are grateful to Lori Palozzi and Shirley Musclow for their dedication to this project.

The CPC is providing financial backing for ten NPAW public education events being held across Canada by support groups of the Chronic Pain Association of Canada. Details about all NPAW activities can be found in the NPAW section of CPC website. If you are planning an event, let us know so that we can post the details on the website.

CPC Board members are attending and speaking at educational events throughout the fall. The CPC and its member groups will be delivering the media messages established within the painexplained.ca awareness campaign. Several CPC volunteers have completed the "Patient Ambassador Program", a comprehensive media training program sponsored by Pfizer. They are ready to meet the media!

CPC supports its member groups

The CPC continues to support its member groups through sponsorship and other forms of assistance. The Small Grants Program established this year has been a popular source of funding for specific educational projects. The latest quarterly grant provided funding for chronic pain self-management workshops in Port McNeill and Port Hardy, Vancouver Island, as well as a "road show" to remote areas in the north island.

This summer, the CPC sponsored the Ride to Conquer Complex Regional Pain Syndrome (CRPS). In spite of the rainy weather, Dr. David L Shulman of Toronto successfully cycled from Marathon, Ontario to St John's, Newfoundland to raise awareness of CRPS and to fundraise for PARC (Promote Awareness of RSD (Reflex Sympathetic Dystrophy) and CRPS).

The CPC has been providing members with pertinent updates via email. By the time this issue of the CPS newsletter reaches you, the CPC will have launched its inaugural edition of a bilingual e-newsletter. In order to reach Canadians without email access, they also plan to distribute printed copies.

CPC and Painexplained

This summer, CPC volunteers assisted with the Painexplained Golf Tournament held at Taboo Resort on July 28. In spite of threatening clouds, the sun prevailed. It was a rewarding experience and a good time was had by all!

The CPC continues in its role as a Painexplained Campaign Steering Committee member along with the CPS and Canadian Pain Foundation. CPC is involved in organizing patient outreach with the campaign. During NPAW, CPC is launching an exciting



CPC Update (Cont'd)

co-branded project called "Faces of Pain" that will appear on CPC's website.

As I finish this update to you, work continues on the Patient Resource Centre while new and exciting projects are on the horizon. Have a great fall and National Pain Awareness Week!

*Respectfully submitted,
Lynn Cooper BES
President*

Interventional Pain SIG

The Interventional SIG was formed at the CPS meeting in Ottawa in 2007. The goals are to offer education in interventional pain management, and to form a national network of interventional pain specialists. Future goals include the establishment of sufficient consistency of approach and common understanding to support clinical trials.

The executive members are: Norm Buckley (Chair by acclamation, McMaster University), Rod Finlayson (McGill), Michael Gofeld (University of Toronto/Sunnybrook), and Philip Peng (U of T/University Health Network). The first workshop held under the auspices of the SIG was in March 2008 at the McGill Centre for Simulation. This excellent cadaver workshop was fully subscribed for both the basic (Saturday) and advanced (Sunday morning) workshops. Costs were borne by industry sponsorships and registration fees; start-up and annual support from the Canadian Pain Society provides a financial safety net. Feedback from participants illustrates the importance of such events and the desire for further training especially in basic elements for new trainees and seasoned practitioners.

An Interventional Pain SIG meeting was held at the beginning of the annual CPS meeting in Victoria in May 2008, resulting in limited attendance. The executive also met during the CPS annual meeting, and plans are underway for the next educational event. It will once again be held at McGill University and will incorporate feedback from the previous session, resulting in some modifications to the curriculum.

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GETTING ANSWERS FOR PAIN

Conquering Pain for Canadians

A Partnership of Pain Patient Groups, Health Professionals and Scientists

**National Pain
Awareness
Week**

**November 2-8
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La Coalition canadienne
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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 **December 19, 2008**. 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 2008

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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, Prince Edward Island, Nova Scotia and New Brunswick to contribute news from your part of Canada.