



## Message from the CPS President



The summer has now come and gone and hopefully you have had some time to regroup with family, friends and enjoy the summer months that remain all too short. As the fall is now upon us, we turn our attention back to work and focus on the next year ahead and with that we are happy to report that the Canadian Pain Society remains a viable and energetic organization. With plans taking shape for the Whistler, BC Conference, the Awards and Grants portfolio, and plans to launch the new Member Database in

the next few weeks, the Society continues to grow and flourish.

The Canadian Pain Society also has been actively working towards the Canadian Pain Summit, taking place April 24, 2012 at the Fairmont Chateau Laurier Hotel, Ottawa, Ontario. At a recent Stakeholder meeting held in Toronto on September 16<sup>th</sup>, 2011, the “National Pain Strategy for Canada” draft was presented, break-out groups provided feedback on the document and a final “Strategy” is now being completed for this very important Summit next year. The document will soon be distributed to CPS members and will be available on the Summit website at [www.canadianpainsummit2012.ca](http://www.canadianpainsummit2012.ca). At that time you will have the opportunity to show your support by

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## Editor's Note



Welcome to the Fall 2011 CPS Newsletter! At this busy time of year, we hope that this edition keeps you informed and engaged with the many initiatives happening across the Society.

Inside this issue, you will find Regional Focus updates from our colleagues in Saskatchewan - thank you to Carl von Baeyer, Thomas & Heather Hadjistavropoulos, Karen Hewson and Anna Power-Horlick for

contributing news from their area. I would also like to congratulate Natasha Egeli (University of Alberta) who recently received the Vanier Canada Graduate Scholarship to support her doctoral work. You can read a detailed profile of Natasha in the Trainee Spotlight feature, which was prepared by Katie Birnie, our Trainee Representative. We also have a comprehensive update from the Canadian Pain Coalition, which summarizes their current strategies for building awareness about pain, educational opportunities, and funds development.

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Fall 2011

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## President's Message (cont'd)

adding your electronic signature to the document. This initiative and process has been extremely well received, with stakeholders providing invaluable input and feedback. The Summit has generated much excitement; please help us build the momentum by providing your support for the National Pain Strategy.

The Canadian Pain Society's management group – Events In Sync, Inc. – has been working towards launching a new membership database and management system designed just for the CPS. Within weeks, members will be able to access their own record and make changes to non-critical existing information, without having to go through the office. As the system unfolds, members will also be able to register for more than one activity at one time. The system will also log the events attended by each member and eventually will be able to provide the member with a history of events attended, along with dates and information. The registration, renewal and payment processes will all be highly functional and easy to use, providing instant receipts for confirmations and direct payments. Watch for more information as this system goes “live”. *On an exciting related note, the CPS membership has grown from 300 members in 2005 to over 850 members in 2011!*

The next CPS Annual Conference is being held in Whistler, BC from May 23 – May 26, 2012. Following a recent site visit by Events In Sync, they have reported that the hotel is in a prime location at Whistler, being steps away from the “hub” of Whistler Village, where there are many wonderful restaurants and shops. Activities in and near Whistler include the Gondola “Peak-to-Peak” ride, golfing and skiing. At this time of year, you may be able to ski at the top of the mountain in the morning and golf in the afternoon. For hikers and walkers, the trails are endless! And, of course, the breathtaking scenery, surrounded by the mountains – the scenic drive from Vancouver to Whistler up the Coast provide extraordinary views of the Ocean and the forests that hug the Coastal highway are amazing! The drive from Vancouver to Whistler is about 2 – 2.5 hours; with the recently upgraded Sea-to-Sky highway, the drive is now quite comfortable. This meeting is expected to exceed 500 people, so make plans early to attend!

The Whistler Convention Centre where the sessions will be held is less than a 5-minute walk from the Hilton Hotel where the guests will be staying. The Convention centre comes alive with the feeling of Whistler, with décor to suit its location and meeting rooms and facilities well suited for this event. Workshop Abstracts, Oral Poster presentations, Hot Topics and Moderated Posters have now been received by the office (deadline October 17). As a reminder, the Regular Research Posters will be accepted until **November 30, 2011**. Consider sending an abstract submission into the office and be part of this event next year! Further plans for exciting social events are currently being considered. Once confirmed, these events will be outlined in Conference Updates and the registration guide (January, 2012).

The Awards and Grants available to CPS members can be found at: [www.canadianpainsociety.ca/en/grants\\_awards.html](http://www.canadianpainsociety.ca/en/grants_awards.html). Most of the awards have a deadline of October 15<sup>th</sup>, 2011 for the 2012 year. There are some grants and funding options with varied deadlines, however, the awards presented at the annual conference are all designed to have a deadline of October 15<sup>th</sup>, 2011 with review and final decisions made prior to the end of 2011 and notification to the award winners in early 2012. Check out the available awards and remember to take advantage of what our extensive and generous award portfolio has to offer!

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## President's Message (cont'd)

The newly established Website Committee has been working on keeping the website and its content up to date through monthly meetings that provide a review of the entire site. If at any time members have something of interest to post on the website, please contact the office and the Committee would be happy to consider your request.

Thank you for your membership with the Canadian Pain Society. Together we can continue to bring pain awareness to the forefront and advance our understanding of pain mechanisms and treatment. Your support provides the CPS with the vehicle to ensure we continue towards these goals.

Have a wonderful fall!

Submitted by:

*M. Catherine Bushnell, PhD  
President, Canadian Pain Society*

## Editor's Note (cont'd)

As you may be aware, there is a new initiative in Ontario to enhance the management of low back pain by promoting greater integration of chiropractors within primary healthcare settings. The Ontario Chiropractic Association has provided an overview of the program rationale and objectives on pages 12 and 13. The *Pain+* project from McMaster University, which was introduced in the Summer 2011 newsletter, is continuing to recruit participants for their research study. Please see the Announcements section for further details about this free information service for evidence-based pain management. Readers who are seeking a novel educational opportunity may be interested to learn about a new M.Sc. training program at the University of Alberta, which focuses on temporomandibular disorders and orofacial pain. See the Announcements section for an outline of this new program, including eligibility requirements. As well, the International Association for the Study of Pain (IASP) has supplied a description of their recently published book, "Chronic Pain: An Integrated Biobehavioural Approach". Lastly, turn to the Upcoming Events section to learn about the forthcoming CPS annual conference in Whistler, British Columbia (May 23 – May 26, 2012), including a sneak peek of an exciting Trainee Workshop.

