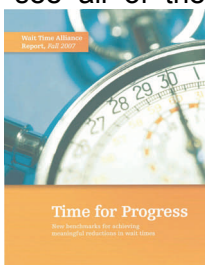




President's Message

Grateful is how I feel as I look forward to serving as President over the next 2 years. What I am most warmly and deeply appreciative of are the members of our Society. I am thankful for excellence in previous leadership and ongoing administration that have led to continuous growth. This, in combination with consistent support from our members and partners, has put us in a healthy financial position with which to move our mandate forward. Being right in the centre of things allows one to see all of the excellent work that is being done across Canada by clinicians, research scientists and patients who are living with pain.



The CPS Task Force on Wait Times identified that people deteriorate while waiting and recommended people with chronic pain wait no longer than 6 months and for many pain conditions and for children the waits should be much shorter than this. Some of this information was taken up fairly quickly and included in the Wait Times alliance report "Time for Progress" published in the Fall of 2007, as well as being published in the journals *Pain* and *Pain Research and Management*. The CPS executive wrote to IASP about the importance of addressing the topic of Wait Times. In response, the IASP nabbed two of us to Co-chair an IASP Task Force on Wait Times. Our mandate is to develop a document to assist the IASP Council

Continued on Page 2

Editor's Note

Welcome to the summer edition of the CPS Newsletter! It was great to meet many of you at the Annual Meeting in Quebec City. Thank you to all who sent in great photos of this very successful event. I have included as many as possible in the upcoming pages.

This edition of the newsletter contains our regular features - news from our President, our Trainee Representative, the Canadian Pain Coalition, and *painexplained*. In addition, there is lots of other news. There's an interesting book review about mindfulness and pain,

information about a virtual symposium on pain in older persons, an introduction to the Canadian Consortium for the Investigation of Cannabinoids, and this year's recipients of the Neuropathic Pain Research Awards. This summer's *Regional Focus* section is highlighting the work of CPC members in Saskatchewan. The response to my request for submissions about research, teaching and advocacy from members in this province was fabulous. Unfortunately, no submissions were received from our

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Summer 2009

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President's Message (cont'd)

to establish international recommendations for wait times when they meet in October 2009. As anticipated, the problem in many countries and regions is a complete lack of services.

On the home front the STOP Pain II Project identified waits of over 1 year in over 30% of publicly funded multidisciplinary pain centres, with vast areas of the country having no service at all. As a result, the CPS struck a Task Force on Service Delivery to address this problem. This Task Force held its inaugural meeting in Quebec City on the Tuesday before our conference. At this meeting it was clear that there are several Provincial (BC, NS, Quebec) and regional (Calgary) initiatives making some headway on service delivery. There are educational initiatives (e.g., U of T Interdisciplinary curriculum, Ambassador Program, APDOC Royal College Fellowship application, Pain Self-help training programs) making inroads in the education of health care professionals regarding pain management. There are knowledge translation and research networks dedicated to pain. There is work being done on a pain registry (Quebec) and a neuropathic pain database (started at Western). Of critical importance is the fact that there is growing strength in the patient advocacy network due to efforts by the Canadian Pain Coalition (CPC) and the Chronic Pain Association of Canada.

Through the *painexplained.ca* campaign, CPS has joined with the CPC and the Canadian Pain Foundation to advocate for greater awareness and resources to be dedicated to pain in pain care, education and research. Your representatives have been advocating with people in some of the top offices on Parliament Hill, at CIHR, and at the Association of Medical Faculties of Canada, with plans for continued work. This follows along on very important work being done by the nursing SIG to improve education and accreditation standards for pain assessment and management within Canadian hospitals. The CPS has also hired a PR firm and this in combination with the *Pain Explained* campaign will allow us to be responsive and take advantage of opportunities to raise awareness about issues of interest to people living with pain.

Much work has been done and this work is now converging in a way that I believe will allow us to accelerate our efforts related to pain. Thanks to all who have worked so hard to get us to this point and thanks to all of you who have stepped up to the plate when asked to take on more work in what I know are already very busy schedules. Thanks as well to those who have come forward and offered to do even more, you are an awesome and generous group. There is something very special about people who choose to work in the world of pain and I think it has everything to do with the wonderful people living with pain who teach us.

Submitted by:

Mary Lynch MD FRCPC
President, Canadian Pain Society



Editor's Note (cont'd)

members in Manitoba. If anyone is familiar with work done by our colleagues in Manitoba, please forward names to me. I will send them a personal invitation to submit to future newsletters.

The next stop on our cross-country tour is **Alberta** and **British Columbia**. Members from these provinces are encouraged to share with us news of what is happening in their provinces in relation to research, political/advocacy issues, teaching, clinical initiatives, or members making the news. I'll coordinate your submission with others from your province.

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 – ev5@queensu.ca. I'm looking forward to receiving submissions from across Canada and in particular from Alberta and British Columbia for our next Regional Focus.

Submission deadline: September 15, 2009

Sincerely,

*Elizabeth VanDenKerkhof
Editor*

Canadian Pain Coalition Update

Welcome to summer! We hope you all take some time to enjoy this wonderful season.

The CPC has been accomplishing a great deal since the last newsletter. We are pleased to provide an update from three members of the Board.

CPS Conference, Quebec City

All of the Board of Directors attended the conference and spent the days learning about the latest information on pain and meeting all the wonderful people of the CPS who help those who live with pain every day. The CPC is the voice of the people who live with pain. It is so valuable for us to attend this conference. We get first hand knowledge of what is happening in pain research and treatment. With this new knowledge we can continue to inform our members.

