



President's Message

Un résumé en langue française est disponible ci-dessous pour mes collègues francophones.

In this Message I will update members of the Society on activities and progress that is being made on several fronts by CPS officers and staff. I will begin with work we have devoted to arrangements for the Society's Annual Conference in Victoria, BC, from May 27-30, 2008. A very informative series of presentations and workshops is in place for Pain Education Day on Wednesday May 28th, which is preceded by a public forum on the

previous evening. The scientific programme on Thursday and Friday (May 29/30) is also very exciting – Several excellent keynote lectures and plenary sessions are planned in combination with a vast array of workshops reflecting the interdisciplinary nature of the field. Time has also been set aside for over 80 oral and poster abstract presentations, as well as, for attendees to visit the exhibit booths showcasing new information, services, products, and more. Social activities include the Wednesday evening

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Editor's Note

It's incredible how the time flies! This edition of the Newsletter marks the end of my two year term as your faithful editor. I'd like to thank the CPS executive for the opportunity to become involved with this dynamic organization. I have learned a great deal about the 'pain scene' in Canada and have met a lot of fabulous people along the way! I'd also like to thank the membership for embracing the Newsletter and helping to shape the content – without your contributions it could not have grown to what it is today. I hope CPS members from across the country will continue submitting news of their activities.

And what better way to contribute than to **become the next editor**? Joining the organization as editor of the quarterly Newsletter is a great way to become active in the Society, to meet colleagues from across the nation, and to keep current with research, advocacy, and clinical applications in the field of pain. The editorial position is a two year term (June 2008-May 2010) involving putting together the quarterly newsletter and attending two yearly executive meetings. On average, each newsletter involves approximately 6-8 hours of work. If you are interested in this position, please contact the current editor,

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Spring 2008

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President's Message (cont'd)

Welcome Reception in the spectacular Royal BC Museum and the Awards banquet on Thursday evening. Details of the conference programme, as well as registration and accommodation details, are available at the CPS website (www.canadianpainsociety.ca).

Those members who have recently visited the CPS website may also have noticed that a series of PowerPoint slides on pharmacological approaches to chronic neuropathic pain management have been posted. This slide set is based on Moulin et al.'s recently published guidelines (Pain Research & Management 12:13-21, 2007) and is available for members' use in presentations they may be making on the topic. Other items of interest on our website are details of two CPS-sponsored surveys (Pain Curricula in Health Science Faculties in Canada and Wait Times for Access to Pain Treatment in Canada) and presentations from the September 2007 meeting on the proposed scheduling of Tramadol.

As noted in my last Message, two new CPS Special Interest Groups have been formed: Education SIG and Interventional SIG. Arrangements have been made for the inaugural organizational/business meetings of these two SIGs, as well as the annual meetings of the Neuropathic Pain SIG and the Nursing SIG, during the CPS Annual Conference in Victoria. The Annual General Meeting of the Society will be held late afternoon on Thursday May 29th. It is anticipated that one of the items brought forward for approval will be the revised CPS Bylaws to be circulated to CPS members prior to the Annual Conference.

I wish to congratulate Dr. Judy Watt-Watson, the first recipient of the CPS/Purdue Pharma Interprofessional Education Award. This award reflects the importance of interdisciplinary pain education and it was gratifying to note from the several applications for the award that a number of interprofessional educational activities are

taking place in Canada. Judy will make a presentation based on her role and experience in IPE activities, during Pain Education Day at this year's CPS Annual Conference. Winners of other CPS awards (e.g. Distinguished Career Award; Young Investigator Award) will also make keynote presentations during the Conference. I also take this opportunity to extend congratulations to CPS Past-President Celeste Johnston for being selected to receive the Canadian Nurses Association Centennial Award honouring contributions to Nursing in Canada.

Finally, the CPS along with the Canadian Pain Coalition and Canadian Pain Foundation and our many other partners across Canada continue to advocate for pain through the painexplained.ca initiatives that I have outlined in previous Messages and are highlighted elsewhere in this edition of the Newsletter. We continue to gain media attention through TV and radio interviews and in the print media. Fundraising events that garner additional public awareness of pain are being planned for the summer, as well as, for National Pain Awareness Week in early November. Further details of pain advocacy activities will be presented in Victoria.

Given the range of scientific, educational, clinical, and social features of the Conference, all CPS members should plan to attend – I look forward to seeing you there!

À mes collègues francophones:

Le congrès annuel de la Société canadienne de la douleur aura lieu à Victoria, en Colombie-Britannique, du 27 au 30 mai 2008. Une série de présentations et d'ateliers des plus informatifs ont été planifiés pour la journée éducative sur la douleur qui aura lieu le mercredi 28 mai, et qui sera précédée par un forum public qui se tiendra la veille en soirée. Plusieurs excellentes conférences et séances plénières seront présentées dans le cadre du programme scientifique les jeudi et vendredi 29 et 30 mai, auxquelles s'ajouteront divers ateliers reflétant la nature multidisciplinaire et

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President's Message (cont'd)

interdisciplinaire de notre domaine. Vous aurez également l'occasion de visiter plusieurs kiosques d'exhibition. L'assemblée générale annuelle de la SCD ainsi que des réunions organisationnelles et d'affaires des quatre groupes d'intérêt spécial de la SCD (sciences infirmières; douleur neuropathique; éducation; interventionnel) auront également lieu lors du congrès. Des activités sociales sont prévues, dont la réception de bienvenue du mercredi soir, qui aura lieu au spectaculaire Royal BC Museum, ainsi que le banquet et la cérémonie de remise de prix planifiés pour le jeudi soir. Vous trouverez les détails du programme de la conférence, ainsi que des renseignements concernant l'inscription et l'hébergement, en consultant le site Internet de la SCD (www.canadianpainsociety.ca). Compte tenu de la gamme d'activités scientifiques, éducationnelles, cliniques et sociales présentées à la conférence, tous les membres de la SCD devraient planifier d'y assister. J'espère avoir le plaisir de vous y accueillir!