If you have any suggestions or comments about the newsletter, please feel free to contact me at any time. The submission deadline for the Winter 2011 issue is **Friday, December 16th**. Members from **Alberta and British Columbia** are invited to submit news from their area for the winter regional focus feature. Please direct queries and submission ideas to the email address below.

Sincerely,

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PhD Candidate | Medical Sciences Program | McMaster University  
Canadian Pain Society Newsletter Editor  
Hamilton, Ontario  
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## Regional Focus Saskatchewan



**Thomas Hadjistavropoulos**  
Ph.D., ABPP, FCAHS

The Health Psychology laboratory at the University of Regina, under the direction of Thomas Hadjistavropoulos, remains active in investigating better ways of assessing and managing pain in seniors with dementia. The laboratory is currently funded by the Saskatchewan Health Research Foundation and the Canadian Institutes of Health Research. In collaboration with a knowledge translation team, led by James Henry (McMaster University), we recently developed and are evaluating a training video designed to help long-term care staff assess pain among seniors with dementia. Several other collaborations are active. Most notably, a successful collaboration with other members of the Canadian Pain Society as well as other international scholars led to the publication of a comprehensive theoretical framework of Pain Communication in the Psychological Bulletin which is considered to be the most influential high impact journal in the field of psychology (Hadjistavropoulos, T., Craig, K. D., Duck, S., Cano, A., Goubert, L., Jackson, P. L., Mogil, J. S., Rainville, P., Sullivan, M. J. L., de C. Williams, A. C., Vervoort, T., & Fitzgerald, T. D. [2011, online first publication]. A Biopsychosocial Formulation of Pain Communication. Psychological Bulletin. Advance online publication. doi: 10.1037/a0023876.)



**Heather Hadjistavropoulos**  
Ph.D., R.D. Psych

The Clinical Health Psychology laboratory at the University of Regina, under the direction of Heather Hadjistavropoulos, has been working on the development, implementation and evaluation of the use of therapist-assisted Internet cognitive behaviour therapy (TAICBT) for the treatment of anxiety and depression. TAICBT involves patients reviewing several sessions of psychoeducation over the internet followed by contact with a therapist who provides support and directs therapeutic activities via e-mail. Randomized controlled trials have consistently supported the efficacy of TAICBT. Despite major advantages of the internet, such as increased accessibility, anonymity, convenience, and efficiency, very few patients have access to this form of treatment in Canada. We are currently undertaking research to study the potential use of this method of treatment for individuals with chronic pain who suffer from anxiety and depression. This research involves developing online pain management modules and also speaking with providers and patients on how to best tailor TAICBT to meet the needs of patients with chronic pain.



**Carl von Baeyer**  
Ph.D., R.D. Psych

- Carl von Baeyer, one of the founding members of the Canadian Pain Society, is moving to Winnipeg this month after 33 years at the University of Saskatchewan.
- The Saskatoon Health Region (SHR) Multidisciplinary Pediatric Pain Management Committee, active since 1994, is now the SHR Pediatric Pain Interprofessional Practice Council. A pediatric complex pain clinic pilot project is entering its third year in SHR.

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## Regional Focus Saskatchewan (cont'd)



Submitted by  
Karen Hewson, R.N., M.N.  
(above)  
and Anna Power-Horlick  
(not pictured)

On **November 2 – 3, 2011**, Continuing Nursing Education and the College of Nursing at the University of Saskatchewan, in collaboration with the Saskatchewan Registered Nurses Association (SRNA), will host: **Implementing Best Practices for Pain Management in Saskatchewan**. This two-day conference, which is part of a nursing leadership initiative, will address the physical and emotional needs of people with pain as well as treatment of pain across the lifespan.

The goal of these conferences has been to transcend traditional attitudes and practices for treating pain. Providing an opportunity to address pain management from both professional and client perspectives, each year the conference explores the issues of best practice recommendations in pain management. Bringing together over 130 participants each year at the Moose Jaw Temple Gardens Mineral Spa, the setting has been ideal for healthcare professionals and educators to explore new ways of translating theory into clinical practice.

Originating as a one-day conference with an evening reception in 2009, keynote speaker Celeste Johnston addressed the barriers to effective pain management and a client discussion panel brought to light the real life experience of dealing with pain. Thomas Hadjistavropoulos also shared his research on pain in seniors with dementia. In 2010, recognizing the need for additional information, the conference offered a full day-and-a-half of activities. We were pleased to once again have expert presentations from Canadian Pain Society members including Judy Watt-Watson, Mona Sawhney and Carl von Baeyer. Focusing on the implementation of best practices, advanced practice roles, standardized scales for acute care, pediatric pain initiatives, reality in rural health, as well as addictions and alternative therapy interventions, the conference received the attention of the media.

This year, the conference has expanded into a full two-day conference with six keynote speakers. Centering our focus on the nurse as advocate, topics will include: pain in the emergency department, pain policy, palliative pain care, acute pain management and neuropathic pain. Keynote speaker Brandy Love and committee member Glen-Mary Christopher will lead a discussion entitled "Around the Province", focusing on current pain initiatives in Saskatchewan. Barb Hale (Clinical Consultant, Palliative Care Services, Regina Qu'Appelle Health Region) will present on pain challenges in palliative care. As well, local families will share their experiences with having a family member in pain. For further information about conference speakers and topics, please visit us at: [http://www.usask.ca/nursing/cne/programs/2010-11\\_Conferences/Pain2011/Pain\\_Conf\\_2011.php](http://www.usask.ca/nursing/cne/programs/2010-11_Conferences/Pain2011/Pain_Conf_2011.php).

