



Canadian Pain Society
Annual Scientific Meeting
April 27-30, 2024

The Westin Ottawa

Event Brochure

Learning Objectives

At the end of this conference, participants will be able to:

- Leverage collaborative relationships and knowledge exchange between research scientists, health care professionals, trainees, and persons with lived experience, to improve pain care for children and adults;
- Describe and critically analyze recent research on the mechanisms and management of pain with our diverse, multidisciplinary membership; and
- Use new knowledge to improve access to high quality pain care, including preventing and treating pain more effectively. Concurrent sessions have been coordinated to encompass mechanisms of pain, biopsychosocial factors of pain, pain treatments, and pain programs, education, policy, and advocacy.

Registration Desk Hours

4th Floor Foyer at the top of main escalators

April 27: 1400 – 1900h

April 28: 0700 – 1615h

April 29: 0700 – 1615h

April 30: 0730 – 0930h

Please refer to venue floor plans on final few pages of the program agenda

A minimum of 25% of each session will be dedicated to participant interaction.

Scientific Program Tracks

Track 1: Mechanisms of Pain

Track 2: Biopsychosocial Factors of Pain

Track 3: Pain Treatments and Interventions

Track 4: Pain Programs, Education, Policy, and Advocacy

Saturday April 27

- 1400-1900h **Registration and Check in**
4th Floor Foyer
- 1700h **Welcome and Opening Remarks**
Confederation Ballroom – 4th Floor
- Dr. John Pereira and Dr. Hance Clarke
 Dr. Michael Hildebrand and Dr. Gabrielle Pagé
- Acknowledging our Award Recipients**
 Person with Lived Experience Leadership Award
 Trainee Travel Awards
 Art Awards
- 1830-2100h **Welcome Reception**
Confederation Ballroom and Foyer
Alcohol is not included. Cash bar is available.



Sunday April 28

- 0700h **Registration and Check In**
 4th Floor Foyer
- 0715h **Breakfast – Plated Meal** *Non accredited Sponsored Presentation
 Confederation Ballroom – 4th Floor
- 0715h **Breakfast for People with Lived Experience and Leadership (Plated Meal)**
 Saskatchewan – 3rd Floor
- 0800h **Opening Remarks**
 Acknowledging our Award Recipients
 Distinguished Service Award
 Ron Melzack Canadian Journal of Pain Award
- 0820h **Plenary: Eliminating Anti-Indigenous Racism & Increasing the Cultural Safety of the Health System**
 Dr. Nel Wieman

Anti-Indigenous racism has been documented as widespread in BC's health system and it plays a significant role in Indigenous patients accessing and receiving care for health conditions, including chronic pain and substance use. Clinicians, researchers and those in other health-related fields will benefit from learning how to develop cultural humility in their work that contributes to increased cultural safety. Trauma, historical and contemporary, is related to pain and addiction and learning how this impacts Indigenous patients is critical to increasing cultural safety. The BC Cultural Safety and Humility Standard is the first of its kind in Canada and plans are underway to create a national standard. Tools such as these can assist clinicians, researchers and others to develop a "two-eyed seeing" approach that will result in improved health outcomes for Indigenous people in Canada.

At the conclusion of this activity, participants will be able to:

- Describe what antiracism, cultural safety and cultural humility look like in their individual settings (clinical, research etc).
- Identify how trauma is a major factor in pain & substance use for Indigenous (FN/M/I) people.
- Integrate a "two-eyed seeing" approach into their individual settings (clinical, research etc).

- 0920h **Poster/Presentation Pitches**
 Confederation Ballroom – 4th Floor
- 0930-1045h **Refreshment Break** – Provinces and Governor General Ballrooms
 Exhibits are open – Provinces Ballroom
 Poster viewing – Governor General Ballroom



0945-1045h **Poster Session One**
Governor General Ballroom

1050 -1205h **Concurrent Session – One: Scientific Program**

Track 1 Exploring Placebo and Nocebo Effects in Pain Modulation: From rodents to humans.

Chair: J. Mogil

Speakers: G. Corder, J. Mogil, L. Colloca

Location: Les Saisons - Level 3

At the end of this presentation, participants will be able to:

- Describe placebo/nocebo pain responses in rodents.
- Identify neurobiological circuits related to placebo/nocebo pain modulation.
- Define nocebo effects from a clinical and ethical perspective.