Une série de diapositives en format PowerPoint a récemment été ajoutée au site Internet de la SCD concernant les approches pharmacologiques pour la gestion de la douleur neuropathique chronique. Ces diapositives sont basées sur les directives nouvellement publiées (Moulin et al Pain Research & Management 12:13-21, 2007). La version française des diapositives sera bientôt disponible, afin que les membres puissent les utiliser lors des présentations qu'ils feront sur le sujet. De plus, les membres trouveront plusieurs autres nouvelles intéressantes sur la page d'accueil du site.

J'aimerais féliciter le Dr Judy Watt-Watson qui est la première récipiendaire du prix d'éducation interprofessionnelle SCD/Purdue Pharma. Judy fera une présentation sur son rôle et son expérience au sein des activités d'éducation interprofessionnelle lors de la journée éducative sur la douleur, durant le congrès annuel de la SCD à Victoria. Les lauréats des autres prix de

la SCD (p. ex. le prix de distinction de la carrière, et le prix du jeune chercheur) feront également des présentations durant la conférence. Je profite de l'occasion pour féliciter l'ancienne présidente de la SCD, Celeste Johnston, récipiendaire du prix du centenaire de l'Association des infirmières et infirmiers du Canada qui salue la contribution exceptionnelle d'un individu au domaine des sciences infirmières au Canada.

Finalement, la SCD, de concert avec la Coalition canadienne contre la douleur et la Fondation canadienne contre la douleur et nos nombreux partenaires à travers le Canada, continuent à défendre les intérêts du domaine de la douleur grâce aux initiatives (douleurexpliquee.ca) que j'ai mentionnées dans mes messages précédents. Divers événements pour mieux sensibiliser le public à la douleur sont prévus pour l'été prochain, ainsi que pour la Semaine nationale de sensibilisation au problème de la douleur qui aura lieu au début de novembre.

*Barry J. Sessle, MDS, PhD, FRSC
President, Canadian Pain Society*



Editor's Note (cont'd)

Diane LaChapelle, at dlaclape@unb.ca for further information, questions and insight and the CPS Office Manager, Ellen Maracle-Benton by April 30th ellen@canadianpainsociety.ca. We encourage you to consider this position and get involved with the Society. Thank you.

In this edition of the Newsletter, our Regional Focus Section brings us news of some great research and clinical initiative taking place in Ontario and Quebec. In the summer edition, our next stop on the cross Canada tour will be **Manitoba and Saskatchewan**. Thus, I'm calling on all members in these two provinces to send in their updates and news of what is happening in their provinces in relation to research, political/advocacy issues, teaching, clinical initiatives, or members making the news.

I hope everyone enjoys this edition of the newsletter. As always, please remember that the newsletter is here to serve you. If you have any suggestions for improvement, change, story ideas, etcetera, please do not hesitate to get in touch with me – dlaclape@unb.ca. I'm looking forward to receiving submissions from across Canada and in particular from Manitoba and Saskatchewan for our next Regional Focus.

SUBMISSION DEADLINE IS JUNE 27TH.

Diane LaChapelle

Trainee Corner

Trainee Conference Session

The upcoming trainee session at the CPS conference promises to be very informative and useful for trainees. We can all identify with the challenge of applying for, and obtaining, student fellowships. The trainee session entitled, "How to get a CIHR Doctoral Award" will provide trainees with helpful information and tips from two unique perspectives: the head of Program Delivery Division at CIHR (Dominique LaLonde) and a successfully funded doctoral student (C. Meghan McMurtry). We hope that you will find the session informative and useful for your future grant writing. See you in Victoria!"



Trainee Spotlight

In this edition of the trainee corner, I am delighted to introduce you to Kelly Smith, a PhD Student in Clinical Psychology at Queen's University. Kelly received her Bachelor of Arts (Hons) Degree from the University of British Columbia in 2002

and her MA in Clinical Psychology from Queen's University in 2005. Currently, working under the supervision of Dr. Caroline Pukall, Kelly's main research focuses on women with provoked vestibulodynia (PVD). PVD is a recurrent genital pain condition that affects approximately 12% of women in the general population. The most common symptom of PVD is pain during sexual intercourse. When asked about the specific focus of her research, Kelly explains: "Given the intimate and interpersonal context in which PVD pain often occurs, my research examines the impact of this condition on women's sexual relationships. To date, little research has examined this topic and very few studies have included intimate partners of women with PVD".

Using a variety of innovative research methodologies ranging from self-report questionnaires to psychophysical testing and behavioral observation coding, Kelly is currently completing three studies for her dissertation. The

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Trainee Corner (cont'd)

first is an online survey that assesses sexual, relationship, and psychological functioning among women with PVD and their partners in comparison to pain-free couples. Her second study assesses genital and non-genital pain thresholds among women with PVD and control women in order to examine the relationship between psychophysical pain reports and self-reported relationship and sexual functioning. Kelly's final study is an observational study that uses behavioral coding to assess the quality of couples' interactions. When I asked Kelly about the implications of her research, she explained: "I hope that these studies will provide comprehensive information on the relationships of women with PVD and will stimulate further investigation into this distressing pain condition".