Conference Chair Karen Hewson also heads up the **SRNA Special Interest Group (SIG) in Pain Management**. Karen is on faculty with the College of Nursing, University of Saskatchewan. She has a special interest in pediatric pain and interprofessional education in pain management. Anna Power-Horlick, R.N. is the secretary-treasurer of the SIG. Anna is the Client Care Coordinator of the Chronic Pain Center, Saskatoon Health Region and has been an active member of the Canadian Pain

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## Regional Focus Saskatchewan (cont'd)

Society for many years. The newly formed SIG has approximately 30 members from nursing and other disciplines, all of whom are interested in education and advocacy as part of an effort to move the pain agenda forward in Saskatchewan. The group meets three times a year and the next meeting will be held **November 3, 2011** in conjunction with the Best Practices conference.

In addition to the above activities, an **Interprofessional Education conference in Pain Management** was held in January 2011, in Regina. The one-and-a-half day conference attracted 120 students and faculty from the University of Regina and University of Saskatchewan. Students from the fields of psychology, social work, kinesiology, health studies, physiotherapy, pharmacy, medicine and nursing participated in lectures and case based discussions on a variety of pain-related topics. Students reported that the highlight of the conference was the client panel and the interprofessional collaboration that transpired in the small-group case discussions. It is anticipated that this experience will become an annual activity in an effort to improve interprofessional practice in pain management within our region.



2010 Pain Conference, Moose Jaw Saskatchewan



## TRAINEE SHOWCASE: *Natasha Egeli*



**Natasha Egeli**  
University of Alberta

It was an easy decision to invite Natasha Egeli, a second year doctoral student in the Counselling Psychology Program at the University of Alberta, to be the spotlighted trainee for the Fall 2011 CPS newsletter. Earlier this year, Natasha received the prestigious Vanier Canada Graduate Scholarship to support her continued research in pain, an award she described as being very honoured to receive.

Natasha's involvement with CPS first began in 2004 when she attended the joint CPS and American Pain Society (APS) meeting in Vancouver. In describing her experience of attending the joint conference Natasha told me, *"I was awestruck. There was such a diversity of clinicians and researchers joining forces to overcome the challenges of pain"*. In 2007 and 2008, Natasha returned to the CPS conference to present her undergraduate and graduate research on doctor-patient relationships with individuals who have fibromyalgia. Again, she described being delighted by the opportunity to connect with pain researchers, nurses, physiotherapists, and other health

professionals. She told me, *"I walked away from each conference feeling energized by the compassion, enthusiasm, and support expressed by those who stopped to talk about research or share their experiences. These interactions reinforced that the work I was doing mattered"*.

Natasha's interest in doctor-patient relationships among individuals with fibromyalgia began at the encouragement of her undergraduate research supervisor, Dr. Elliott Marchant who is a University-College Professor in the Psychology Department at Vancouver Island University. Natasha described to me that at that time, *"the literature indicated that people with fibromyalgia struggled for validation and support from their physicians. Today this condition remains poorly understood and difficult to treat. Despite this, I believe how healthcare professionals engage with their patients will influence how well patients manage and adjust to chronic pain"*. Natasha continued to do similar research in her Masters program at the University of Northern British Columbia under the supervision of Dr. Peter MacMillan. *"At that time, no one in the Education Department was conducting research on chronic pain. I was proposing a quantitative project and luckily Dr. MacMillan, who is a statistician, was willing to supervise my work."*

After completing her Masters degree, Natasha took three years before deciding to return to complete a PhD. During that time she worked briefly as a research coordinator for the Division of Health Care Communications at the University of British Columbia, and for two years as a youth and family counsellor for a nonprofit organization on Vancouver Island. *"I loved working with youth and their families,"* she shared with me. *"The work was challenging and rewarding, but some part of me missed doing research and I decided to pursue a doctorate"*.

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## Trainee Showcase (cont'd)

While researching programs in Counselling Psychology, Natasha came across the work of Dr. Denise J. Larsen at the University of Alberta. Dr. Larsen is both a Professor in the Educational Psychology Department, and Director of Research at the Hope Foundation of Alberta. Natasha became very intrigued by the work of The Hope Foundation, which was founded in 1992 by Dr. Ronna Jevne, and was originally established to conduct hope research and provide hope-focused interventions to people with chronic and life threatening illnesses. The Hope Foundation has since expanded to serve individuals with a broader array of personal challenges, and provide education on hope in a variety of settings.

Discussing her new interest in hope research Natasha stated, *“While reading the literature on hope, I was quickly confronted by its complexity. There are many definitions of hope. However, when I encountered Jevne’s words stating that **‘to have hope is to be able to envision a future in which one wishes to participate’**, these words struck me as particularly relevant to people with chronic pain.”* She further elaborated, *“Of those truly struggling with chronic pain, how many envision a future in which they wish to participate? Further, can healthcare professionals imagine desirable futures for each of their patients disabled by chronic pain?”* Quite fittingly, Natasha is now working with Dr. Larsen for her Doctoral work, researching hope and strength-focused group interventions for individuals with chronic pain. She shared, *“this research will unearth how group based interventions influence the hope of participants, and aid in the design of interventions that facilitate adjustment to chronic pain.”*

In the future, Natasha hopes to continue her research and clinical work in a hospital setting. She continues to be grateful for her mentors and organizations, such as the CPS, that have inspired and supported her research. If you would like to contact Natasha about her research, please e-mail her at [egeli@ualberta.ca](mailto:egeli@ualberta.ca). If you would like more information on the Hope Foundation or hope research you can find it at <http://www.ualberta.ca/HOPE/>.

Thank you to Natasha for sharing your interesting work! Best of luck as you continue on in your graduate studies!

Submitted by

Katie Birnie, BA (Hons), PhD Student  
CPS Trainee Representative  
Clinical Psychology, Dalhousie University  
Centre for Pediatric Pain Research, IWK Health Centre  
Halifax, NS

Deadline for submission of materials for the next Newsletter is  
**Friday December 16, 2011**



## Canadian Pain Coalition Update

The Canadian Pain Coalition (CPC) has begun its very busy fall season. CPC activities focus on building awareness about Canada's pain issues and the National Pain Strategy, providing education about pain management to people with pain, and advocating for more effective care for Canadians living in pain. CPC is also developing sustainable funding through our *Pennies for Pain* campaign.