Board Meeting

The CPS Conference gave the CPC Board of Directors our yearly chance to meet face to face. As a new member, it was so nice to put a face and personality to a name and voice. We have a wonderful team of dedicated volunteers, to help the CPC grow even stronger, as we continue our great work. Our main topics were the Pain Resource Centre (PRC) and approval of our new fundraising campaign, "Pennies for Pain".

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Canadian Pain Coalition Update (cont'd)

The Pain Resource Centre (PRC) is a joint effort of the CPC and CPS and is a comprehensive web-based resource about pain and pain management for people who live with pain and all the professionals who devote their practices to helping those same people.

"Pennies for Pain" got Board approval as our first fundraising campaign. CPC has never solicited funds from members. We are in our 8th year and growing everyday. In order to maintain our standards and move forward we need sustained funding. People who live with pain daily are often on limited incomes, so we are asking them to donate what they can, and it may mean saving pennies. The campaign will be launched in September with our first effort at a marathon. One team and 4 runners/walkers (to date) will join the Scotia Bank Toronto Waterfront Marathon on Sunday Sept 27. If you walk or run, you may want to join us! Contact office@canadianpaincoalition.ca for more details. Watch for upcoming e-bulletins with exciting news about *Pennies for Pain*.

Annual General Meeting

Lynn Cooper, President, accepted another 2 year term, by acclamation. The Board of Directors is confident Lynn will keep the momentum going. Thank you, Lynn, for your dedication to the CPC and ultimately, the 6 million people who live with pain daily.



Lynn Cooper & Diane Lewis

Diane Lewis was thanked for her dedication to the CPC as she ended her term as Vice President.



Lynn Cooper President and Helen Tupper

Helen Tupper retired from the Board of Directors. Helen was our Co-founder (with Celeste Johnston) and founding President. In honour of her commitment to the CPC, the "Helen Tupper Award for Volunteerism in Pain Education and Awareness" will be awarded annually to a Canadian Pain Coalition member who demonstrates exemplary volunteer service.



Regional Focus: Highlighting the work of CPS Members in Saskatchewan

Pain and quality of life among patients in long-term care facilities

Thomas Hadjistavropoulos (University of Regina) is principle investigator on a 2.4 million team grant from the Saskatchewan Health Research Foundation. The focus of the research is to understand pain and other quality of life issues in long-term care facilities. The research team includes researchers from both Saskatchewan universities.

Thomas Hadjistavropoulos and Heather Hadjistavropoulos (University of Regina) recently co-edited a self-help book designed to assist older adults with pain management (Hadjistavropoulos, T., & Hadjistavropoulos, H.D. (Editors) (2008). *Pain management for older adults: A self-help guide*. Seattle: IASP Press). The book is the first IASP published volume that is directed towards patients.

Submitted by:

*Thomas Hadjistavropoulos
Ph.D., R.D. Psych., ABPP
Professor of Psychology,
RBC Senior Research Fellow, and
Director, Centre on Aging and Health
University of Regina
<http://uregina.ca/hadjist/>*

Pain among older caregivers

Heather Hadjistavropoulos (University of Regina) along with several graduate students (Shannon Jones, Amy Janzen, Nicky Pugh) has been investigating the role of pain among older caregivers, and examining the relative impact of caregiver's own pain versus care recipient's functioning on caregiver burden.

Submitted by:

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

*Director of Clinical Training Department of
Psychology*

University of Regina Regina

www.uregina.ca/arts/psychology/faculty/hadj-h.htm

Pediatric pain studies

Several pediatric pain studies are underway in Saskatoon. The Research Group on Pain in Childhood (www.usask.ca/childpain) includes researchers who have recently completed studies on growing pains, needle pain, and numerical rating scales of pain intensity. Ongoing projects include studies of children's memory for pain; verbal anchors for children's self-report of pain; ways for children to identify the physical location of their pain; and several clinical quality improvement projects.