Track 2 Where do we go from here? Exploring pain and mental health for youth with rheumatic diseases

Chair: L. Proulx

Speakers: N. Trehan, N. Abrahams, M. Rafieinia, M. Rafieinia, I. Dukes

Location: Alberta - Level 4

At the end of this presentation, participants will be able to:

- Describe patient decision aids (PDAs) such as the JIA Option Map and describe the evidenced-based information to include in PDAs.
- Identify the lived experience of pain of youth and young people living with rheumatic disease including mental health implications and how patient organizations can help address these needs and translate research evidence.
- Demonstrate how research can help address the needs of youth and young people living with chronic pain and effectively engage patients throughout the research and clinical decision-making process (e.g. patient decision aids)

Track 3 From randomized trials to real world: How to mine the riches of healthcare databases for better pain research and surveillance.

Chair: A. Lacasse

Speakers: I. Gilron, L. Lix, A. Lacasse, H. Lore Nguena Nguetack

Location: Quebec - Level 4

At the end of this presentation, participants will be able to:

- Summarize the merits and translational challenges of contemporary pain clinical trials.
- Describe the added value of administrative healthcare databases for real-world evidence and initiatives to improve their access and use by researchers.
- Identify various avenues to maximize the potential of administrative healthcare databases for pain research and provide examples of how such data can be used to better understand intra- and inter-individual variability in chronic pain treatment.



Track 4

Democratizing Participant Engagement of Marginalized Communities in Chronic Pain Research: Crafting a Way Forward

Co-Chairs: D. Williams, A. Sud

Speakers: F. Webster, P. Rowland, L. Comer, D. Williams, A. Sud

Location: Ontario - Level 3

At the end of this session, participants will be able to:

- Build knowledge and critical thinking around how social science can inform efforts to build equity, diversity, and inclusion as they pertain to PE in chronic pain research.
- Recognize the importance of meaningfully engaging with communities who represent those who are members of historically marginalized groups.
- Create conversation around how audience members can begin to enact EDI principles in relation to their own research.

1050 -1205h

Concurrent Session – One: Practicum Program

From a gap in care to real-world solutions: Steps to reduce the burden of chronic postsurgical pain in Alberta.

Speakers: K. Denness, T. Wasylak, B. Rosenbloom

Location: New Brunswick - Level 4

Preventing the transition from acute to chronic pain is a top priority for patients and families, healthcare professionals, and policy makers across Canada. Prevention of chronic postsurgical pain (CPSP) is aligned with the vision and guiding principles of the Alberta Pain Strategy, a document that outlines collaborative and coordinated efforts to assess, treat, and manage pain across Alberta. In this session, we offer examples of initiatives underway to reduce the burden of CPSP, from the broad systems-level activities of the Alberta Pain Strategy to patient-centered approaches offered before surgery, during acute care, and after hospital discharge. Initiatives include co-developing screening measures, leveraging the provincial clinical information system to optimize analgesic prescribing, creating a series of learning modules for acute care nurses, implementing a patient-facing digital tool, and laying foundations for a virtual surgical transitional pain service.

At the conclusion of this activity, participants will be able to:

- Explore the evolution of the Alberta Pain Strategy as a comprehensive approach to helping Albertans manage pain across their lifespan.
- Explain key elements in the design and implementation of evidence-based strategies for the prevention and management of CPSP at the system, hospital, and patient level.
- Identify and discuss risk factors and screening approaches for the development of CPSP in pediatrics and adults, the co-development of screening measures for patients, and how the model can apply to other painful conditions.



Inflammatory Arthritis and Disease Modifying Agents: What Pain Management Practitioners Need to Know

Speaker: M. Stein

Location: Confederation Ballroom - Level 4

Patients who suffer from inflammatory rheumatic diseases often experience pain. It is important to identify these patients in part to establish a diagnosis but also to recognize that rheumatic conditions are associated with damage to different organs which may influence investigations and choice of therapy. Furthermore, it is important for clinicians who treat patients with pain syndromes to become familiar with medications used in the treatment of inflammatory arthritis.

At the end of this presentation, participants will be able to:

- Recognize the signs and symptoms of inflammatory arthritis.
- Increase awareness of undiagnosed and active rheumatic diseases in patients with chronic pain.
- Familiarize themselves with common disease modifying medications used for rheumatic diseases.