Kelly felt well-prepared to study the interplay between chronic pain and relationships, given the excellent research opportunities she was provided in her undergraduate and Master's training. Under the supervision of Dr. Christine Chambers, Kelly completed an undergraduate honors project that examined the impact of parental recurrent headaches on children's family and psychological functioning. As an undergraduate, she also worked in Dr. Kenneth Craig's lab on a project that investigated observer's judgments of pain in children with autism. Regarding her master's research under the supervision of Drs. Dean Tripp and Caroline Pukall, Kelly told me: "My Master's project was a leap from the study of pediatric pain but combined my interests in chronic pain conditions and relationships by focusing on the sexual and relationship functioning of men with chronic pelvic pain syndrome (CPPS) and their partners. My study was the first to include partners of men with CPPS and provided a solid foundation from which to study couple relationships among women with PVD".

Outside of her dissertation work, Kelly's other research focuses on psychological constructs, such as fear of pain, among women with PVD. She has previously been awarded funding from

NSERC and currently holds a SSHRC Canada Graduate Scholarship. Kelly was also the recipient of the Society for Sex Therapy and Research Student Research Award in 2006 and recently received her first grant as principal investigator from the Lesbian Health Fund of the Gay and Lesbian Medical Association (GLMA) to study sexual functioning, including pain during intercourse, among lesbian women.

With regard to her clinical work, Kelly's interests lie broadly in pediatric and adult health psychology, sexual dysfunction, mindfulness and yoga, and mental health. She has completed several interesting practica including those in the area of stroke rehabilitation, child and adult mental health, and child and adult assessment. Currently, Kelly leads a yoga session in a stress management group for people undergoing stroke and brain injury rehabilitation and she hopes to pursue future research in the area of yoga for chronic pain. When asked about her future goals, Kelly said: "I feel that my research and clinical training have prepared me very well for a career as a scientist-practitioner. I am planning to apply for clinical internship this fall and am looking forward to a future career in academia where I can continue studying chronic pain conditions".

I would like to thank Kelly for sharing her fascinating research and training experiences with us. All the best in the upcoming year!

If you would like to speak with Kelly 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.

See you at the CPS conference in Victoria in May!

Sincerely,

*Melanie Noel,
Clinical Psychology PhD student (Dalhousie
University)*



Canadian Pain Coalition Update

The Canadian Pain Coalition (CPC) is focusing forward with redefined and reaffirmed goals, as well as, new strategies arising from our strategic planning exercise. The Strategic Plan will be presented at our AGM on May 27 in Victoria. The CPC is continuing to promote awareness of pain issues in Canada and is working to grow the painexplained.ca awareness campaign. We strive to provide educational opportunities for people with pain to assist them in managing their pain more effectively. We are accomplishing this through website development, a new educational grant program for our members, and connecting with the general public at health fairs and via the media. Of vital importance is the role the CPC plays in providing the "Patient Voice" in policy discussions with government and industry.

Mark your calendars!

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

Planning for NPAW is already well underway. The CPC's 5th annual fundraising Gala is scheduled for **Friday, October 17** in Toronto. We are using the earlier date as a venue to kick off NPAW in style; our guest of honour this year is Karen Kain, Artistic Director of the National Ballet of Canada. The gala is the main source of funding for CPC activities.

As fall approaches, the NPAW poster will be available for download and free hard copies can be ordered at www.canadianpaincoalition.ca. Attendees at the CPS conference will receive a poster in their conference package. Activities/events as they unfold will be posted on the CPC website and the campaign site www.painexplained.ca. Help us support your NPAW events by making us aware of your planned activities – we can then post them on the two websites to help spread the word.

Connecting with Canadians

By attending local health fairs and hosting our display booth, the CPC has been actively engaging the general public. The Women's Health

Matters Forum and Expo at the Toronto Metro Convention Centre (January 18/19, 2008) is the largest event we have attended to date. More than 10,000 people were registered and several hundred people including health professionals stopped by the booth to obtain educational materials. They were pleased to know that we are growing our website to provide well rounded education on pain management. Our volunteers heard many heart wrenching stories from people who live with pain and their caregivers. As always, we provided support through caring and education. At a health fair for a private company on March 7th, the most poignant questions came from two fathers who were looking for help for their children who have chronic pain. The value of engaging the public this way is that we learn what help they need and then we seek to provide the information.

The CPC is planning to attend the Canadian Diabetes Association's Live Smart Diabetes Expo at the Toronto Congress Centre on June 7. We are looking for health professionals who would be interested in volunteering on that day to lend their knowledge and expertise to the discussions with visitors in a general manner only. Please contact Ellen (ellen@canadianpainsociety.ca) in the office for more details.

Representing Canadians

The CPC provided the patient voice at a stakeholders' meeting convened by Health Canada on February 25th regarding the scheduling of Tramadol. CPC representatives, Lesley Singer and Lynn Cooper reiterated the ramifications for patients if Schedule 1 is implemented. These views are highlighted in our letter to Minister Clement, which is posted on the CPC website. As a result of the concerns expressed by stakeholder groups, Health Canada presented two alternatives to participants: placing tramadol in schedule 1 or 4. When asked to discuss the merits of these two options over a two hour period, the consensus of those present was

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Canadian Pain Coalition Update (cont'd)

to choose door number 3: The stakeholders asked Health Canada to convene an expert panel to review again, the evidence provided in the position paper created from the CPS Tramadol workshop of Sept. 12, 2007, as well as other evidence that had not been considered. When Health Canada asked, in a parting question, "If you had to choose between the two options for scheduling, which would you choose?", the general consensus was to choose Schedule 4, which reduces the impact on all stakeholders compared to Schedule 1 but still allows for criminal prosecution for diversion. The dialogue continues.