### **AWARENESS BUILDING:**

#### ***National Pain Strategy and Canadian Pain Summit***

The Canadian Pain Coalition is participating in partnership with the Canadian Pain Society to engage and synthesize stakeholder input related to the National Pain Strategy (NPS) document. CPC proudly co-hosted the NPS Stakeholder review meeting on September 16, 2011 in Toronto. Lynn Cooper, Dr. Marc White and Susan Borwick represented CPC at the meeting. You will be interested to know that this past summer all CPC individual and organization members were invited to provide input towards the NPS. During our fall education / awareness activities and presentation schedule, CPC is taking every opportunity to promote the National Pain Strategy and to encourage Canadians to **Rise Up** for the Canadian Pain Summit, **April 24, 2012**.

#### ***Faces of Pain Contest***

In early October, CPC and CPS launched the Faces of Pain Contest. The contest was created to highlight National Pain Awareness Week (November 6 - 12, 2011) and build momentum towards the Canadian Pain Summit. As education and knowledge are crucial elements for managing chronic pain, CPS and CPC have invited Canadians to submit a *Faces of Pain* entry about how chronic pain has affected them or a loved one. They may choose to tell us about a memorable moment, caregiver, healthcare professional, or kind supporter who has impacted their life. Winning storywriters will receive a **\$250** cash prize!

CPC asks that you encourage your patients and clients to consider participating. Contest description and rules can be obtained at [www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca). Winning entries will be highlighted on the new Faces of Pain segment of the CPC website.

#### ***National Pain Awareness Week – November 6-12, 2011***

The 2004 Canadian Senate Declaration of National Pain Awareness Week (NPAW) provides Canadians with the first full week each November to focus on pain awareness and education.

CPC has completed the yearly distribution of our signature NPAW Posters to all pain clinics in Canada. Similar to last year, we included information about the National Pain Strategy and the Canadian Pain Summit in our communication. We encourage you to order your free posters at [office@canadianpaincoalition.ca](mailto:office@canadianpaincoalition.ca). Please encourage your clients to visit the CPC website for a listing of events happening near them.



## Canadian Pain Coalition Update (cont'd)



### **EDUCATION:**

#### ***British Pain Society/Canadian Pain Society Meeting, Edinburgh – June 22-26, 2011***

The joint CPS/BPS conference was a great opportunity for scientists and health care professionals from Canada, the United Kingdom and Europe (over 800 participants) to come together to increase their understanding of pain issues, research and treatment. I was impressed to hear the brainstorming that took place outside of meeting rooms and during receptions that will no doubt lead to innovative approaches to pain research. In the end, people with pain will benefit from these multidisciplinary and international collaborations.

As CPC president, it was an honour to attend the Edinburgh conference in my several capacities. Various events involved my role as CPC's representative on the CPS Board of Directors. As a presenter in the June 23<sup>rd</sup> workshop entitled, "Let me have a say in how my pain is treated: how can we achieve genuine involvement in their care for the person with pain?", I gave the Canadian perspective surrounding this question including presenting excerpts from CPC's *Charter of Pain Patient Rights and Responsibilities*. Thanks to the program committee, including Dr. Jennifer Stinson, the voices of people with pain were heard and involved in discussions! CPC's booth at the tradeshow was well received and many "Conquering Pain for Canadians" booklets now reside in the United Kingdom.

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## Canadian Pain Coalition Update (cont'd)

### *Webinar Series: Chronic Pain, the Journey Forward*

At the invitation of the Canadian Institute for the Relief of Pain and Disability (CIRPD), a CPC member organization, the CPC co-hosted the first two webinars in CIRPD's webinar series about chronic pain management. The first webinar entitled, "*Building Hope: The Way through Pain to Self Management and Recovery*" was presented by physiotherapist Neil Pearson on August 18, 2011. The second webinar, broadcast on September 28, 2011, featured Linda Turner RN, PhD speaking about "*Mindfulness Based Stress Reduction as a Strategy in Reducing Pain*". By combining our networks and influence we were able to provide this educational opportunity to a large number of Canadians. For more information about upcoming webinars, please visit [www.cirpd.org](http://www.cirpd.org) or [www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca).

### *CPC Ontario Fall Pain Series*

The CPC Fall Pain Series has been a successful public education initiative in Ontario for the second consecutive year. The theme for the series is the "*Myths and Facts of Chronic Pain*". To date, we have visited Kingston (September 21), Sault Ste. Marie (September 28) and Niagara Falls (October 4). Individuals can register for the last forum in the series scheduled for **November 10 in Kitchener** at [www.chronic-pain.ca](http://www.chronic-pain.ca).

We thank Dr. Ruth Dubin (Kingston) and Dr. Sol Stern (other cities) for presenting the myths and facts about chronic pain from the health professional perspective. Sandra Gartz and Lynn Cooper provided the person with pain perspective. Q & A sessions garnered responses that could benefit most people in attendance.

When CPC hosts public forums it is important to us to create opportunities for local health organizations to share their disease-specific information and to highlight their resources and services for those who attend. Working together, we can promote better health and quality of life for people with chronic diseases. CPC member organizations, The Arthritis Society and Osteoporosis Canada, have been active participants.

### *CPC's Transitions Living Well with Chronic Pain Symposia – Western Canada*

The CPC launches National Pain Awareness Week with two free public pain symposia in western Canada. Attendees will learn about the Pain Journey and how to create a Pain Plan from health professional and CPC person with pain speakers. The symposia will take place in **Saskatoon on November 5** and **Calgary on November 6**. A dedicated microsite has been created by CPC at [www.LiveWellWithPain.ca](http://www.LiveWellWithPain.ca) to facilitate pre / post symposia learning about chronic pain, registering for the symposia and input by all Canadians regarding important questions about pain management.

