



2012

EDUCATION SPECIAL INTEREST GROUP

*4th Annual Chronic
Pain Refresher
Course*



THIS COURSE HAS BEEN
ACCREDITED FOR
15.25 HOURS
SEE PAGE TWO FOR DETAILS

FEBRUARY 24—26

ATTENDEES WILL FIND VALUABLE CASE STUDIES THAT OFFER
TAKE-AWAY SOLUTIONS FOR DAY-TO-DAY PRACTICES.

Topics include case studies in Low
Back Pain, Neuropathic Pain,
Fibromyalgia, Multidisciplinary
Approaches & More!

The Education Special Interest group of the Canadian Pain Society offers an open invitation to all healthcare professionals and researchers to attend the 4th Annual Chronic Pain Refresher Course, to be held in Toronto—

February 24-26, 2012.

Clinicians of all disciplines are welcome and will find sessions specific to their fields, as well as other fields of practice in pain management, with the focus on application. Particularly valuable to trainees, recent graduates, and experienced practitioners, who will have the opportunity to interact with colleagues and discuss a variety of clinical issues at all meals and breaks.

Clinical researchers will also find the sessions valuable, offering insight into a wide range of issues related to pain management. Faculty is drawn from Canadian pain practitioners and researchers, respected for their contributions to pain management.



DELTA CHELSEA HOTEL—TORONTO

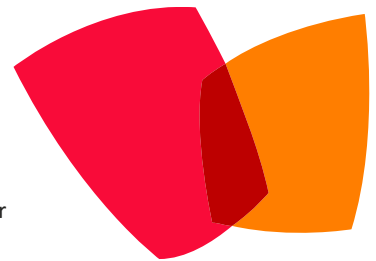
The Delta Chelsea – Canada's largest hotel – offers a variety of options in guestrooms and meeting space. Located in the heart of downtown Toronto and within walking distance of College subway station, the city's central business district, government offices and the hospital community. The Hotel is also minutes from the city's best shopping districts (including the Toronto Eaton Centre), Yonge-Dundas Square, fantastic live theatre, vibrant nightlife and exciting attractions.

THE COURSE: Hands-on, Valuable, Worthwhile!

General Information

WHO SHOULD ATTEND

Healthcare Professionals, Pain Specialists, Pharmacists, Physicians, Physiotherapists, Psychologists, Occupational Therapists, Nurses, and any other person with an interest in chronic pain.



COURSE OBJECTIVES

At the end of the course participants will:

1. Be updated on their knowledge in the pathophysiology of pain, the basic assessment and evaluation tools of pain management.
2. Learn the biopsychosocial model of chronic pain and the multidisciplinary approach to chronic pain management.
3. Learn the approach to manage patient with a few selected common pain syndromes.

COURSE DIRECTORS

PHILIP PENG, MBBS, FRCPC

Associate Professor, Department of Anesthesia
University of Toronto
Wasser Pain Management Centre,
University Health Network Mount Sinai Hospital
Toronto, Ontario

NORMAN BUCKLEY, BA (PSYCH), MD, FRCPC

Professor and Chair, Department of Anesthesia
Michael G. DeGroote School of Medicine
McMaster University
Hamilton, Ontario

NEW THIS YEAR!

Case presentations that provides the attendee with take-away information on assessment and treatments that will be helpful and useful in day-to-day practices and a **Half-Day Lecture** on Complementary and Alternative Medicine.

DECLARATION OF POTENTIAL CONFLICT OF INTEREST

Speakers will be requested to disclose to the audience, any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

ACCREDITATION

The Continuing Health Sciences Education Program at McMaster University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Continuing Health Sciences Education Program at McMaster University takes responsibility for the content, quality, and scientific integrity of this CME activity. As an organization accredited to sponsor Continuing Medical Education for physicians, by both the Committee on Accreditation of Canadian Medical Schools and the Accreditation Council for Continuing Medical Education of the United States, the Continuing Health sciences Education Program at McMaster University designates this educational program as meeting the criteria for:

The College of Family Physicians of Canada MAINPRO-M1

This educational program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for **"15.25" hour** credits for participants.