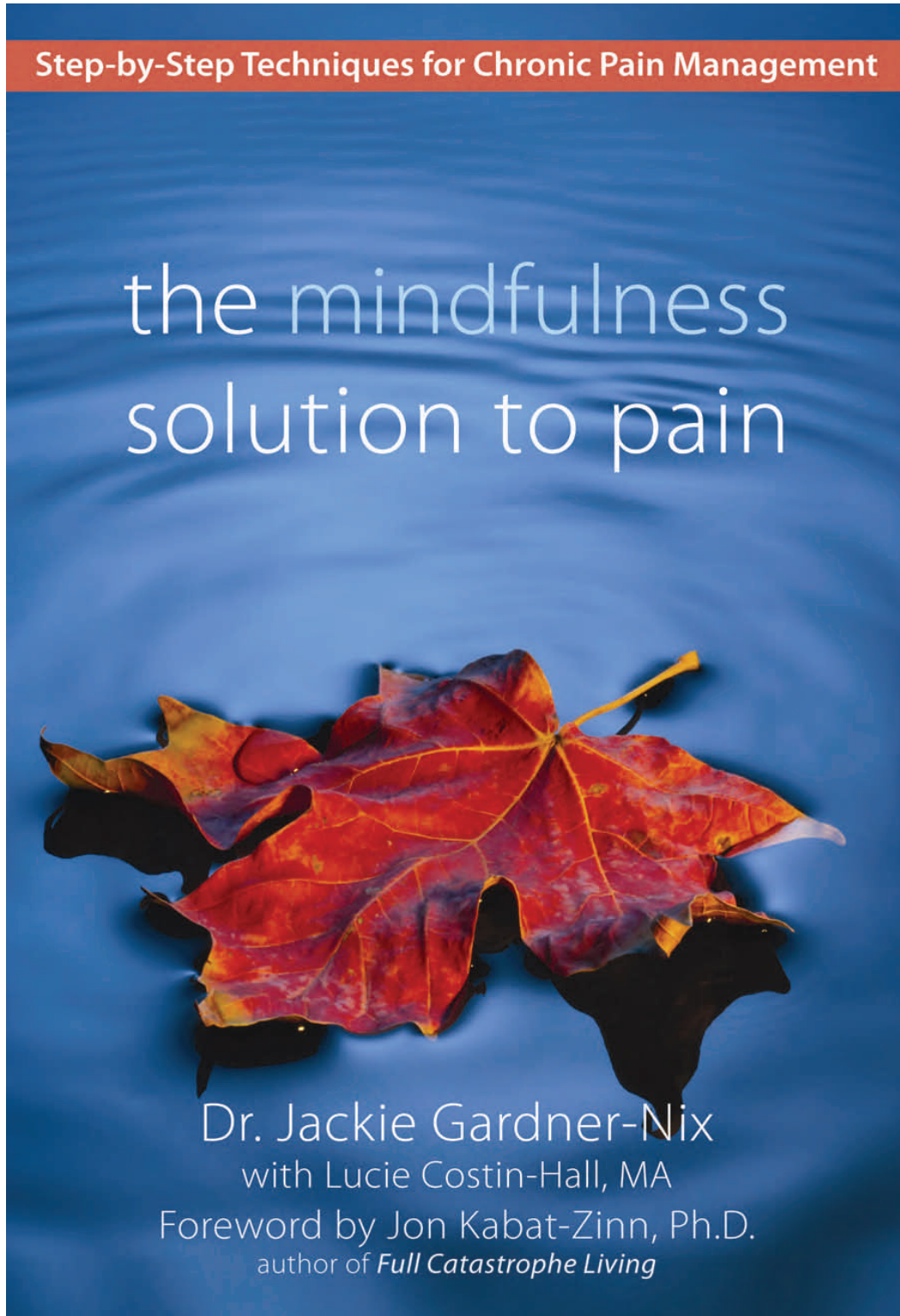
The Canadian Institutes of Health Research (CIHR) has recently approved renewal of the Strategic Training Initiative in Health Research -- *Pain in Child Health* (\$1.95 million, 2009-2015), continuing a highly successful national and international research training program (www.paininchildhealth.dal.ca). The University of Saskatchewan will serve as this program's hub for trainee researchers on pediatric pain in Alberta, Saskatchewan, and Manitoba.

Submitted by:

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Professor Emeritus of Psychology &
Associate Member in Pediatrics
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Book Reviews: The Mindfulness Solution to Pain



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Book Reviews: The Mindfulness Solution to Pain (cont'd)

Author: Dr Jackie Gardner- Nix

Reviewed by: Dr Pam Squire

Publisher: New Harbinger Publications, Inc.

ISBN 13; 978-157224-581-5

Have you ever wondered if it was possible to learn to cope with pain by simply reading another book?

This book, *The Mindfulness Solution to Pain*, is an easy to read but powerful story about how mindfulness can change the way chronic pain can affect a patients' life. It describes a method for people to change the relationship they have with their pain and in doing so, perhaps not change their pain, but change forever, the strangle hold pain has on their life. I have often described and then formally "prescribed" meditation to my patients. "It's like learning to play a musical instrument," I have said. "You need to practice every day and you need to find a good instructor." But even great instructors recommend home reading and for those who do not have access to live teaching, a book can step in and provide very meaningful advice.

I like the way this book provides many different ways to help patients understand their own connection between stress and health. It offers practical information about many different pain management strategies and illustrates how many pain patients have successfully used this information to transform their own lives. The book is well organized and clearly written with engaging anecdotes. It offers several different paths to mindfulness; through meditation, but also through art, poetry, visualizations and guided imagery. It is referenced, well organized and has a thoughtful list of recommended reading. I would have liked to see a list of alternative resources including, for instance, websites, information on programs that offer courses, known communities of excellence, etc.

Mindfulness based stress reduction is reaching its own tipping point across the country and not just for pain. It is rapidly becoming an alternative strategy to manage the stress that appears all too frequently in most of our lives. Now reaching into schools as well as communities through local classes taught across the country it offers those who would look, a way to reconnect with themselves. This journey to accept what life has planned for us is poignantly described by Judy Gorman who writes near the end of Dr Garder-Nix's book. "I decided to go for a drive, and of course, my pain had to come with me...and then" describing the pain. "Sitting beside me, seat belt undone, defiant as always." It is her story but it is also the story of many of my own patients who have come to find mindfulness and meditation a salve and sometimes more a salvation.

I would recommend this book to all health care workers who treat patients with chronic pain. It offers valuable insights into alternatives we should be familiar with. I would also recommend this book to anyone who is suffering from chronic pain, especially those who feel stuck.

Unfortunately all too often, even the best medical management is unable to completely relieve pain. Many patients who initially focused on the medical community for an answer begin to realize that at least some of the answer must lie elsewhere. If you and your pain are looking for a new relationship than this is the first book you should read.

Submitted by:

Dr. Pam Squires



Trainee Corner

Kimberley Allen

In this edition of Trainee Corner, I am pleased to introduce you to Kimberley Allen. Kimberley is beginning her third year of doctoral studies at the Lawrence S. Bloomberg Faculty of Nursing under the supervision of Dr. Cindy-Lee Dennis. Kimberley received her nursing degree from McMaster University in 1996, and a Master's of Nursing from the University of Toronto in 2007.