The CPC, along with members of CPS, were invited by the Public Health Agency of Canada to participate in a meeting held in Ottawa on March 31 to assist the Agency in exploring the impact of chronic non cancer pain in chronic disease management. As a result of the presentation by Paul Taenzer and the comments by Barry Sessle, Diane LaChapelle and Lynn Cooper, Agency staff received a plethora of information on the true status and burden of pain in Canada and the negative effect of persistent pain on quality of life in the experience of a chronic disease. Options for best practice medicine in pain/wellness care, awareness and education initiatives by the CPC, CPS and our painexplained.ca campaign, as well as areas that Health Canada can influence policy and action were highlighted. We are encouraged that the Public Health Agency initiated this meeting and we hope that further contact and discussion will prompt meaningful change.

CPC and Pain in the Media

In March, Lynn Cooper had the opportunity to provide information for a Readers' Digest article on pain. Topics included the status of pain in Canada, the challenges of living with long-term pain and the possibilities of enjoying a productive life when pain is well managed. Lynn also spoke about the importance of the person with pain taking responsibility for their pain care, and finally, the awareness building, policy change and educational efforts of the CPC and its partners.

On March 26, Direct Engagement Inc. filmed a "Chronic Pain Roundtable" at the University of Toronto that will be aired at a future date on Rogers Cable TV. The six member professional panel highlighted the challenges of dealing with pain in Canada and put forward suggestions for improving services and treatment. Questions from the audience added to the depth and scope of the roundtable. Through her question, Lynn Cooper focused the panel's discussion on how people who live with pain can become more active in their own pain care. Barry Sessle engaged the panel surrounding research funding for pain. A notable observation is that the panel spent a large majority of the time talking about pain patients' needs yet someone with pain was not on the panel to articulate those needs.

Partnering with the CPS

Expansion of the pain educational components of the CPC website will occur faster in the near future as we partner with the CPS Education Special Interest Group to create a patient resource centre on our respective websites. We aspire to create a site where people with pain can find the most up to date information that will assist them in helping themselves to better manage pain. If you have information that you feel would assist patients we would be grateful for a submission to the website.

CPS Conference

The CPC will once again host our booth at the CPS Conference in Victoria. Drop by the booth to pickup information for your clients, for some fun give a ways and to let us know what you are planning for NPAW. We look forward to seeing you.

Respectfully submitted,

Lynn Cooper
President
Canadian Pain Coalition



Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec

Quebec

Quebec Pain Research Network/le Réseau québécois de recherche sur la douleur - submitted by Sid Parkinson, Network Manager

In April 2007, the Quebec Pain Research Network (QPRN)/le Réseau québécois de recherche sur la douleur (RQRD) was approved as the newest member of the *Fonds de la recherche en santé du Québec's* (FRSQ) "réseaux thématiques". The creation of these research networks is an established part of health research policy in *La Belle Province*, and is used to synergize recognized research strengths into collaborative bodies that facilitate the development of new findings and encourages the translation of this new knowledge from one level of research to the next, and ultimately to clinical practice and beyond.

QPRN groups together over 50 full members and 26 associate members, whose research and clinical expertise spans the gamut from genes and molecules to clinical interventions and health service assessments. It is organized using three "Unifying Themes" – *Assessing* (phenotyping pain in animals and humans), *Seeing* (imaging pain, from cells to humans), and *Explaining* (knowledge translation and exchange) pain – which, taken together are expected to improve our *Understanding* of pain which will lead to innovations in *Diagnosing, Managing and Curing* pain. This is the *Vision* of the Network.

- *The mission of the Network is to contribute through basic, clinical, evaluative and epidemiological research to the improvement of the quality of life of Quebecers who suffer from pain*

QPRN facilitates collaborative research and knowledge translation through a number of networking activities, including workshops, symposia, and its annual Winter Pain Meeting, a

PI-only research forum that encourages discussions through the use of "blitz presentations" of 5 minutes duration. Preparing for these presentations forces the researcher to focus his or her mind dramatically, requiring the crystallization of their work into a brief time slot in such a way that they survive the barrage of questions aimed at them by their colleagues afterwards. As the old saying goes, *what doesn't kill you makes you stronger!*

The Network also supports a number of research platforms, which provide low-cost, high-end technical services to its membership. For example, its *Cellular Imaging Platform* will be supporting the development of new tools (e.g., transgenic mice, viral vector), which will allow the investigation of novel research questions related to pain biology by Network researchers. On the other extreme, its *Human Models Platform* will be setting standards for psychophysical testing within the Network, ensuring that, for example, the same battery of psychological tests are in use, that QST systems are calibrated in the same way, and that subject/tester interactions are standardized. The aim behind this is simple: ensuring that the results obtained in one lab are translatable to others, facilitating the process of patient/participant recruitment and allowing for multi-centre studies within the province.

In addition to these networking and technical support programs, QPRN is supporting two large clinical research projects. Firstly, there is the *Province-wide Clinical Research Initiative*, led by Manon Choiniere and Mark Ware, whose principle aim is to create a provincial chronic pain Patient Registry. This registry, once developed, will form the backbone infrastructure that will facilitate clinical research in the province. The second project is led by Gilles Lavigne and Jeff Mogil, and will be a first step towards determining the *Genetic, Gender, and Environmental Factors Affecting Chronic Pain*. This will be the first large-scale

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Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec (cont)

attempt by the Network to assess these issues and will be achieved by capitalizing on the trauma research program already in place in the specialized trauma treatment unit at the *Hôpital de Sacre Cœur*. Using a select group of their patients, a comprehensive set of demographic, lifestyle, sleep, dietary, psychological and pain symptom data will be obtained and integrated with a high quality DNA databank to help tease out the confounding question as to why some of these patients go on to develop pain and sleep disorders and others do not. Once established, this databank will also allow researchers to perform inexpensive targeted genotyping to test for genes shown to be important for pain in animal models for their relevance in humans.