The Royal College of Physicians and Surgeons of Canada

This educational program is approved as an Accredited Group Learning Activity under Section 1 of the Framework of CPD options for the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, for a maximum of **"15.25" credits per participant**. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

American Medical Association PRA Category 1

This educational program is designated for a maximum of **"15.25" credits** for participants in Category 1 credit towards the AMA Physician's Recognition Award. Each Physician should claim only those hours of credit that he/she actually spent in the educational activity.



The Education Special Interest group of the Canadian Pain Society offers an open invitation to all healthcare professionals and researchers to attend the 4th Annual Chronic Pain Refresher Course, to be held in Toronto—
February 24-26, 2012.

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Clinical researchers will also find the sessions valuable, offering insight into a wide range of issues related to pain management. Faculty is drawn from Canadian pain practitioners and researchers, respected for their contributions to pain management.



Organizing Committee & Faculty

CHAIR, COMMITTEE, FACULTY

Philip Peng, MBBS, FRCPC

Associate Professor, Department of Anesthesia, University of Toronto, Wasser Pain Management Centre, University Health Network, Mount Sinai Hospital, Toronto, Ontario

CO-CHAIR, COMMITTEE, FACULTY

Norman Buckley, BA (Psych), MD, FRCPC

Professor and Chair, Department of Anesthesia, Michael G. DeGroot School of Medicine, McMaster University, Hamilton, Ontario

FACULTY

Adam Chen,

President, Traditional Chinese Medicine Physician Association of Canada; Director, Acupuncture program, Rehab & Wellbeing Center, Mount Sinai Hospital, Toronto, Ontario

FACULTY

Ruth E. Dubin, MD, PhD, FCFP

General/Family Medicine, Kingston Family Health Team, Queen's University, Kingston, Ontario

COMMITTEE

Events In Sync, Inc.

Ellen Maracle-Benton, President and Senior Planner; Georgina Smith, Registration; Katrina Colantonio, Planner

FACULTY

Kathy Felkai, BA

Certified instructor, Esther Myers Yoga Studio, Yoga Instructor, Mount Sinai Hospital, Toronto, Ontario

FACULTY

Ted Findlay, DO, CCFP,

Staff Physician, Chronic Pain Centre, Alberta Health Services, Calgary, Alberta

FACULTY

Mary-Ann Fitzcharles, MB, ChB, MRCP(UK), FRCPC(C)

McGill University Health Centre, Division of Rheumatology and McGill Pain Centre, Montreal, Quebec

FACULTY

Allan Gordon, MD, FRCPC

Wasser Pain Management Centre, Mount Sinai Hospital, University of Toronto for the Study of Pain, Toronto, Ontario

FACULTY

Sandra LeFort, PhD, RN

Professor, School of Nursing, Memorial University of Newfoundland, St. John's, Newfoundland

FACULTY

Serge Marchand, PhD

Professor, Faculty of medicine, neurosurgery, Scientific director, centre de recherche clinique Étienne-Le Bel du CHUS, Sherbrooke, Québec

COMMITTEE, FACULTY

John Pereira, MD, CCFP, FIPP

Staff Physician, Chronic Pain Centre, Calgary Health Region, Alberta Health Services, Calgary, Alberta

FACULTY

Y. Raja Rampersaud, MD, FRCS(C), Spine Surgeon, Associate Professor, University of Toronto, Divisions of Orthopaedic and Neurosurgery, Toronto, Ontario

COMMITTEE, FACULTY

Kathy Reid, RN, MN, NP

Nurse Practitioner, Pediatric Chronic Pain Services, Stollery Children's Hospital, Edmonton, Alberta

FACULTY

Michael Sangster, BSc(PT), MBA, Physiotherapist,

Pediatric Complex Pain Team, IWK Health Centre, Adjunct Professor, Dalhousie University, School of Physiotherapy, Halifax, Nova Scotia