Kimberley is interested in the experience of nipple pain during the early stages of lactation in breastfeeding mothers. When asked where her motivation to conduct research on this unique population came from, she replied that, "Although I have practiced nursing in Obstetrics, my interest in breastfeeding-related pain came from personal experience. I had incredible pain in the early stages of breastfeeding, and this came as a total surprise to me. During my Master's studies, I decided to take a closer look at the literature to see what research has been conducted to address this problem. I was amazed to find that there was a lack of strong research in this area, and that the phenomenon of nipple pain is not well understood."

In preparation for her clinical trial, Kimberley co-authored a Cochrane Systematic Review evaluating interventions to treat nipple pain in breastfeeding women. In addition, she is a co-investigator on another Cochrane Review evaluating interventions to prevent nipple pain in breastfeeding women.

At present, Kimberley is developing a randomized controlled trial to evaluate the two most commonly recommended interventions to treat nipple pain. Her proposed three-armed, multi-site clinical trial will evaluate the impact of applying expressed breast milk (EBM) and lanolin on the quantity and quality of

pain experienced by breastfeeding women. The study will also examine the relationship between nipple pain and the duration and exclusivity of breastfeeding. Further, it is hoped that the experience of pain for breastfeeding women will be better understood, and that it will shed some light on what meaning this experience has for them. When asked about the implications and possible outcomes of her research, Kimberley indicated, "Many women discontinue breastfeeding not by choice, but because of perceived difficulties. It is problematic that health care professionals are suggesting interventions for nipple pain when there is little evidence to suggest that they are effective."

These women are experiencing pain during what is supposed to be a normal and natural process. Failure to breastfeed successfully can lead to feelings of disappointment, inadequacy and guilt, during what is already a time of emotional vulnerability. It is hoped that this study will provide some clarity around what common treatments are effective, and if they are not, will lay the groundwork for further research in this area. This research will provide better understanding of the experience of pain for breastfeeding women. Moreover, it will bring attention and recognition that nipple pain is an acute pain problem that requires addressing."

Kimberley was awarded funding from the Registered Nurses Foundation of Ontario and is the recipient of a grant for women by the Soroptomist Foundation of Canada. Kimberley is an active member of the Canadian Pain Society (CPS) as both a member of the Scientific Program Committee and the Nurses Special Interest Group. When asked about her involvement with the CPS, she stated that, "The CPS has allowed me to build collegial relationships with pain experts across many disciplines, and my involvement with them has provided an incredible learning opportunity."

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Trainee Corner (cont'd)

This experience has expanded my understanding of acute pain and how these seemingly innocuous conditions can have far-reaching and long term sequelae. This has given me further impetus to develop a program of research that will hopefully lead to a more positive and pain-free experience for breastfeeding women.”

Kimberley is currently completing her research proposal and is excited to begin her clinical trial early in 2010. She welcomes any opportunity to discuss her proposed research and would welcome your insights and experience.

I would like to thank Kimberly for sharing her interesting area of research. If you would like to contact Kimberly about her research and for trainees who would like to appear in the next trainee corner, please contact me at: s.okeefe.mccarthy@utoronto.ca.

Submitted by:

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

CPS Trainee Representative Message

Hello! It is a pleasure to introduce myself as the new Canadian Pain Society Trainee Representative. It is an absolute honour to serve at the organizational level and represent the CPS trainee membership. In September, I will be entering my third year in the PhD program at the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto under the supervision of Dr. Michael McGillion. My research interests involve improving pain and anxiety for people suffering acute coronary syndromes (ACS).

Currently, my program of research will address the experience of ACS-related pain and anxiety for rural Canadians, and the relationship between pain assessment and management practices and anxiety in ACS patients. Most of my interest and research questions in cardiac pain originate from 25 years of clinical nursing practice. I have worked in the critical care areas of the intensive care, cardiology, CCU, and emergency, as well as haematology, neurology, gastro-intestinal medicine, and general medicine.

Regardless of the clinical area, I have found that my nursing care, patient advocacy, health teaching and interdisciplinary interaction constantly focuses on, or eventually comes back to pain and pain management for patients. Pain research is critical and so very important to the people under our care (Of course, I am speaking to the converted!). My promise to fellow trainees as is to invite an interactive and collaborative relationship. I welcome all thoughts, suggestions, and input and look forward to presenting your ideas to the executive. Please do not hesitate to contact me at any time. I look forward to hearing from you.

Thank you.

*Sheila O'Keefe-McCarthy, RN PhD student
Canadian Pain Society Trainee Representative
University of Toronto
Lawrence S. Bloomberg, Faculty of Nursing
155 College St. Suite 130, Toronto Ontario, M5T 1P8
Email: s.okeefe.mccarthy@utoronto.ca*



Pfizer Canada Announces Recipients of Neuropathic Pain Research

Awards Competition Dedicated to Neuropathic Pain Research

As Chair of the Independent Review Committee, I am pleased to announce the recipients of the second Pfizer Neuropathic Pain Research Awards Competition, which aims to fund and support independent neuropathic pain research in the areas of basic biomedical, clinical and health sciences.

This awards program recognizes the severity of neuropathic pain as a disease and the important work of some of Canada's leading researchers who are committed to understanding and learning more about neuropathic pain. The work these researchers are doing is of tremendous importance to not only Canadian patients but people around the world who suffer from this disease.