All of the activities describe above have been made possible by the partnerships established in Quebec to support pain research amongst government (FRSQ, the Quebec Health & Social Services Ministry) and the private sector (AstraZeneca and Pfizer Canada).

For more information about the Network and its work, visit our website at www.qprn.ca.

Chronic pain research and treatment in Quebec gets \$4.35-million boost from Pfizer, AstraZeneca, MSSS and FRSQ

(excerpt from www.cnw.ca)

“Two of Canada's leading pharmaceutical companies are joining forces with the Fonds de la recherche en santé du Québec (FRSQ) and Quebec's Health and Social Services Ministry (MSSS) to help in the battle against chronic pain and give a boost to Quebec's pain researchers and clinics affiliated with Quebec's four medical-research universities.

The partnership - a first in Canada - is designed to strengthen what is already the country's leading

pain research and treatment network, the Quebec Pain Research Network (QPRN), which links pain clinics at Quebec's four university-hospital networks and more than 75 doctors and researchers specialized in chronic pain.

Under the partnership, Pfizer Canada, AstraZeneca, the FRSQ and MSSS will provide \$4.35 million over four years to fund research and education that will improve our understanding of chronic pain and help doctors diagnose and treat pain more effectively.”

Complete details are available at: www.cnw.ca/fr/releases/archive/February2008/28/c6844.html

Programme des lésions musculo-squelettiques, Centre de réadaptation Lucie- Bruneau

- submitted by Julie Charron, Ph.D., Psychologist, Centre de réadaptation Lucie-Bruneau

A stimulating partnership was developed in Montreal between a hospital-based pain clinic and a physical rehabilitation center. Le *programme des lésions musculo-squelettiques* du Centre de Réadaptation Lucie-Bruneau uses a biopsychosocial model of treatment for clients with disabilities related to accidental injuries. Often referred to the program after hospitalization, the interdisciplinary team (general practitioner, physiotherapist, occupational therapist, kinesiologist, psychologist, social worker) helps patients in their recovery process.

Although the program focuses on function rather than pain relief per se, 94% of the patients have pain complaints. Patients learn to apply a diversity of non-medical pain management tools and pharmacological management is often presented as another useful tool. Unfortunately, the support of a community-based physician is not always possible because of waiting lists and difficulties in communicating regularly with the rehabilitation team. The partnership involves a monthly or

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Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec (cont)

bimonthly visit from an anesthesiologist from la *Clinique de la douleur du Centre Hospitalier Universitaire Hôtel-Dieu de Montréal*. Patients identified by the team who are at risk for chronicity or who have pain control issues are evaluated. Medical interventions, if needed, are later performed at the hospital. Both patients and rehab clinicians benefit from this new partnership.

Programme ACCORD

- submitted by Manon Choinière, PhD

Manon Choinière, Clinical Scientist at the Research Centre of the Montreal Heart Institute and Associate Professor at the Department of Anesthesiology at the University of Montreal (Mtl), and a team of researchers from the University of Sherbrooke, Mtl and McGill, have recently received a 2.5 million of dollar grant from CIHR for the Programme ACCORD--Application Concertée des Connaissances et des Ressources en Douleur. This grant was obtained through a special CIHR program entitled *Team Grant: Community Alliances for Health Research and Knowledge Exchange on Pain*. The purpose of this CIHR initiative is to engage active partnership between research teams and community organisations which will foster high quality research and knowledge exchange and translation (KET) in the field of pain.

The Principal Investigators are Drs Choinière, Serge Marchand (Neurosurgery, U of Sherbrooke), Terrence Montague (Groupe de recherche en gestion thérapeutique, U of Mtl) and Dominique Dion (Family Medicine, U of Mtl). The co-investigators are Drs Patricia Bourgault (Nursing, U of Sherbrooke), Celeste Johnston (Nursing, McGill U), Lyne Lalonde and Diane Lamarre (Faculty of Pharmacy, U of Mtl), Paule Lebel (Institut universitaire de gériatrie de Montréal, U of Mtl), David Lussier (Geriatric Medicine, McGill U), Sylvie Perreault (Faculty of Pharmacy, U of Mtl), Richard Riopelle (Montreal Neurological Institute, McGill U), Maureen Simmonds (School of Physiotherapy and Occupational Therapy, McGill U), Michael Sullivan

(Psychology, McGill U), Michel Tousignant (Centre de recherche sur le vieillissement, U of Sherbrooke) and Alain Vanasse (Groupe de recherche PRIMUS, U of Sherbrooke). The Programme ACCORD team also includes primary care clinicians from various disciplines (e.g. medicine, pharmacy, physiotherapy), members of two community organisations--l'Association québécoise de la douleur chronique (association of chronic pain patients) and the Mouvement des aînés du Québec (association of elderly people). Representatives of the Société québécoise de la douleur (association of pain clinicians) and health care professional associations, as well as, decisions makers at different levels of the Health Ministry of the Quebec Government also collaborate in Programme ACCORD.

The main objectives of Programme ACCORD are to improve the condition of individuals who suffer from chronic pain in Quebec and to provide them with best possible care by developing novel and efficient KET strategies regarding the prevention, diagnosis and management of chronic pain in adult and elderly individuals. The impact and efficacy of the KET interventions will be assessed from a clinical, social and economic point of view. The results will help in ameliorating the quality of life of individuals who suffer from chronic pain by providing them with better access to good health care services in Quebec and by giving them an active role/partnership in the management of their health.

Ontario

Integrating Pain Management Services at The Ottawa Hospital

- Submitted by John Kowal¹, Ph.D., C.Psych., Peter Henderson¹, Ph.D., C.Psych., & Cathy Smyth², M.D., Ph.D. (¹The Ottawa Hospital Rehabilitation Centre, ²The Ottawa Hospital-General Campus)

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Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec (cont)

This is an exciting time to be involved in pain-related services at the Ottawa Hospital (TOH). There are several ongoing initiatives aimed at more fully integrating pain management services across TOH's many campuses.