FACULTY

Sharon Switzer-McIntyre, BPE, BSc PT, MEd, PhD,

Assistant Professor, Vice-Chair of Education, Department of Physical Therapy, Faculty of Medicine, University of Toronto, Toronto, Ontario

COMMITTEE, FACULTY

Paul Taenzer, PhD, RPsych

Adjunct Assistant Professor, Departments of Medicine, Psychiatry and Oncology, University of Calgary, Calgary, Alberta

FACULTY

Paul S. Tumber, MD, FRCPC, Assistant Professor,

Department of Anesthesiology, Toronto Western Hospital, Toronto, Ontario

COMMITTEE, FACULTY

Anita Unruh, PhD, MSW, OT(C), RegNS

Professor, Health and Human Performance, and Occupational Therapy, Assistant Dean - Academic Integrity Officer, Faculty of Health Professions, Dalhousie University, Halifax, Nova Scotia

COMMITTEE, FACULTY

Mark Ware, MBBS, MRCP(UK), MSc

Assistant Professor, Departments of Anesthesia and Family Medicine, McGill University, Director of Clinical Research, MUHC Pain Clinic, Montréal, Québec; Current member CFPC

THE COMMITTEE:
Committed,
Connected,
Dedicated

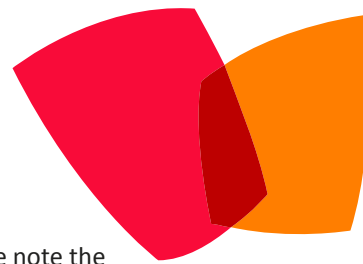


The Education Special Interest Group Committee of the Canadian Pain Society is dedicated to ensuring this annual course contains the valuable information, hands-on elements and top-notch presenters in their fields.

The Committee welcomes and invites you to attend this Refresher Course in Chronic pain management, assessment and knowledge to further enhance your day-to-day techniques and problem-solving situations that are likely part of your daily routine.

The Faculty have put together top-notch presentations and case studies for attendees to learn and take-away information and knowledge in areas of pain management that are part of an every day practice.

Registration & Accommodations



REGISTRATION:
Easy,
Quick,
Efficient

3 WAYS TO REGISTER

Complete all sections of the registration form found on page 9. Please note the cut-off dates for fee rates.

MAIL: Canadian Pain Society, 1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7

PAYABLE TO: Canadian Pain Society

FAX: 1-905-404-3727

ONLINE: (Credit Card Only) - www.peopleware.net/2182g

All fees are payable in Canadian Dollars only. Payment can be made by cheque or credit card.

All fees include the program, meals, breaks, reception (*Friday*) and entrance to the tradeshow. Full program fee includes Friday, Saturday and Sunday. If attending only one day (*Friday or Saturday*), the one-day fee includes the program, meals, breaks and reception (*Friday only*) for the day you are attending.

If you are not a Canadian Pain Society member, join as you register for this course to take advantage of the Member Early Bird rate. Only members of the Society are offered the Early Bird rate.

There is no early bird fee for non-members. To join, select the option on the registration form as you register for the course.

If you are a student, nurse, occupational therapist or physical therapist (*reduced fee structure for these groups*), proof of status must accompany your registration by fax or mail.

CANCELLATION POLICY

Cancellations are accepted up to **FEBRUARY 10, 2012** with a \$50.00 cancellation fee. No refunds or cancellations after February 10, 2012, however delegate substitution is accepted.

ACCOMMODATIONS

Delta Chelsea Hotel

33 Gerrard Street West, Toronto, Ontario, Canada

Phone: Reservations Department: **1-800-243-5732**

Online: <http://www.deltachelsea.com/gdspain12>

A block of rooms has been reserved at the Delta Chelsea Hotel at the special rate of **\$129.00 + taxes**, for single or double occupancy. **JANUARY 23, 2012** is the cut off date for room

bookings. The Delta Chelsea Hotel and the Canadian Pain Society are unable to guarantee rates and availability after this date. To make a reservation, call the number listed above. When making reservations please ensure the group name "Canadian Pain Society" is provided.