The Calgary symposium is being filmed. Health professionals will also videotape answers to the top-rated pain management questions identified by visitors to the microsite. All videos will appear on the site following the symposium.



## Canadian Pain Coalition Update (cont'd)

CPC asks you to encourage your patients and clients in Saskatoon and Calgary to attend these events. People with pain in the rest of Canada can participate by submitting and rating questions that will be answered by our experts and accessing the learning opportunities on the microsite. To learn more about the symposia we invite you to visit [www.LiveWellWithPain.ca](http://www.LiveWellWithPain.ca).

### **FUNDS DEVELOPMENT**

#### ***Pennies for Pain Walk To End Pain***

**Sunday, October 16, 2011** marked an important day for pain awareness in Canada and for CPC to raise funds that support our awareness, education and advocacy work. To learn more about the third annual *CPC Pennies for Pain Walk to End Pain* in the Scotiabank Toronto Waterfront marathon visit [www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca). You can still help us to reach our goal of raising **\$80,000** at CPC's Charity Challenge Home Page <http://www.torontowaterfrontmarathon.com/en/charity/cpc.htm> or contact [office@canadianpaincoalition.ca](mailto:office@canadianpaincoalition.ca) to learn more about hosting a *Pennies for Pain* fundraiser.

Respectfully submitted by

Lynn Cooper BES  
Canadian Pain Coalition President

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## Ontario Chiropractors Association



### ***Chiropractors Play Role in Primary Care Demonstration Project on Lower Back Pain Management***

Recently, the Ontario government established the *Excellent Care for All Strategy* to build and enforce a culture of evidence-based care today to ensure health system sustainability for future generations. As part of the strategy, provincial initiatives were sought out to enhance patient care, improve wait times and reduce inappropriate diagnostic utilization. One of the initiatives funded by the Ministry of Health and Long Term Care (MOHLTC) is a pilot project for a consulting chiropractor role in the primary care setting to assist physicians in the management of lower back pain (LBP).

Developed in conjunction with the Ontario Chiropractic Association (OCA), this innovative project aims to advance greater integration within collaborative, primary health care settings. The pilot project began in September 2011 and involves four chiropractors working with four medical clinics in a consulting capacity to support LBP management at the primary care level before, rather than after, a referral to advanced imaging and medical specialists.

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## Ontario Chiropractors Association (cont'd)

In the model, patients with back pain are referred to the chiropractor consultant at the discretion of the physician. After completing a thorough patient assessment, the chiropractor then provides a recommendation to the physician on whether the patient could benefit from a course of conservative therapies, is a potential surgical candidate, or if advanced diagnostic tests should be ordered. The final patient care decision is determined by the physician, with the chiropractor consultant providing assessment, rather than treatment. If required, patients are then referred to a selected list of relevant community care providers such as physiotherapists, registered massage therapists, occupational therapists, chiropractors and mental health professionals.

*“The objective of this pilot project is to test the feasibility, acceptability and value of this model of care, specifically, physician decision support and knowledge transfer,”* said Dr. Bob Haig, OCA CEO. *“All MOHLTC initiatives to date on the issue of diagnostic tool costs have focused on the ‘supply side’ of delivery. This initiative impacts the demand side by focusing on guidelines and quality of care.”*

The OCA believes that this model of care can demonstrate provider and patient satisfaction and have a positive health system impact related to the management of LBP.

LBP is a major cause of disability and health care expenditure and accounts for a significant portion of primary care physician workload. In Ontario alone, it is estimated that 8-11% of primary care patient visits are related to LBP<sup>1</sup>. Most LBP patients eventually recover, but some do not and recurrence is common. Recurrent, chronic LBP patients who do not respond to usual physician care represent a unique challenge for the health care system and are cited as the most common reason for referrals to orthopedic surgeons and neurosurgeons<sup>2</sup>.

Compounding the issue is the fact that wait-times to see a spine surgeon are among the highest in Canada with an average wait time of more than seven months<sup>3</sup> and many of these patients may not derive benefit from surgical care.

Initial response to the project from physicians and clinical staff has been overwhelmingly positive, with reports that the assessment clinics are running very efficiently.

For more information, please contact **Andrea Endicott**, OCA Health Policy Analyst at [aendicott@chiropractic.on.ca](mailto:aendicott@chiropractic.on.ca).

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<sup>1</sup>Ministry of Health and Long Term Care. Fiscal 2008 M7 and 2009 M6 Potential LBP and/or MSK GP Visit Summary, 2010

<sup>2</sup>ICES Investigative Report. Investigation of Acute Lower Back Pain in Ontario: Are Guidelines Being Followed? April 2004 in Atlas SJ, Deyo RA. Evaluating and managing acute LBP in the primary care setting. Journal of Gen Intern Med, 2001; vol 16: 120-31.

<sup>3</sup>Walker M, Ramsay C, Wrona D. Waiting your turn: hospital waiting lists in Canada. 16th ed. Toronto (ON): Frasier Institute, 2006.



## Announcement: No PAIN+, NO GAIN!



We are conducting a study of a new FREE information service for evidence-based pain management.

### **Uses**

*Pain+* will make keeping up to date and applying the latest research in clinical practice easier for clinicians. To save you time, these articles will be pre-assessed for quality by research staff, and for clinical relevance and interest by practicing clinicians. A wide range of publications from multiple disciplines are surveyed.

### **Format**

As a “one-stop” access to current best evidence from research on pain management, *Pain+* offers:

- A searchable database of the best evidence from the health care literature
- An email alerting system
- Links to selected evidence-based resources

### **Dosage**

*Pain+* was developed as part of a research study comparing two different types of access to pain research evidence. Study participants will be randomly assigned to one of 2 ways of sharing research evidence: 1) sending e-mail alerts and reviews about the best new pain research; or 2) access to web-based resources. All participants get to try both services for 9 months each for FREE.