Neuropathic pain is a disease caused by injury or dysfunction of the nerves, spinal cord or brain. It is estimated that over 2.2 million Canadians suffer from this chronic condition, often in combination with other types of pain such as fibromyalgia, osteoarthritis and migraine headaches.

This year, sixteen research proposals were reviewed by an independent committee of Canadian medical researcher. Seven proposals were funded (maximum funding of \$150,000 per proposal) based on ranked scores from the independent review committee. The recipients represent a diverse group of healthcare professionals and scientists committed to furthering research and understanding of neuropathic pain.

Pfizer Canada is strongly committed to advancing research in the pain therapeutic area. The Pfizer Neuropathic Pain Research Awards were created to support independent researchers, recognize outstanding research with the potential to improve knowledge and treatment of neuropathic pain as well as the quality of life of Canadians and people around the world.

The recipients of the 2008 awards are:

Mary E. Lynch MD FRCPC
Department of Anesthesia and Psychiatry
Dalhousie University
A Controlled Trial of Qigong for Treatment of Fibromyalgia

Dr. Lynch will undertake a controlled clinical study to examine the effects of Qigong for treatment of fibromyalgia. Current treatment guidelines for this chronic pain condition involve medical management along with self-care techniques. The goal of this study is to determine if this self-care practice provides improvements in pain, sleep, and quality of life in those with fibromyalgia, and to see if such effects are sustained.

Caroline F. Pukall PhD
Assistant Professor, Department of Psychology
Queen's University
Vulvodynia: a neuropathic pain condition?

As a result of her unique work, Dr. Pukall has been awarded several young investigator research awards from international organizations (e.g., International Society of the Study of Women's Sexual Health,



Painexplained.ca

Healthcare Professional Update: Online Tools for Presentations

The *painexplained.ca* campaign was pleased to be a part of the Canadian Pain Society's (CPS) annual meeting at the end of the May. In conjunction with the Valeant Pharma booth, we displayed and took orders for the *painexplained.ca Educational Poster*. The response was overwhelming and we'd like to thank everyone who took the time to stop and talk to us at the meeting.

A number of delegates had some very positive suggestions to make about the poster. In fact, we had a number of requests for content from the poster in an electronic form suitable for use in PowerPoint presentations. Based on these requests, we have made available a collection of "thumbnail" images from the poster on the *painexplained.ca* website. The thumbnails contain key sections from the pain pathway illustration and can be inserted into various documents (e.g., WORD, PowerPoint) being created for teaching or training purposes. In this way, personalized tools can be created for explaining the pain pathway.

In addition, we also introduced a mini-version of the educational poster at the CPS conference. This 8-1/2" x 11" mini-poster is double-sided and contains the main illustration from the original poster, as well as some of the text from the tutorial guide. Additional copies of this mini-poster will be available from the Valeant sales force or can be downloaded and printed from the *painexplained.ca* website.

Submitted by:

Phil Baker

Baker Edwards Consulting Inc.

Volunteer, painexplained.ca Campaign

First Virtual Symposium on Pain a Resounding Success!

The new Pain Science Division of the Canadian Physiotherapy Association recently completed the second running of its Virtual Symposium on Pain, an original and unique learning opportunity that introduced participants to recent advances and understanding in pain management. The course was run entirely on-line using a Flash-based mode of delivery combined with an asynchronous discussion forum, with 3 modules being presented over 3 weeks. At the end of week 3, the symposium culminated in a live on-line 1-hour question and answer period with the presenters. Participants from around the world were able to gain valuable information on pain physiology and non-pharmaceutical management techniques from the comfort of their living room, and interact with other participants throughout the course of the symposium using the very active discussion boards. The Pain Science Division executive are now giving consideration to the development of an advanced symposium for those participants who are looking for more in depth learning on the subject of pain and conservative pain management. Contact Dave Walton (dave_m_walton@yahoo.ca) for more information.

Submitted by:

Dave Walton

University of Western Ontario



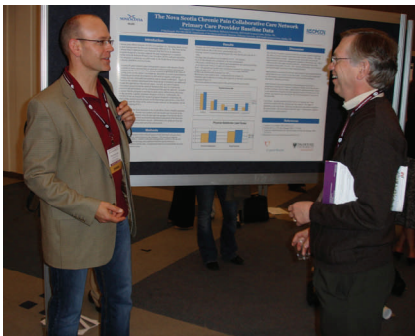
CPS Annual Meeting Photos



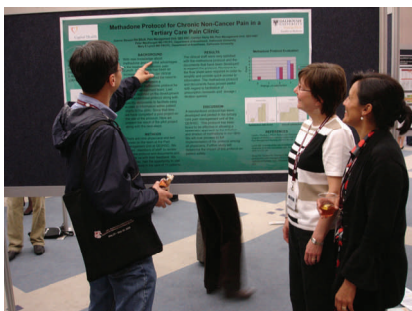
Mary Lynch receiving the CPAC (Chronic Pain Association of Canada) Helen Hayes Excellence in Pain Management Award



Dr. and Mrs Ronald Melzack, Barry Sessle and Mary Lynch at the Awards Banquet where Dr. Melzack received the Distinguished Career award