What's New in Osteoarthritis: Evidence for Treatments

Speaker: T. Appleton

Location: Confederation Ballroom - Level 4

At the end of this presentation, participants will be able to:

- Describe the current landscape in treatment recommendation in osteoarthritis.
- Summarize emerging data that shifts our understanding of the basis of OA pathophysiology.
- Discuss novel OA therapeutics on the horizon.

Shaping the Conversation: How to Translate Your Message to the Media, Policymakers, and Other General Audiences?

Speakers: K. Nicholson, H. Clarke

Location: Newfoundland/Nova Scotia - Level 4

In this session, we will roll up our sleeves and get to work on translating science to a general audience. Part lecture, part workshop, this session will address how to work with the media and make interviews go the way you want them to, how to write and publish opinion pieces, and how to engage with policymakers.

At the end of this presentation, participants will be able to:

- Explain their work to a general audience with confidence, meaning, and impact.
- Write a compelling opinion piece that effectively translates their work.
- Engage with the media, carry out interviews, and redirect questions to ensure effective messaging.

1205h

Lunch – Plated Meal *Non accredited Presentation

Confederation Ballroom – 4th Floor



1320h **Welcome Back**
Confederation Ballroom - Level 4

1330h **Plenary: The Mechanistic Mélange of Pain**
Dr. Michael Salter

Advancing new therapeutic approaches remains a significant challenge in the field of pain. Transcriptomic analysis of changes in gene expression in the spinal cord dorsal horn have led to cataloging diverse cellular alterations in response to peripheral nerve injury but have focused on phenomenology and classifying transcriptomic changes. Recently, we took a purposeful approach of exploring the possibility of identifying pain-relieving drugs by simultaneously looking not just between sexes in a single species but between sexes in two species. Surprisingly, given the large emphasis on sex differences across biomedical sciences we found that there are many more commonalities than differences between sexes and across species in the gene expression changes produced in the spinal dorsal horn. To take our analysis forward we developed a way to use this information to make testable predictions about drug response. We used pathway analysis to define the molecular network of proteins encoded by the genes in which transcript expression had changed. Because of the power of our four-way analysis we not only identified known pathways – which validated our analyses – but we discovered connections and hubs not seen previously. With this information we developed a workflow through mining the database of FDA-approved drugs and interrogating this with the common nodes and hubs we had identified. The top hit from this analysis was fostamatinib, the molecular target of which is the non-receptor tyrosine kinase SYK, which our analysis had identified as a key node in the interactome. administering the active two structurally distinct SYK inhibitors reversed pain hypersensitivity and, as our analysis predicted, did this in both sexes. Thus, we identified and showed the efficacy of agents that could not have been previously predicted to have analgesic properties.

At the end of this presentation, the participants will be able to:

- Recognize the diverse mechanisms for pain sensitization.
- Identify how gene expression analysis can be used to identify new molecular targets for pain-reducing therapies.
- Outline sex differences and sex similarities in pain mechanisms.

1430h Move to concurrent sessions.



Concurrent Session – Two: Scientific Program

Track 1 **Bringing Optogenetics to Pain Therapy - Translational Challenges**

Chair: Y. De Koninck

Speakers: Y. De Koninck, M. Paquet, J. Chandler

Location: Alberta - Level 4

At the end of this presentation, the participant will be able to:

- Comprehend the basics of optogenetics and its potential application to pain therapy.
- Identify the challenges on the technological front for translation to pain therapy.
- Recognize the ethical, societal, and regulatory challenges that need to be addressed for the translational effort to be successful.

Track 2 **Trainee Workshop: Productivity and Publishing: Advice for the Burgeoning Pain Researcher**

Speakers: J. Katz, G. Descalzi, A. Bruneau, A. Waisman

Location: Newfoundland/Nova Scotia - Level 4

This panel convenes experts to guide trainees in enhancing their research careers post-pandemic. Dr. Katz will discuss strategies for increasing manuscript acceptance, while Dr. Descalzi will address balancing publishing demands with academic growth. Trainees Alice Bruneau and Anna Waisman will share their journeys, offering practical advice and inspiration.