Recently, TOH established a Pain Council whose purpose is to lead initiatives through interdisciplinary collaboration to support quality, safe, and ethical patient care, as well as to promote best practice for pain management for all TOH patient populations. This is a corporate committee with representation from all TOH disciplines, pain-related programs, and the community consumer *advocate*. To date, the Pain Council has developed a pain assessment policy and various quality indicators. It also organized and sponsored the 2007 National Pain Awareness Week at TOH and is in the process of developing a comprehensive TOH pain education strategy.

On the administrative side, there are ongoing efforts to better integrate the various pain services offered at TOH. Many opportunities for improved patient access, quality and continuity of care, research, education, and training have been identified.

November 2006 saw the opening of a brand new, state-of-the-art 4,500 sq. ft. Pain Clinic in the Critical Care Wing of TOH-General Campus. One of the new programs the clinic offers is a Complex Refractory Cancer Clinic that is being run one day per week in collaboration with Palliative Care. The purpose of the clinic is to develop a stepwise coordinated approach to pain management for cancer patients that have severe refractory pain or are at risk for severe pain.

In terms of research, a program evaluation of the three-week, interdisciplinary Chronic Pain Management Program of the Ottawa Hospital Rehabilitation Centre (TOHRC) is ongoing. Within this overall framework, a number of research questions focus on patients' and clinicians' global ratings of change and the notion of clinically

meaningful change. We are developing a new research program with a focus on interpersonal variables (e.g., adult attachment styles) in the context of chronic pain. Other lines of inquiry aim to develop and/or validate psychological measures for use with chronic pain patients and to examine clinically relevant constructs, such as self-perceived burden. The Institute for Rehabilitation Research and Development of TOHRC has been instrumental in supporting these research initiatives. Additional pain-related research projects focus on neuropathic pain in the areas of HIV and hepatitis C.

Research at the Toronto Poly Clinic

- submitted by Kevin Rod, MD

Toronto Poly Clinic (TPC) is a multi-disciplinary pain management centre specialized in multimodality clinical procedures for pain management. Along with the clinical practice, TPC is actively involved in pain science and education, physician training, and research and development in novel methodologies in pain treatment and control. One of our research focuses has been centered on a novel technology called HIFU (high intensity Focused Ultrasound). HIFU is an energy-based modality in which intensive ultrasound is focused in tissue to give rise to therapeutic effects. The treatment is usually performed under appropriate imaging for treatment monitoring and control. HIFU is well-known for a number of encouraging attributes including: non-invasiveness, high treatment precision, low mortality and morbidity, short hospitalization time and low cost. One of the novel applications of HIFU that is directly related to pain management and control is in precise non-invasive treatment of neural tissue. HIFU has the capability to induce irreversible as well as reversible changes in neural tissue. Among others, this could potentially open up new beneficial treatments and procedures in pain management and anaesthesia. TPC's interest in HIFU research and development is focused on

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Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec (cont)

finding new HIFU applications for neuro-modulation by permanently or temporarily changing the sensory nerve conduction to eliminate and/or reduce pain. TPC in collaboration with distinguished researchers and established academic and industrial research centers in the field is actively pursuing an advanced research and development program in novel applications of HIFU in pain management, anaesthesia, and neurosurgery.

In January 2008, the Ontario Ministry of Research and Innovation approved an Ontario Research Fund – Research Excellence (ORF-RE) multi-institution research and development grant with over \$25 million in total funding in the area of HIFU technology development and commercialization (for more information see http://www.mri.gov.on.ca/english/news/Orf020708_sunnybrook_bd2.asp). This is strong evidence of the Ontario government's support for maintaining the province's leading position in this cutting-edge area of science and technology. Four major research institutions (Sunnybrook Health Sciences Centre, Ryerson University, Thunder Bay Regional Health Sciences Centre, and University Health Network) along with a number of distinguished researchers in the field and established industrial partners are involved in this advanced R&D initiative. For more information about TPC's research activities, visit: www.tpclinic.com.

Research at the Lawson Health Research Institute, London Health Sciences Centre

- reprint from the Lawson Health Research Newsletter submitted by Dwight Moulin, MD

Neuropathic pain is chronic and intense, and can be brought on by the most innocuous event - like getting dressed. For its sufferers, neuropathic pain is puzzling and frustrating. It can result from injury in a car accident, such as a spinal cord injury, or from common diseases including diabetes and cancer.

Dr. Dwight Moulin, who is a scientist at Lawson Health Research Institute and Head of Neurology at London

Health Sciences Centre, along with Dr. Patricia Morley-Forster, Lawson scientist and Medical Director, St. Joseph's Hospital Pain Clinic, are spearheading a \$1-million, three year study on chronic pain sufferers that will help solve the riddle of neuropathic pain. The study, which includes five multi-disciplinary pain centres in Ontario and Quebec, will enable doctors to determine the specific causes of pain and will result in a comprehensive database that will help identify the intensity and impact of pain, as well as best practices for its management and treatment.

"Neuropathic pain is very different from normal pain (for example pain you feel when you stub your toe). It typically occurs when there has been damage to peripheral nerves, which extend from the spinal cord all the way to fingertips and toes and other body surfaces," says Dr. Moulin, "The damage can lead to a rewiring of cells inside the spinal cord so that even a light touch on the surface of the body can end up being transmitted to the brain as a pain signal."

When pain persists at these levels, a person's entire life is impacted. It can become difficult to concentrate and remember things, to perform routine tasks, or to think about anything except the pain. As many as one in three Canadians will suffer from chronic pain. And the costs to the Canadian economy due to medical expenses, lost income and productivity are estimated in the multi-billions of dollars.