Peter MacDougall and John Clark at the poster session



Philip Peng, Joanne Stewart and Carolyn Harry at the poster session



Global Year Against Cancer Pain in Older Persons

An Ontario Telehealth Network (OTN) Knowledge Dissemination Success Story

Increasingly e-technologies have become a key vehicle for pain knowledge dissemination. Lucia Gagliese PhD (York University and University Health Network) and Marjorie Hammond (Clinical Nurse Specialist for Pain at Baycrest Geriatric Health Care System) utilized a collaborative approach involving our pain community network, and the Ontario Telehealth Network (OTN) to facilitate knowledge dissemination in older person's pain. The auspice for this inaugural knowledge dissemination event was the IASP Global Year Against Cancer Pain with a special focus on older persons experiencing cancer pain. The first telehealth presentation featuring Dr. Lucia Gagliese and hosted by Baycrest was a resounding success in part due to the support of our geriatric, and pain colleagues informing their own networks about the OTN broadcast held on May 20th, 2009. Over 21 institutions logged onto the OTN for this presentation including acute care, long term care and community-based facilities. According to Cameron Norman, Director of Evaluation with the Peter A. Silverman Global e-health innovation program at the University of Toronto, and Tim Patterson Ontario Telehealth Site Coordinator at Baycrest, this was an unprecedented achievement for an OTN presentation. These results speak volumes in terms of interest, need, accessibility and the need to promote knowledge dissemination events via key collaborative networks.

To expand knowledge dissemination via e-health this presentation will be presented as a Webinaire Podcast via The Seniors Health Transfer Network Portal in the very near future. This will allow anyone with access to a computer to log into the podcast which will significantly expand access to education about pain in older persons.

The aim of the e-knowledge dissemination strategy is to:

- Provide a fiscally sensitive approach to facilitating knowledge dissemination about pain in older persons.
- Increase care provider access to knowledge in older person's pain.
- Support the need for continuing educational opportunities for health care providers in the care of older persons in pain.
- Emphasize the need for, and benefits of, collaboration to support capacity building for knowledge dissemination related to pain in older persons.

Individuals interested in learning more about the Seniors Health Transfer Network Pain in Older Persons knowledge dissemination initiative should contact Marjorie Hammond via e-mail at mhammond@baycrest.org.

Submitted by:

*Marjorie Hammond MHSN, D.Ac
Al Hertz Endowed Clinical Nurse Specialist - Pain
Baycrest Geriatric Health Care System
3650 Bathurst Street.
Toronto, Ontario, Canada, M6A 2E1
416-785-2500, Ext:3659
mhammond@baycrest.org*



Recipients of Neuropathic Pain Research (Cont)

Society for Sex Therapy and Research). Currently, Dr. Pukall interests span many aspects of vulvodynia, including psychosexual function, pain characteristics, genital and non-genital sensitivity, blood flow, brain imaging, and treatment outcome.

Michael W. Salter MD PhD FRSC

Senior Scientist, Hospital for Sick Children

Professor, Department of Physiology

Director, University of Toronto Centre for the Study of Pain

University of Toronto

Neuregulin – ErbB4 signaling: a novel pathway to suppress peripheral neuropathic pain

Dr. Salter's recent work focuses on the role of neuregulin (NRG), a member of the epidermal growth factor family, and its cognate receptor, ErbB4, in suppressing pain hypersensitivity in the spinal dorsal horn. Tackling the major problem of neuropathic pain is the impetus for Dr. Salter's studies and the results obtained will lead to a greater understanding of the neurobiology of neuropathic pain and provide a rationale on which to base development and use of novel analgesics for neuropathic pain.

Barry J. Sessle PhD

Professor and Canada Research Chair, Faculty of Dentistry

University of Toronto

Pregabalin effects on craniofacial nociceptive processes

Dr. Sessle has found recent evidence in his research which indicates that novel anti-convulsant drugs such as gabapentin and pregabalin influence glutamate release and glutamatergic neurotransmission, and are effective in treating many neuropathic and inflammatory pain conditions.

Peter A. Smith PhD

Professor of Neuroscience and Pharmacology, Department of Pharmacology

University of Alberta

Classical and novel treatments for neuropathic pain

Dr. Smith's research has been consistently supported by the Canadian Institutes for Health Research and he has published over 90 articles in leading scientific journals. Recent work in Dr. Smith's laboratory has identified the paramount importance of brain derived neurotrophic factor in generating the 'central sensitization' of the spinal cord that leads to the development of chronic neuropathic pain.

Eric Troncy DV MSc PhD DUn

Associate Professor in Physiopharmacology

Head Quebec Animal Pharmacology Research Group, Faculty of Veterinary Medicine

Université de Montréal

Functional proteomics as an investigational method of neuropathy diagnostic in a rat model of osteoarthritis pain

Dr. Troncy is the youngest full Professor at the Faculty of Veterinary Medicine of Université de Montréal, his area of research in GREPAQ are metrology of animal pain, in acute and chronic conditions,



Recipients of Neuropathic Pain Research (Cont)

specifically with osteoarthritis, and the relationships between structural and functional evaluation of the condition correlated to genomic / proteomic modifications.

Mark A. Ware MD MBBS MRCP MSc

Assistant Professor, Director of Clinical Research, McGill University Health Centre Pain Clinic
Departments of Anesthesia and Family Medicine
McGill University
Standardizing the clinical sensory examination for neuropathic pain

Dr Ware's primary research interest is in evaluating the use of cannabinoids for medical purposes and has received the only two CIHR/Health Canada grants to study the safety and efficacy of smoked cannabis for chronic pain. He has published on the clinical epidemiology of cannabis use for chronic pain, multiple sclerosis and HIV/AIDS, and has presented his work as invited speaker and at workshops and symposia at major international conferences.