Cancellations are accepted up to 4:00 pm on the day of arrival. Check-in time is 3:00 pm and check-out time is 11:00 am. Complimentary internet in all guestrooms is included as part of this room block for this event.

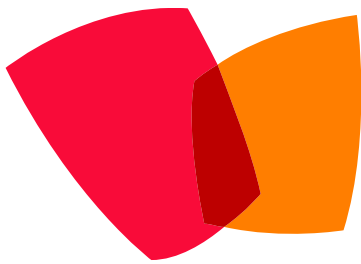
Registration
has never
been so easy!

Online options give you access to a quick and easy way to register for the Course.

Other options still remain, such as mail and fax.

Registration receipts and confirmations are automatically provided through the process.

At the course,
material and
information
will be quickly
provided to
you when you
arrive.



The Course Program

Friday February 24

CASE LEARNING—LOW BACK PAIN

7:00 am **CONTINENTAL BREAKFAST & REGISTRATION**

8:00 am **OPENING REMARKS AND PRE-TEST**

PHILIP PENG

**MODERATOR
PAUL TAENZER**

8:20 am **CASE PRESENTATION—MEET BARNEY**

TED FINDLAY

Is Barney typical? What do you find challenging about Barney? Are there some pearls you have discovered treating Barney?

8:40 am **PANEL ONE—INITIAL ASSESSMENT**

TED FINDLAY

PAUL TAENZER

History and physical: Practicum or demonstration on the initial screening exam. Psychosocial assessment and demonstration.

9:25 am **REFERRAL ISSUES**

Y. RAJA RAMPERSAUD

Overview of dealing with red flags, when to send for imaging, when to send for a surgical opinion.

10:00 am **NETWORKING REFRESHMENT BREAK AND TRADESHOW**

10:30 am **PANEL TWO—INITIAL MANAGEMENT**

RUTH DUBIN

SHARON SWITZER-MCINTYRE

Workmen's Compensation Board issues, patient education and medications.

11:15 am **PANEL THREE—DEALING WITH UNRESOLVED ACUTE LOW BACK PAIN**

TED FINDLAY

Y. RAJA RAMPERSAUD

MICHAEL SANGSTER

PAUL TUMBER

Active rehabilitation, spinal manipulation and mobilization, interventions and surgical referrals.

12:15 pm **BUFFET LUNCHEON AND TRADESHOW**

**MODERATOR
ANITA UNRUH**

1:15 pm **PANEL FOUR—COMMUNITY BASED CARE—BARNEY'S GOT CHRONIC PAIN—NOW WHAT?**

RUTH DUBIN

SANDRA LEFORT

MICHAEL SANGSTER

PAUL TAENZER

MARK WARE

Quality of life and function, chronic disease self-management, medications including opioids and herbals, active rehabilitation for chronic low back pain.

2:15 pm **NETWORKING REFRESHMENT BREAK AND TRADESHOW**

**THE
PROGRAM:**
Thorough,
Detailed,
Informative



The Course program has been developed from fact-based cases.

Case presentations, Group Discussions and Summaries are all valuable tools for the attendee to take-away and apply to day-to-day situations.

Developed with the attendee in mind, these cases are thorough, detailed and informative!

The Course Program

Friday February 24, *continued*

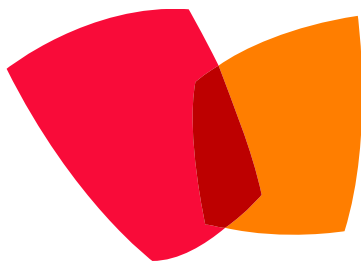


- 2:45 pm **PANEL FIVE—TERTIARY CHRONIC PAIN CARE**
ALLAN GORDON
Y. RAJA RAMPERSAUD
PAUL TUMBER
Update on multidisciplinary care—what’s new, the role for interventions and the role for surgery.
- 3:30 pm **REVIEW THE ALBERTA PRIMARY CARE LOW BACK PAIN GUIDELINE AND ALGORITHM**
PAUL TAENZER
- 3:50 pm **POST TEST**
- 4:00 pm—5:30 pm
RECEPTION