At the end of this presentation, participants will be able to:

- Recognize key factors that increase manuscript acceptance rates in pain research.
- Identify strategies to balance the 'publish or perish' culture with sustainable academic development.
- Utilize peer experiences to navigate and succeed in the competitive field of scientific research.

Track 3 **The Role of Cannabinoids in Current Pain Practice & Future Implications**

Chair: P. Ganty

Speakers: P. Ganty, J. Busse, S. Law, M. Ware

Location: Les Saisons - Level 3

At the end of this presentation, participants will be able to:

- Comprehend the current prescription and use of Cannabinoids in the Canadian context and the role of genetics in pharmacokinetics of cannabinoid metabolism.
- Review guidelines in the prescription of cannabinoids in chronic pain and cancer pain.
- Examine the development of policies and the role of regulatory bodies in the use of medical cannabinoids.



Track 4

Innovative methods for studying pain across the research continuum: Advances and implications for practice.

Chair: N. MacKenzie

Speakers: V. Abaira, T. Wideman, N. MacKenzie, J. Daly-Cyr

Location: Ontario - Level 3

At the end of this presentation, participants will be able to:

- Describe novel methodological approaches, or novel application of methods, to understanding pain, its treatment, and how to effectively engage partner to mobilize evidence.
- Identify opportunities to potentially apply these methods in other research contexts.
- Consider the critical perspective of people living with pain to interpreting and advancing how these methods are utilized and the questions they may be used to answer.

1445 -1600h

Concurrent Session – Two: Practicum Program

Headache and Migraine: (1445-1800h)

Moderators: A. Melnyshyn, D. Louw

Confederation Ballroom - Level 4

Psilocybin and Headache: Mycotic Miracle or Fungal Fantasy? (1445-1615)

A. Melnyshyn

At the conclusion of this presentation, participants will be able to:

- Formulate an understanding of what psychedelics are.
- Define the uses and conditions psilocybin responds to during treatment and why also referred to as “magic mushrooms.”
- Outline potential mechanisms by which psilocybin might exert its effects and potential risks.
- Explore emerging research revealed about psilocybin in preventing and treating migraine and cluster headache.
- Recognize the mechanisms behind the approval process for psilocybin for clinical use in Canada.

Aeromedical Aspects of Migraine (1615-1700)

Dr. Joan Saary (Virtual)

At the conclusion of this presentation, participants will be able to:

- Appreciate the factors to be considered in determining medical fitness for aircrew.
- Understand how the results of a recent review of the literature contributed to development of a stepwise approach to assessment and disposition of migraines in aircrew.
- Become aware of a risk matrix approach that guides decision making.



Trigeminal Autonomic Cephalgias and Neuralgias (1700-1800)

Dr. Jaclyn Duvall (Virtual)

At the conclusion of this presentation, participants will be able to:

- Identify the diagnostic criteria and clinical features for Trigeminal Autonomic Cephalgias
- List treatment options for each of the four Trigeminal Autonomic Cephalgias
- Recognize the clinical features, evaluation and management of cranial neuralgias.

Women's Health Across Her Lifespan: From Girls to Grandmas

Speakers: T. Di Renna, B. Lau, L. Isaac, R. Bosma

Location: Quebec - Level 4

Modeled after the daytime talk series "The Social" our presentation will feature 4 fabulous female clinicians and researchers who have put healthcare for Women at the forefront of their careers. We will take the audience through the lifetime of a female pain patient in Canada, so participants understand the importance of Women's Health for the human population and its effect on climate change (what? Yes, I said climate change!).

At the end of this presentation, participants will be able to:

- Define common pain conditions in female youth, women of childbearing age, pregnant and elderly females.
- Recognize the challenges for female patients with chronic pain conditions in finding care.
- Implement changes in their clinical practice to better manage chronic pain conditions in females.

Deconstructing Persistent Pain into Bite-Sized Rehabilitation Options: A Clinician's Guide

Speaker: A. Smith

Location: Saskatchewan - Level 3

At the end of this presentation, participants will be able to:

- Briefly review and categorize pain through a nociceptive, nociplastic and neuropathic pain lens
- Provide clinical tools to quantify a person's lived experience with persistent pain, incorporating behavioral patient reported outcome measures, subjective and physical examination, and determine how examination findings may direct care to appropriate healthcare providers.
- Summarize outcomes of recent trials in people with persistent pain which have incorporated a biopsychosocial framework of care.