"This grant will allow us to purchase state-of-the-art equipment to determine the specific causes of nerve injury pain for each individual," states Dr. Moulin, "and with this information we will develop a national database that will be disseminated throughout pain centers in Canada to provide the best management possible for neuropathic pain."

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University of Alberta offering **New MSc Program in Temporomandibular Disorders and Orofacial Pain (Dentistry)**

Advanced dental education in North America and many other parts of the world now includes formalized residency training programs in orofacial pain. As of September 1, 2007, the Faculty of Medicine & Dentistry at the University of Alberta is pleased to announce the offering of a 24 month course based MSc (Temporomandibular Disorders (TMD) and Orofacial Pain) in Medical Sciences – Dentistry under the direction of Dr. Norman Thie. The program is unique to Canada and one of only a handful of pain clinics around the world incorporating a multidisciplinary team. In this regard it is considered a premiere and unique TMD/Orofacial pain program. It offers training and clinical experience in the diagnosis, treatment and management of all forms orofacial pain in diverse populations, providing a wealth of experience through the Director and attending staff with years of experience in dealing with the complexities of orofacial pain. The team members are comprised of group of health care professionals that include alumni, faculty members from both Dentistry and Medicine,

and colleagues within the community. The program emphasizes acquisition of the necessary background in pain medicine and the science of pain, including neurophysiology, neurobiology, pathophysiology, neuroanatomy and pharmacology of orofacial pain. This knowledge is gained in a rigorous curriculum and rotations that focus on the necessary medical and dental disciplines and their associated sciences. Students of the program embark on a 24 month journey of information acquisition and clinical exposure that is very demanding. Applications for the program are ongoing and growing. The deadline for completed applications is October 1st. For more information, please visit the Faculty of Medicine and Dentistry website at: <http://www.dent.ualberta.ca/msctmd.cfm> or contact Ms. Pat Lapointe (plapoint@ualberta.ca) or Dr. Norman Thie (nthie@ualberta.ca).

Don't forget

**A special invitation is extended to our colleagues in
Manitoba and Saskatchewan
to contribute news from your part of Canada.**



painexplained.ca

Working together to get answers for pain By Dr. Roman Jovey

For many years clinicians have worked to help people in pain overcome their suffering and live more productive and fulfilling lives. But for every patient helped, there are *many more* waiting on lists for help that often comes “too little or too late” (if at all). Over the years, healthcare professionals have struggled individually to make things better for patients. We know what needs to be done: improving public understanding of pain; preventing people from progressing from acute pain to chronic pain; and improving the management of patients with chronic pain to ensure they receive timely, appropriate treatment according to their individual needs. The problem is how to go about achieving these goals.

In 2007, the Canadian Pain Society, the Canadian Pain Coalition, and the Canadian Pain Foundation joined with industry partners, representatives of a number of existing pain advocacy, academic and other groups in the pain field, as well as experts in other fields (e.g., media) to launch the **painexplained.ca** campaign. This initiative seeks to address the needs of all those that suffer from undertreated pain in Canada.

We began a planning process to allow us to coordinate efforts and speak with one voice on the key issues affecting Canadians in pain. We agreed on a common goal: to promote improved understanding, prevention and management of all types of pain across the country.

In our first 10 months of working together, we have already made important progress, including conducting an important population study of the prevalence and impact of pain in Canada, as well as an audit of pain education in health professional faculties across Canada.

We held our first fundraiser “A Night to Tackle Pain” at the Rogers Centre in Toronto in July of 2007. Building on the success of our initial event, the campaign is now preparing for the ‘First Annual **painexplained.ca** Celebrity Golf Classic’. To find out more about this exciting event please visit the ‘Events’ section of our website at www.painexplained.ca.

With the launch of our website in November of 2007 we now have a one stop portal site where anyone who is interested or involved with the issue of pain can go to learn more about pain, access important information, news and resources, and help us to raise the level of pain awareness.

Our awareness message was also taken to the media in 2007 through the release of two news releases during National Pain Awareness Week in November, both of which received positive coverage from across Canada. We also took our message to Ottawa, arranging a day of meetings which included Health Minister Clement’s policy staff, his Parliamentary Assistant, Stephen Fletcher, and opposition Health Critic Dr. Carolyn Bennett.

Building upon this initial success, much more is planned in 2008 to keep driving the important messages of our campaign.

To stay informed on all of the events and activities we have planned for 2008 please go to the website, www.painexplained.ca. If you would like to find out how you can help the campaign, please contact us at info@painexplained.ca. We need to continue building a network of interested people in each province to help us spread the word across Canada. Please join the campaign and make a difference!





Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec (cont)

Funding for the study has been made available through a Canadian Foundation for Innovation industry partner grant with major funding from Pfizer Canada. "Pfizer Canada is deeply committed to the Canadian Neuropathic pain database project and to the goals of the study," comments Dr. Bernard Prigent, Vice President and Medical Director, Pfizer Canada, "We are pleased to partner with Lawson's scientists spearheading this pain researchers network in Ontario and in Quebec, because we believe this initiative will advance the search for solutions to alleviate the suffering of people living with neuropathic pain."

The University of Toronto Centre for the Study of Pain (UTCSP)

- submitted by Nancy Mitchell, Administrative Coordinator, UTCSP

The University of Toronto Centre for the Study of Pain (UTCSP), established in 1999, is a centre of excellence and leadership in pain research and education. A partnership of the Faculties of Dentistry, Medicine, Nursing and Pharmacy, the UTCSP is home to a unique community of pain scientists, dedicated to excellence in research and scholarship as well as the rapid and seamless translation of new knowledge on pain into educational programs for both health researchers and health practitioners.