SATURDAY FEBRUARY 25, 2012

CASE STUDY—NEUROPATHIC PAIN

- 7:00 am **CONTINENTAL BREAKFAST & REGISTRATION**
- 8:00 am **OPENING REMARKS AND PRE-TEST**
PHILIP PENG
- MODERATOR**
KATHY REID
- 8:10 am **CASE PRESENTATION #2—MEET FRED**
KATHY REID
Fred can get neuropathic pain from shingles—how to treat and assess Fred.
- 8:30 am **ASSESSMENT**
ALLAN GORDON
Discuss the definition, approach to the patient with neuropathic pain and the use of vaccine in herpes infection.
- 8:50 am **PATHOPHYSIOLOGY**
SERGE MARCHAND
Understanding the relevant pathophysiology of neuropathic pain and how this relates from knowledge translation to treatment.
- 9:15 am **GROUP DISCUSSION, QUESTION AND ANSWER PERIOD**
- 9:45 am **NETWORKING REFRESHMENT BREAK AND TRADESHOW**
- 10:15 am **PHARMACOLOGICAL MX**
ALLAN GORDON
Discussion on the various pharmacological therapies for neuropathic pain.
- 11:00 am **MULTIDISCIPLINARY APPROACH**
NORMAN BUCKLEY
Understanding the various interventions for the management of neuropathic pain and the co-morbidity.
- 11:30 am **GROUP DISCUSSION AND TREATMENT ALGORITHM, QUESTION AND ANSWER PERIOD**
NORMAN BUCKLEY
ALLAN GORDON
- 12:00 pm **BUFFET LUNCHEON AND TRADESHOW**



The Course Program

Saturday February 25, *continued*

CASE STUDY—FIBROMYALGIA

MODERATOR JOHN PEREIRA

- 1:00 pm **CASE PRESENTATION #3—MEET WILMA**
Wilma can't do the things she once could do making it hard to get through the day.
JOHN PEREIRA
- 1:10 pm **OVERVIEW**
MARY-ANN FITZCHARLES
Understand the definition, assessment and prognosis.
- 1:30 pm **UNDERSTANDING THE PATHOPHYSIOLOGY**
SERGE MARCHAND
Describing the current understanding of pathophysiology of fibromyalgia.
- 1:50 pm **GROUP DISCUSSION, QUESTION AND ANSWER PERIOD**
- 2:15 pm **NETWORKING REFRESHMENT BREAK AND TRADESHOW**
- 2:45 pm **SELF-MX AND CBT**
SANDRA LEFORT
PAUL TAENZER
Summarizing the role of cognitive behavioural therapy and self-management in the fibromyalgia patient.
- 3:10 pm **PHARMACOLOGICAL MANAGEMENT**
MARY-ANN FITZCHARLES
Understand the current role of pharmacological agents in the management of fibromyalgia.
- 3:35 pm **EXERCISE / TAI CHI**
PHILIP PENG
MICHAEL SANGSTER
Describing the importance of exercise and types of exercise for the fibromyalgia patient and the philosophy of practicing Tai Chi in this group of patients.
- 4:10 pm **COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)**
MARK WARE
Discussion about the role of complementary and alternative medicine in the management of fibromyalgia.
- 4:30 pm **GROUP DISCUSSION, QUESTION AND ANSWER PERIOD**
MARY-ANN FITZCHARLES
JOHN PEREIRA
- 5:00 pm **POST TEST**
- 5:10 pm **END OF DAY TWO**



The Course Program

Sunday February 26

COMPLEMENTARY & ALTERNATIVE MEDICINE (CAM) LECTURE AND LIVE DEMONSTRATIONS

CAM has been widely practiced by patients especially chronic pain sufferers. Through this half-day Lecture, 4 common CAM modalities will be discussed through lecture and live demonstrations.