Mindfulness Practice for Pain Management: The Practices that Resonate

Speakers: J. Gardner-Nix, A. Steverman

Location: New Brunswick - Level 4

Twenty years after beginning to offer the Mindfulness-Based Stress Reduction program established by Jon Kabat-Zinn, trauma-informed and trauma-sensitive customized versions, renamed, are now offered to those living with chronic pain conditions. This is an experiential workshop where we explore elements incorporated which resonated with participants over those years. Feedback and outcomes help us to hone protocols offering a variety of practices that enable participants to select what would best take them forward into a consistent mindfulness practice, long term, improving function and reducing suffering. The underlying principles of living mindfully are supported by formal and informal practices which each participant customizes to their preference and needs. Facilitators who embody mindfulness guide them through insights that arise which might have challenged their commitment, transitioning them to practices which can be transformative.

At the end of this presentation, participants will be able to:

- List a variety of formal practices which have resonated with those living with chronic pain.
- Reflect on the mechanisms of action of formal and informal practices on pain management.
- List the attitudes of mindfulness that support a commitment to mindfulness practice.

1600-1645h **Refreshment Break** – Provinces and Governor General Ballrooms
Exhibits are open – Provinces Ballroom
Poster viewing – Governor General Ballroom

1645 – 1800h **Concurrent Session – Three: Scientific Program**

Track 1 Taming the Untameable: New Insights into Mitigating Side Effects of Opioid Use

Chair: E. Harding

Speakers: H. Clarke, A. Taylor, E. Harding, T. Trang

Location: Les Saisons - Level 3

At the end of this presentation, participants will be able to:

- Describe major side effects of long-term opioid use.
- Define novel targets being investigated to mitigate opioid-induced hyperalgesia and opioid withdrawal.
- State novel clinical perspectives aimed to limit side effects of opioid use.



Track 2 What role for psychology in pain science and clinical care? Patient and scientist perspectives

Chair: E. Vachon-Preseau

Speakers: E. Vachon-Preseau, T. Salomons, L. Hunter

Location: Ontario - Level 3

At the end of this presentation, participants will be able to:

- Determine what the role of psychological factors are to predict chronic pain.
- Analyze how psychological factors for chronic pain are viewed differently by the public.
- Analyze the perspective of a participant with lived experience.

Track 3 Mindfulness Programs for Pain: The Evidence Base, and the move toward Inclusion, Customization and Equity to cater to Diversity in Canada

Chair: J. Gardner-Nix

Speakers: A Steverman, N. Mandel, M. Yellow Bird, J. Gardner-Nix

Location: New Brunswick - Level 4

At the end of this session, participants will be able:

- Describe the role that mindfulness-based interventions can play in chronic pain management and some of the evidence to support them.
- Recognize the importance of adapting mindfulness programs with the input from those living with specific pain conditions or within specific communities.
- Consider the inherent mindful nature of indigenous approaches to pain management, how these connect with western science, and how they can support holistic approaches to healing.

Track 4 Patient Voices in Chronic Pain Management: Harnessing Qualitative Data for Better Care

Chair: H. Shojaei

Speakers: D. Fels, H. Shojaei, S.F. Lakha, J. Milner

Location: Newfoundland/Nova Scotia - Level 4

At the end of this presentation, participants will be able to:

- Recognize of the crucial role and usefulness of patient voices and patient-generated qualitative data in chronic pain management decision-making.,
- Advocate for a patient-centric approach in chronic pain management by demonstrating how patient narratives and concerns can inform and enhance clinical practice, particularly in a multidisciplinary pain management team.,
- Identify various cultural perspectives on chronic pain care, as well as how to use technology for practical implementation. This involves recognizing the advantages of combining patient voices and quantitative data, such as increased patient satisfaction, fewer missed visits, and improved interprofessional collaboration.



Headache Stream Continues – see page 9**Clinical Assessment and Management of Joint Hypermobility and Chronic Pains in Syndromic Hypermobility Disorders**

Speaker: N. Mittal, R. Siegal, M. McCarthy

Location: Alberta - Level 4

The term "joint hypermobility" refers to an excessive range of motion within the typical plane of movement and can be asymptomatic or even advantageous in sports performance throughout life. However, it may be associated with an increased risk of injury in some individuals. Individuals diagnosed with hypermobility may encounter symptoms such as joint pain, recurrent dislocations or subluxations, and a propensity for soft tissue injuries, all of which can lead to chronic musculoskeletal pain. The examination of hypermobility in a patient necessitates a thorough assessment of their joint flexibility and musculoskeletal pain complaints.