The deadline for submission to the 2009 competition is September 30th, 2009. Information and application forms are available at <http://www.pfizerdns.ca/en/>

*A J Clark MD FRCPC
Chair, Review Committee
Pfizer Canada Neuropathic Pain Research, Awards Program*

Meeting Announcements

Regional Anesthesia & Pain Medicine 2009

August 27-30, 2009, Niagara-on-the-Lake, Ontario
For information contact: Christine.Drane@uhn.on.ca,
fax: (416) 603-6494

Pain in Europe VI

6th Congress of the European Federation of IASP Chapters (EFIC)
September 9-12, 2009, Lisbon, Portugal
Contact information: Web: www.efic.org
Email: efic2009@kenes.com or secretary@efic.org

Ultrasound for Pain Medicine Workshop

Presented by the Department of Anesthesia Pain Management, University Health Network and the Canadian Pain Society Interventional Pain Special Interest Group
November 7-8, 2009, Toronto, Ontario
For program information and registration contact:
Christine Drane: Christine.Drane@uhn.on.ca,
Tel: (416) 603-5118

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

August 29 – September 3, 2010
Montreal, PQ
IASP website: www.iasp-pain.org

The 4th International Congress on Neuropathic Pain

IASP Special Interest Group on Neuropathic Pain
Late May/Early June, 2013
Toronto Convention Centre
Toronto, Ontario

Ultrasound in Pain Medicine Master Classes

Different dates
For more information contact:
Kathy Ross
Tel: (416) 480-6100 ext. 2272
email: Kathy.Ross@sunnybrook.ca



Canadian Consortium for the Investigation of Cannabinoids (CCIC)

Introducing the Canadian Consortium for the Investigation of Cannabinoids (CCIC)

Dedicated to understanding the role of cannabinoids in health and disease through research and education.

The CCIC first came together in the spring of 2000 as a result of workshop funding from the CIHR under the leadership of Dr Mary Lynch. Since that time the CCIC has grown to include basic science and clinical researchers and other health care professionals. In June 2007, the CCIC became a federally incorporated non-profit organization established to promote evidence-based research and education concerning the therapeutic uses of cannabinoids.

In 2009, the CCIC's focus is on educating health care professionals on cannabinoids. This is being achieved through the Accredited Cannabinoid Education (ACE) Program. This ambitious program consists of an online continuing medical education (CME) activity and a nation wide lecture tour. The online program provides accredited information on two topics: 1) prescription cannabinoids and 2) medical marijuana. The lecture tour will visit 25 cities from coast to coast in September – November 2009, providing accredited cannabinoid education in a group setting to Canadian health care professionals.

The amount of research on cannabinoids is increasing exponentially. Keeping up with this research as well as information on the prescription cannabinoids and Health Canada's Medical Marijuana Access Regulations presents physicians and other healthcare professionals with questions and concerns. The CCIC serves as a resource for these health care professionals and the public to address these cannabinoid related concerns. Furthermore, through the CCIC members and other health care professionals can network and learn from each other in a safe environment to increase their understanding of cannabinoids in health and disease.

Many members of the Canadian Pain Society may have met members of the CCIC at the Canadian Pain Society Annual Conference 2009 in Quebec City, either at the CCIC booth or through other activities. These type of conferences and events are an important way for the organization to achieve its objectives. In that regard, the CCIC will increase its presence at national and international congress this year by attending the International Cannabis Research Society (ICRS) Annual Meeting in St. Charles, Illinois; the International Association of Cannabis as Medicine (IACM) AGM in Cologne, Germany; and the Family Medicine Forum in Calgary, Alberta.

CPS members are encouraged to participate in the CCIC by accessing the online resources at www.ccic.net and becoming a member.

Submitted by:

*Dr. Mark A. Ware
Executive Director CCIC
www.ccic.net*



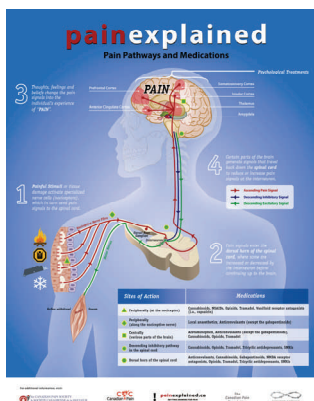
Canadian Pain Coalition Update (Cont)



Helen Tupper and Celeste Johnston

Helen presented the Helen Tupper Award to Dr. Celeste Johnston. Celeste continues as a Director on the Board and is a shining example of an exemplary volunteer. Congratulations Celeste!

The CPC will greatly miss Helen as we wish her all the best and hope that the paint brushes are now busy again! Helen did the art work for our National Pain Awareness Week poster.



Tradeshow Booth at CPS Conference

The CPC booth was well received by all who attended. So many people said they knew what good work we do and how useful the “Conquering Pain for Canadians” booklet is for all their clients. Many people took extra booklets for their clinics and intend to contact the office for more booklets as need arises.

Patti Kastanias of Toronto won a portable DVD player in the survey draw.