Emphasizing interdisciplinary collaboration in the study of pain, the UTCSP's team of basic and clinician scientists is internationally recognized for both its breakthrough discoveries and novel approaches to interdisciplinary education in pain. Many UTCSP members are actively involved in patient care and clinical education through the Centre's participating Faculties and affiliated teaching hospitals, and serve to reinforce the team's shared commitment to closing the gap between research evidence and pain management practices at the clinical level. In bridging research activities to a coordinated array

of interdisciplinary educational programs, the UTCSP strives to ensure that new ideas, new therapies and new evidence-based strategies for alleviating pain continue to be developed, disseminated and clinically applied, today and well into the future.

Pain scientists at the University of Toronto have a long history of pioneering research on the mechanisms, assessment and management of pain across the lifespan. Amongst their most significant discoveries are breakthroughs in the understanding of craniofacial, surgical and paediatric pain, the genetic mechanisms that modulate pain, and the cellular and molecular mechanisms that impact on acute and chronic pain. In balancing basic and clinical science research, the UTCSP is intent on promoting translational advancements in pain that have a meaningful impact on clinical practice.

The Interfaculty Pain Curriculum, the UTCSP's flagship program, enables undergraduate health science students to develop skills and knowledge in the assessment and management of pain through a dynamic interdisciplinary learning experience. Every spring, over 850 University of Toronto students from nursing, dentistry, medicine, pharmacy, occupational therapy, and physical therapy gather for this required 20-hour integrated curriculum on pain. Supported by lectures and panel discussions, the program centres on a series of interprofessional small group sessions in which participants, guided by a team of more than 80 clinician facilitators, collaborate to develop comprehensive interdisciplinary management plans for a set of standardized patients. The only program of its kind in the world, the curriculum garners strong support from students for both its instruction on pain and the opportunity it provides for interprofessional growth.

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Special Feature: Regional Focus VI

Highlighting the work of our Members in Ontario and Quebec (cont)

The Centre sponsors numerous conferences, lectures and seminars on pain research. One of its premiere annual events is UTCSP Pain Day. This multidisciplinary retreat engages trainees, researchers, principal investigators and clinicians in an interactive symposium on the latest advances in pain science. In addition to offering trainees, at all levels and from a broad range of interest, an opportunity to expand their understanding of current topics on pain, this event serves to promote an informative dialogue amongst leading stakeholders in the pain research community.

The UTCSP's principal programs in research

training involve its Clinician Scientist Trainee Award, Purdue Pharma OGSST, and a variety of Strategic Training Program Grants funded by the Canadian Institutes of Health Research: *Pain in Child Health (PICH)*; *Pain: Molecules to Community (PainM2C)*; and *CellSignals*. Supporting new and innovative individual scientists or transdisciplinary teams of investigators, these programs are devoted to educating the next generation of pain researchers and increasing research capacity in key areas, such as clinical pain management.

Meeting Announcements

5th Annual International Symposium of Ultrasound for Regional Anesthesia ISURA 2008

April 24-27, 2008

Toronto, Ontario

ISURA 2008 will provide anesthesiologists a comprehensive overview of ultrasound guided regional anesthesia for surgery and chronic pain treatment. It also addresses other useful ultrasound applications in anesthesia.

Conference website: www.usra.ca/ISURA/index.php

Canadian Pain Society Annual Conference:

May 27-30, 2008

Victoria, BC

CPS website: www.canadianpainsociety.ca

Pain Management 2008

Vancouver to Alaska Cruise Conference, July 13-20, 2008

The UBC Division of Continuing Professional Development and Knowledge Translation invites you to attend an exciting new CME Cruise Conference on topics related to acute and chronic pain.

Conference website: www.cpdkt.ubc.ca/Home.htm

Cruise Connections Canada CME webpage: www.cruise-connections.com/cme

IASP website: www.iasp-pain.org/2008Congress.htm



Meeting Announcements (contd)

6th James Black Conference: New Pain Concepts and future Treatments

August 16-17, 2008

St. Andrews, Scotland

The British Pharmacological Society invites you to attend the 6th James Black Conference, conveniently held just before the IASP World Congress on Pain.

British Pharmacological Society website: www.pbs.ac.uk/article451.asp

International Association for the Study of Pain 12th World Congress on Pain

August 17 - 22, 2008

Glasgow, Scotland

IASP website: www.iasp-pain.org/2008Congress.htm

8th International Symposium on Pediatric Pain (ISPP09)

June 7-11, 2009

Acapulco, Mexico

The Symposium will attract more than 700 leaders of the practitioner and research community, committed to preventing, controlling and eliminating pain in infants, children and adolescents. Physicians, nurses, psychologists, physiotherapists and other health professionals and scientists will attend. This is an opportunity to market and showcase the broad range of products and services appropriate for pain control in children's clinical, hospital and home settings.

Conference website: www.ispp2009mexico.com

Canadian Pain Society - 2009 Annual Conference

May 27 - 30, 2009

Quebec City, Quebec

Plan now to attend the 2009 Annual Canadian Pain Society Conference in beautiful and historic Quebec City! Dates are May 27 – May 30, 2009. Quebec City is having its 400th birthday this summer and the city is preparing for festivities by upgrading many restaurants, hotels and tourist areas in anticipation of the many people that will join in this celebration this summer. Quebec City offers its visitors old world charm, history, fabulous restaurants and quaint streets to wander and shop! The Canadian Pain Society is beginning the planning now, so keep an eye on the website (www.canadianpainsociety.ca) for further details and the on-line abstract submission process that will become available in summer 2008.





the CANADIAN PAIN SOCIETY
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Mark Your Calendars

Deadline for submission of materials for the next Newsletter is **June 27, 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

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