### **Eligibility**

- (1) physicians, nurses, occupational therapists (OT), physical therapists (PT), or psychologists who are currently seeing patients at least 1 day per week,
- (2) are fluent in English,
- (3) have access to a computer at home or at work which has unrestricted access to the World Wide Web, and
- (4) have an active email account.

### **For more information:**

**Visit:** <http://plus.mcmaster.ca/PainPlus>

**Contact:** Margaret Lomotan, E-mail: [lomotam@mcmaster.ca](mailto:lomotam@mcmaster.ca), Phone: 905-525-9140 Ext. 27328.



## Announcement: New Educational Opportunity



### M.Sc. in Medical Sciences Temporomandibular Disorders/ Orofacial Pain The School of Dentistry, University of Alberta

#### Background:

The School of Dentistry, University of Alberta now offers a 24 month course-based M.Sc. in Medical Sciences – Dentistry. The program, which focuses on Temporomandibular Disorders (TMD) and Orofacial Pain (OFP), commences each September. Lectures, seminars, and clinical experiences provide an optimal, progressive learning experience for students. The clinical program emphasizes participation in differential diagnosis and patient treatment. The clinic has a multidisciplinary component including the fields of medicine (e.g. family, anesthesiology, psychiatry, and sleep medicine), physical therapy, nutrition, psychology, pharmacy and various dental disciplines. Clinical expertise is supplemented by on and off campus rotations to observe and learn other approaches to pain management.

#### Eligibility:

Completion of DDS or equivalent degree from a program recognized by the University of Alberta is required. Applicants must have completed an undergraduate dental degree with a grade point average of at least 3.0 (or an equivalent qualification) in the last 60 units of course weight of their dental program. Where applicable, applicants must obtain a TOEFL score, minimum of 580 (paper-based) or 237 (computer-based). Based on academic record, telephone or in-person interviews, clinical and research experience, expectations and career plan outlined in the letter of intent and 3 letters of reference, the top candidates will be chosen and rank ordered. Admission interviews are normally required. Admission is dependent upon the recommendation of the School of Dentistry Graduate Committee and the Medical Sciences Graduate Program Committee. The deadline for completed applications is October 1st, interviews to occur in November, offers made January/February for September admission. TMD/OFP students receive a stipend for a 24-month period. Funding from other sources may be available on a competitive basis.

#### Contact:

Program inquires can be directed to:

Dr. Norman Thie, BSc, MSc, DDS, MSc Diplomate  
American Board of Orofacial Pain Fellow  
American Academy of Orofacial Pain Fellow  
American Academy of Oral Medicine Director  
TMD/Orofacial Pain Graduate Program 2086 Dentistry/Pharmacy Centre University of Alberta, Edmonton,  
Alberta, Canada T6G 2N8  
[nthie@ualberta.ca](mailto:nthie@ualberta.ca)



## Announcement: New Book Details Integrated Biobehavioral Approach to Improve Outcomes for Chronic Pain Patients



P R E S S   R E L E A S E

### QUICK LOOK

<b>Book Title</b>	Chronic Pain: An Integrated Biobehavioral Approach
<b>Authors</b>	Herta Flor and Dennis C. Turk
<b>ISBN</b>	978-0-931092-90-9
<b>Publisher</b>	IASP Press; August 2011
<b>Price</b>	US\$95.00 [IASP members US\$75.00]
<b>Website</b>	<a href="http://www.iasp-pain.org/books/chronicpain">www.iasp-pain.org/books/chronicpain</a>

The latest book published by IASP Press, *Chronic Pain: An Integrated Biobehavioral Approach*, by Drs. Herta Flor and Dennis C. Turk (2011, softcover, 547 pages), examines how cognitive and behavioral factors play a major role in chronic pain and provides a detailed rationale for a multidisciplinary, biobehavioral approach to chronic pain management. Written by two of the field's leading scientists and scholars, this comprehensive clinical handbook is paired with a CD of assessment methods and treatment protocols for use by health care professionals.

*"The book provides a compelling case in support of an integrative approach to clinical assessment and management of chronic pain that draws upon the state-of-the-science from the diverse field of pain management that extends from clinical neuroscience to translational behavioral medicine science,"* Dr. Robert D. Kerns, National Program Director for Pain Management for the US Veterans Health Administration writes in his foreword for *Chronic Pain*. *"Ultimately, this text promises to stand alone as the single best source for educators and for those seeking to expand their knowledge of the field of chronic pain management."*

With an emphasis on psychological factors associated with chronic pain states, this volume includes recommendations for a structured assessment plan. Using detailed treatment protocols and case examples, the authors aim to guide clinicians in developing effective individualized treatments for their chronic pain patients. *"We strongly advocate customizing treatments to individual patient needs and characteristics,"* said Dr. Flor. *"We believe this integrated approach will lead to the best outcomes for the majority of patients."*