Submitted by:

Sandra Gartz

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Canadian Pain Coalition Update (Cont)

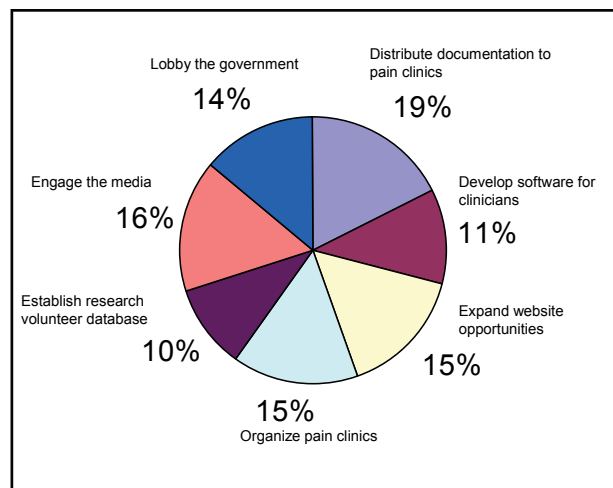
CPC 2009 Booth Survey

Question: *How can the CPC improve pain education and promote a multidisciplinary approach to pain treatment?*

Methods: Paper questionnaires were distributed to visitors at the CPC booth at the CPS Annual Meeting. Respondents were asked to rank 7 priorities with 1 being the highest priority and 7 being the lowest. Space allowed for the addition of other priorities.

Results: 56 participants completed questionnaires. Five of which listed priorities other than those listed in the questionnaire. Overall the priority ranking was similar amongst all seven choices.

The following pie chart illustrates the weighted rank for each activity.



Discussion: Distributing documentation to pain clinics was ranked as the highest priority (19%). This was followed closely by expand engage the media, website opportunities, organize pain clinics, and lobby the government. Opinions about organizing pain clinics tended to be polarized, with individuals ranking it as either high or low. Developing software for clinicians and establishing a research volunteer database received the lowest rank. The CPC Board will report the results to its members and to the survey respondents, and use the results to determine future activities.

Submitted by:

Janice Sumpton, RPh, BScPhm

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Canadian Pain Coalition Update (Cont)

CPS Awards Dinner

Mary Lynch, President of CPS and Lynn Cooper, President of CPC co-presented the CPS/CPC Pain Awareness Award that is sponsored by Biovail. The play will be performed during the 2010 CPS conference in Calgary. The following review of the play was presented by Lynn Cooper during the presentation.

In her 2 Act Play, *The Pain Diaries*, Deborah Nicholson takes us into the life of Issy, a vibrant and busy school teacher, mother and spouse who develops persistent pain. We watch as Issy encounters the new realities in her life. We feel her struggle through the darkest depths where pain can take you. We journey with her as she ascends with knowledge, help and courage to the light of hope. We cheer when energized with that hope she moves forward with her life in spite of the pain.

Deborah's play is sad and serious. It is also funny and has just the right amount of sex! Above all, her work poignantly depicts the journey that people, like me can make to transcend the pain. As I read the *Pain Diaries*, there were times when I wasn't sure if I was in the play or the play was in me.

We would like to congratulate Deborah on her work. It has such potential to be a teaching tool. We look forward to being there on opening night.

CPC Website and Pain Resource Centre Launch

Watch for the launch of the newly designed CPC Website. We are thrilled to offer our members a more interactive, education focused site. The Pain Resource Centre (PRC) can be accessed from the CPC and the CPS websites. The PRC was previewed on May 27 during the opening address at the CPS conference. Philip Peng, Chair, Education Special Interest Group, Canadian Pain Society introduced the PRC site and Lynn Cooper provide a brief tour of the website. What a great resource this is!!! The next step will see it translated into French and the launch of Phase II during National Pain Awareness Week in November 2009.

IASP Patient SIG

The IASP Patient SIG is currently drafting a letter of intent and bylaws in preparation for its application to IASP. The Steering Committee includes: CPC Board members Celeste Johnston (IASP council member), Mark Pitcher, Lynn Cooper and Penney Cowan, Executive Director of the American Chronic Pain Association. A SIG meeting is planned during the IASP 2010 meeting in Montreal. Interested individuals are encouraged to attend.

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Canadian Pain Coalition Update (Cont'd)

Education

CPC Board member Barry Ulmer of the Chronic Pain Association of Canada is assisting with a Café Scientifique that will be hosted by the Institute of Musculoskeletal Health and Arthritis in Edmonton on October 6, 2009. The public forum will highlight mental health issues related to pain from musculoskeletal conditions, including arthritis.

CPC Board members Sandra Gartz of the Kitchener Waterloo Fibromyalgia Support Group and Lynn Cooper recently recorded a Podcast about fibromyalgia. The Podcast is available on the CPC website.

National Pain Awareness Week Activities (NPAW) November 1-7, 2009

The following activities have been confirmed for the NPAW:

- Yearly NPAW poster distribution to Canadian hospitals, pain clinics, doctor's offices and community postings
- Pain Resource Centre – Launch of Phase II
- Pain information booths at malls across Canada in partnership with CPS Nursing Special Interest Group
- The CPC and Dell Pharmacies of Hamilton, Ontario, will support in store “Pain Information Clinics” hosted by Nursing SIG volunteers and will display CPC educational materials in nine pharmacies. On November 3rd, CPC is co-hosting a public education event about Neuropathic Pain.

In Closing:

- 1) All runners, walkers and volunteers, send the office an email to join our “Pennies for Pain” Marathon team on Sept 27 in Toronto. Visit the website soon to sponsor a runner or walker.
- 2) Start planning your National Pain Awareness Week projects.
- 3) Email the office for NPAW posters, bookmarks or “Conquering Pain for Canadians” booklets.

Respectfully submitted,

*Lynn Cooper BES
President, CPC*



the CANADIAN PAIN SOCIETY
la SOCIÉTÉ CANADIENNE de la DOULEUR

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We're on the Web
www.canadianpainsociety.ca

Mark Your Calendars

Deadline for submission of materials for the next Newsletter is **September 15, 2009**. We are interested in receiving items on:

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

Please send correspondence to:

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Canadian Pain Society 2009

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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 & British Columbia to contribute news from your part of Canada.