7:00 am **CONTINENTAL BREAKFAST & REGISTRATION**

8:15 am **OPENING REMARKS**
PHILIP PENG

MODERATOR **MARK WARE**

8:20 am **CAM—OVERVIEW**
MARK WARE

Discussion about the prevalence of the use of CAM in pain patients and the various types of CAM.

8:40 am **ACUPUNCTURE**
ADAM CHEN

Discussion about the philosophy and evidence of the use of acupuncture and the practical points in applying acupuncture in pain patients. A live demonstration will be provided if time permits.

9:20am **DIET**
JOHN PEREIRA

Discussion about some food or components in the diet that may contribute to pain relief . . . A pain-friendly recipe.

10:00 am **QUESTION AND ANSWER PERIOD**

10:15 am **NETWORKING REFRESHMENT BREAK**

10:30 am **TAI CHI**
PHILIP PENG

Discussion about the philosophy and evidence of applying Tai Chi in pain management. A five-minute group practice will be provided.

11:10 am **YOGA**
KATHY FELKAI

Discussion about the practical aspects of Yoga and how it helps to relieve pain. A five-minute group demonstration will be provided.

11:50 am **QUESTION AND ANSWER PERIOD**

12:00 pm **COURSE ENDS**



CHRONIC PAIN REFRESHER COURSE—2012

REGISTRATION FORM

Three ways to register:

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

Fax: 1-905-404-3727

Mail: 1143 Wentworth Street W., # 202, Oshawa, ON L1J 8P7

ATTENDEE INFORMATION

Select one: (Please circle) Dr. Mr. Mrs. Ms.

Please indicate with a checkmark if you require either or both of the certificates listed.

CME CERTIFICATE _____ PROOF OF ATTENDANCE _____

Name: First _____ Last _____

Organization: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Fax: _____

Email: _____

(Please print clearly)

Dietary Restrictions or Allergies: _____

COURSE AND MEMBERSHIP FEES

To choose your fee—first choose the category you are registering under. Secondly, choose either the full course fee or one day fee. If choosing a one day fee, please indicate either Friday or Saturday. Total in the right side column, add HST and complete the payment information.

Category	MEMBER Early Bird Fee To Jan 5	MEMBER Regular Fee Jan 6 to Feb 9	MEMBER Onsite Fee Feb 10 to Feb 26	Student, Nurse OT or PT Early Bird Fee To Jan 5	Student, Nurse OT or PT Regular Fee Jan 6 to Feb 9	Student, Nurse OT or PT Onsite Fee Feb 10 to Feb 26	NON MEMBER Regular Fee To Feb 9	NON MEMBER Onsite Fee Feb 10 to Feb 26	TOTAL
Full Course Fees—3 days	\$495.00	\$540.00	\$595.00	\$250.00	\$300.00	\$425.00	\$600.00	\$675.00	\$

One Day Fees—Choose one: Friday February 24 or Saturday February 25

One Day Fees	\$350.00	\$350.00	\$440.00	\$295.00	\$295.00	\$345.00	\$475.00	\$500.00	\$
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CAM Session-Sunday	\$ 85.00	\$ 95.00	\$130.00	\$ 40.00	\$ 50.00	\$ 80.00	\$150.00	\$195.00	\$
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Membership	Choose one: Regular Member: \$150.00 Trainee/Student Member: \$45.00								\$
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To take advantage of the member rate, and if you are not a current member, join now

SUB TOTAL FEES \$ _____

Add 13% HST (#130451156RT001) TO SUB FEES \$ _____

TOTAL FEES \$ _____

PAYMENT

CREDIT CARD: VISA MASTERCARD AMEX

Fax to: **1-905-404-3727**

Number: _____ Exp: _____ CVN: _____

Name on Card: _____

Signature: _____

CHEQUE: Payable to **Canadian Pain Society, and include the contract**

Mail to: Canadian Pain Society, 1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7

CANCELLATION CLAUSE

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Questions? Ellen Maracle-Benton
905-404-9545; ellen@eventsinsync.com