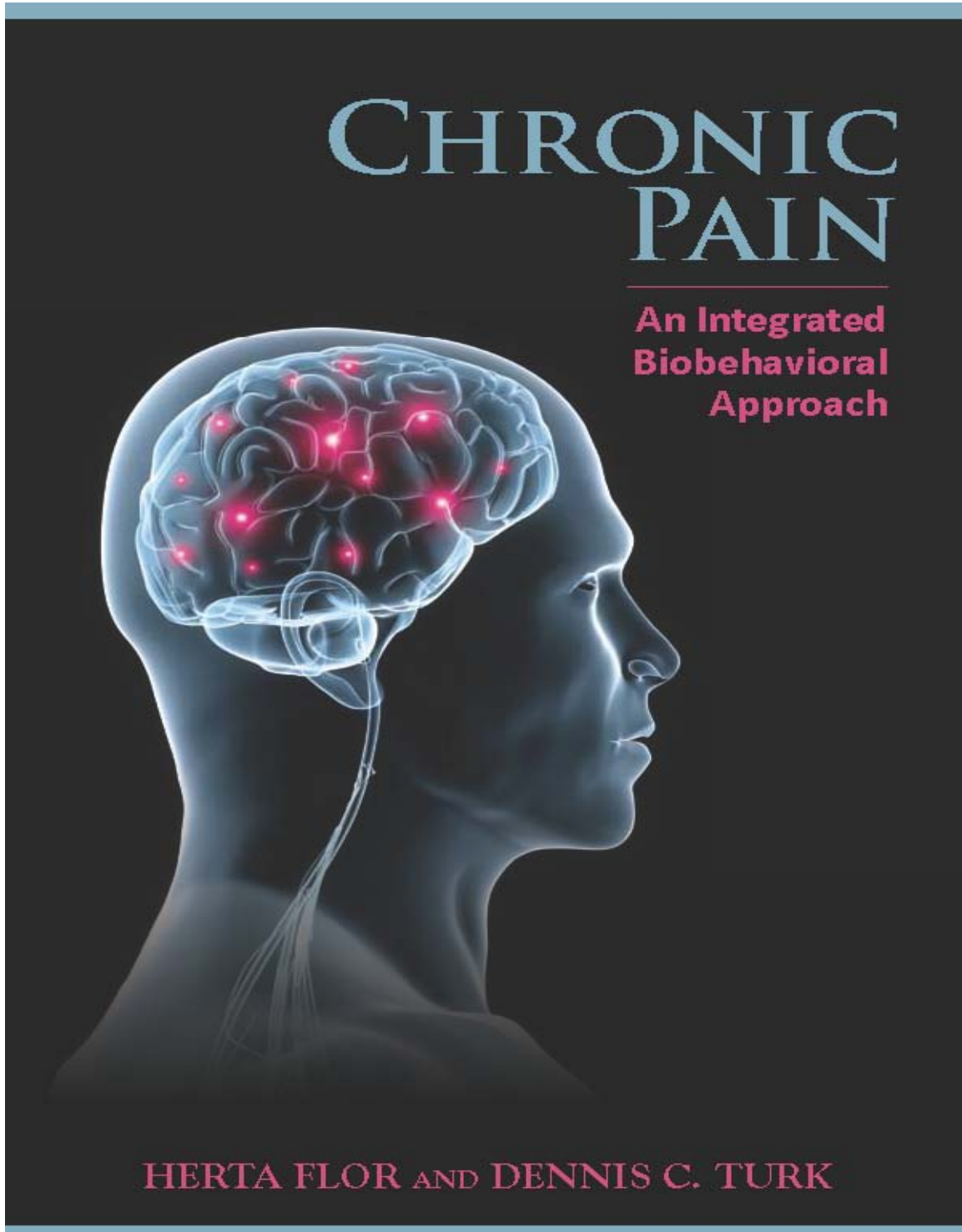
To order the book, visit IASP Press at [www.iasp-pain.org/press/chronicpain](http://www.iasp-pain.org/press/chronicpain) or [www.amazon.com](http://www.amazon.com).

**Contact:** Karen Smaalders | T : +1.206.283.0311 | [iaspdesk@iasp-pain.org](mailto:iaspdesk@iasp-pain.org)

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**Announcement: New Book Details Integrated Biobehavioral Approach to Improve Outcomes for Chronic Pain Patients**





## Announcement: CPS Member Raffle

### CPS Member Raffle

Congratulations! **MOJGAN HODAI**E

Winner August 2011 "New Members Draw"

Mojgan won a \$150 gift card. The next draw will take place November 30<sup>th</sup> 2011.

For more information on the member raffle, please see:  
[http://www.canadianpainsociety.ca/pdf/member\\_raffle.pdf](http://www.canadianpainsociety.ca/pdf/member_raffle.pdf)

### FIND US ONLINE:



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## CPS Whistler: Upcoming Trainee Workshop



Effective clinical practice and research in pain is characterized by strong interprofessional collaboration. As trainees, clinical and basic science alike, we are becoming experts in our own disciplines, while simultaneously understanding our work within the broader multidisciplinary field of pain.

To prepare you for a successful career as a pain clinician and/or researcher, a trainee-oriented workshop addressing interprofessional issues for both clinical and basic science trainees will be offered at the CPS conference in Whistler next May.

Invited speakers include:

- **Dr. Judy Watt-Watson** (Professor Emerita at the University of Toronto and CPS President Elect who is highly involved in the development of interprofessional pain curriculum)
- **Dr. Paula Forgeron** (current Postdoctoral Research Fellow, clinical nurse specialist, and recent graduate from the PhD program in Interdisciplinary Studies at Dalhousie University)
- **Dr. Jason McDougall** (Associate Professor in the Departments of Pharmacology and Anaesthesia at Dalhousie University who will speak to interprofessional issues relevant to basic science trainees)

See you there!

*Katie Birnie, BA (Hons), PhD Student  
CPS Trainee Representative  
Clinical Psychology, Dalhousie University  
Centre for Pediatric Pain Research, IWK Health Centre  
Halifax, NS*



## CPS Whistler: Call for Abstracts



**Pain Hurts...Everyone  
Searching for Solutions**  
La douleur: un problème  
qui touche tout le monde  
À la recherche de solutions



the CANADIAN PAIN SOCIETY  
la SOCIÉTÉ CANADIENNE de la DOULEUR

### CALL FOR ABSTRACTS

**ANNUAL CONFERENCE  
MAY 23 – MAY 26, 2012  
WHISTLER, BRITISH COLUMBIA, CANADA**

#### **DEADLINE DATES:**

**Symposia, Oral Posters, Hot Topics, Moderated Posters  
Regular Research Posters**

**OCTOBER 15, 2011  
NOVEMBER 30, 2011**

The 2012 CPS Conference will create a forum in which scientists, healthcare professionals, and trainees from clinical, educational, research, policy and industry settings can meet and exchange up-to-date information on pain mechanisms, pain assessment, and pain management. The topics to be covered include:

- Advances in understanding the neuroanatomy & neurophysiology of pain
- Preclinical models of acute and chronic pain
- Neuropharmacology of pain and analgesia
- The genetics of pain in humans and animals
- Placebos and neurobiology
- Brain imaging and plasticity
- Advances in pain measurement/assessment
- Biopsychosocial and spiritual context of pain experience
- Pain across the lifespan (children, youth, the elderly, diverse and vulnerable populations)
- Sex and gender issues
- New developments in pain management interventions
- Complementary pain therapies
- Improving access to care
- Knowledge translation – from research to practice and policy
- Education of health professionals about pain
- Pain experience – patient, family and community perspectives
- Advocacy, public and governmental lobbying
- Research designs & methodologies – from descriptive knowledge to mechanisms

#### **Accepted Abstract Remuneration:**

The Canadian Pain Society **does not provide any remuneration** for accepted Symposia or Poster abstracts. **Any author that has an accepted poster or symposium is required to register for the conference, for at least the day of presentation.**

#### **Abstract Submission: Submissions are only accepted online at:**

English: <http://www.canadianpainsociety.ca/callforabstracts/en/>  
French: <http://www.canadianpainsociety.ca/callforabstracts/fr/>

1. All presenters are required to register for the conference – for the day they are presenting, for the full conference, or for the session they are presenting in.
2. If you are a trainee, and wish to have your poster judged for a basic research or clinical research poster, you must attend the conference to present your poster in person and be a member of the Canadian Pain Society.
3. Abstracts will be published in *Pain Research and Management*, the Canadian Pain Society Journal.
4. Abstracts are filed by first author's last name and communication is through the first author or a designate.
5. Submitting author will receive notification by email indicating receipt of submission(s).
6. Submitting author will receive notification of acceptance once reviewed by the Scientific Committee.
7. Submissions may be made in English or in French. All presentations must be in English only.
8. Submissions may NOT be a work-in-progress. They must be final data and be in final format when submitting.
9. Abstracts that are not final will not be accepted.
10. Submissions must have at least 3 overall learning objectives listed for Symposium presentations, not necessary for each presenter's topics, just for the main overall Symposium.



## CPS Whistler: Call for Abstracts (cont'd)

### Symposia – OCTOBER 15, 2011

These sessions are intended to address issues in clinical practice, basic science, and/or public policy. Priority for acceptance will be given to multidisciplinary proposals (e.g. including within the session two or more presentations each of which represents a different clinical discipline and/or basic science) in accordance with the CPS mission related to multidisciplinary education, research & policy. Symposia will be normally 90 minutes in length – presentation time will be 80 minutes in total (allowance for beginning and end movement) and should be designed to encourage audience participation. Symposia will have only two other speakers in addition to the Symposium Chair. Symposium proposals should be submitted by the Symposium Chair and are to include an abstract describing 1) Symposium title; 2) Symposium participants' names along with their degree and their institutional affiliation; 3) overall aim of the Symposium and 4) three learning objectives listed. In addition the Symposium proposals should include individual structured abstracts of **250 words** or less describing each speaker's presentation. The on-line submission process will prompt you for the proper submitting format.

### All Abstracts – Must include the following:

Each abstract should contain the: 1) title of the abstract; 2) authors' names, along with their degrees; 3) institutional affiliation for each author; 4) a concise description under the headings: **Aims, Methods, Results** and **Conclusions** of the proposed presentation. The on-line submission process will prompt you for the proper submitting format. Maximum of **250 words**, excluding authors.

### Poster Awards:

If you are a trainee and wish to have your poster judged for a basic science or clinical research poster award, you must attend the conference to present your poster in person and be a member of the Canadian Pain Society. During your submission process indicate if you are a trainee. Regular Research posters and Moderated posters by trainees will be considered and reviewed on Friday May 25<sup>th</sup> for Best Clinical Research and Best Basic Research posters.

### CHOOSE ONE CATEGORY ONLY:

#### Regular Research Poster – NOVEMBER 30, 2011

Submissions are invited on any aspect of pain research. The poster format allows presenters and registrants to informally discuss research findings.

#### Moderated Poster Presentations – OCTOBER 15, 2011

Researchers will be provided with an opportunity to present their poster orally during the Attended Poster Session on Friday May 25<sup>th</sup> or Saturday May 26<sup>th</sup>. Up to 6 Researchers will have an opportunity to speak at their poster for a 10 minute maximum including questions. Please indicate "Consider for Moderated Poster Presentation" on your submission if you would like to be considered, and choose the option during your online submission. Submissions that are not selected for a moderated presentation will be then reviewed for a Regular Research Poster presentation.

#### Oral Presentations (Data Blitz)– OCTOBER 15, 2011

Researchers will be provided with an opportunity to present their data orally in one of the concurrent sessions. Up to 6 researchers will have this opportunity to present for a maximum of 10 minutes. Please indicate "Consider for Oral Presentation" on your submission if you would like to be considered, and choose this option online during the submission process. Oral Presentations by trainees are not considered for the Poster Awards. Submissions that are not selected for an oral presentation will be then reviewed for a Regular Research Poster presentation.

#### Hot Topics in Pain Research – Trainee Presentations – OCTOBER 15, 2011

Submissions are invited from trainees on any topic of pain research. The abstract should be of very high quality with the emphasis being on novel findings. Four abstracts will be selected for an 8 minute oral presentation by each presenter during the program on Friday May 25<sup>th</sup>. Eligible trainees must be registered in a university degree program at the time of research submission. Trainee submissions that are not selected for hot topic presentations will be then reviewed for Regular Research Poster presentations.

#### CONTACT FOR QUESTIONS REGARDING SUBMISSIONS:

**Jason McDougall** Scientific Program Chair at [Jason.McDougall@Dal.Ca](mailto:Jason.McDougall@Dal.Ca) or  
**Ellen Maracle-Benton**, Office Manager, Canadian Pain Society Office at [ellen@canadianpainsociety.ca](mailto:ellen@canadianpainsociety.ca)

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the CANADIAN PAIN SOCIETY  
la SOCIÉTÉ CANADIENNE de la DOULEUR

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**Mark Your Calendars**

Deadline for submission of materials for the next Newsletter is **Friday December 16, 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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Behavioural Neuroscience  
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Email: [lallooc@gmail.com](mailto:lallooc@gmail.com)

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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 Alberta and British Columbia to contribute news from your part of Canada.**