This symposium aims to provide a comprehensive understanding of assessing joint hypermobility with differentiation between syndromic and non-syndromic hypermobility, recognizing common features of hypermobility related genetic connective tissue disorder of Ehlers Danlos Syndromes (EDS), and holistic interprofessional management principles in relevant clinical settings.

Three experienced faculty members will discuss the concept of joint hypermobility, followed by a practical demonstration of clinical methods for assessing hypermobility across different joints of the body and recognizing dermatological symptoms associated with these medical conditions. Participants will learn about the pain contributors, and psychological and social aspects. Attendees will learn about the assessment and treatment of chronic pains, both musculoskeletal and non-musculoskeletal, as well as conservative, psychological, and therapeutic approaches, patient education, and rehabilitation.

At the end of this presentation, participants will be able to:

- Describe relevant clinical tests for hypermobility assessment in adults using the current classification framework.
- Illustrate the natural progression, pain mechanisms and spectrum of pain manifestations in Ehlers Danlos Syndromes.
- Summarize the fundamental principles of pain management in hypermobility related disorders.



Psychedelics for Chronic Pain: Navigating the Hype

Speakers: R. Tanguay, K. Ladha

Location: Quebec - Level 4

Psychedelics have been discussed in mainstream media over the last few years as the new panacea of treatments for mental illness. Fortunately, data has supported many claims, including phase 3 clinical trials and a plethora of peer-reviewed literature in the treatment of PTSD and depression. Novel data has been coming regarding the use of psychedelics for chronic pain. Drs. Ladha and Tanguay will discuss utilization of psychedelics in chronic pain, comorbidity of chronic pain and mental illness, and the possible impact of medical use of psychedelics in Canada.

At the end of this presentation, the participants will be able to:

- Develop knowledge of how psychedelics work depression in and PTSD.
- Evaluate the evidence of psychedelics in mental illness and chronic pain.
- Incorporate mental health treatments into chronic pain programming.

1800h

Day Two Concludes

1845h

Trainee Social

Location: Twenty-Two (22nd floor)

A night set to be both memorable and impactful. This event promises an evening filled with lively social dynamics, delicious food, and refreshing drinks, all geared towards fostering connections and collaboration among attendees. As we gather, our primary focus lies in strengthening social relationships amongst trainees and professionals alike, paving the way for enhanced collaboration in research efforts.

Get ready for an evening of camaraderie, inspiration, and the forging of new pathways in pain management!

Objectives:

- Facilitate networking opportunities among trainees to cultivate meaningful social relationships within the Canadian Pain Society community.
- Encourage interdisciplinary collaboration by providing a platform for knowledge exchange and idea sharing among attendees from various cultural and academic backgrounds.
- Inspire and motivate trainees to actively engage in research endeavors aimed at improving the care and quality of life for individuals suffering from chronic pain.

Free evening for all attendees.

If you are dining at the hotel or going into town, please ensure you make reservations in advance.



Monday April 29

0700h **Registration and Check In**
 4th Floor Foyer

National Congress on Pain

This is a separate non accredited event with its own agenda, and all registrants of the 2024 CPS ASM may attend the Congress at no additional charge. Please visit our website [here](#).

0730-0830h **Breakfast – Plated Meal** *Non accredited Sponsored Presentation
 Everyone Welcome
 Confederation Ballroom – 4th Floor

0830-0945h **Welcome & Opening Remarks**
 Dr. John Pereira, Chair, National Congress on Pain

Plenary Speeches
 Health Canada Speaker TBA
 Jean-Francois Leroux, Vice-Chair, National Congress on Pain
 Dr. Hance Clarke, Vice-Chair, National Congress on Pain

0945-1010h **Refreshment Break**
 Confederation Ballroom Foyer

1010-1130h **Concurrent Session One**
 See National Congress on Pain Agenda – see website

1130-1140h **Health Break**

1140-1300h **Concurrent Session Two**
 See National Congress on Pain Agenda – see website

1300-1310h **Health Break**

1310-1320h **Welcome Back**

1320-1440h **Lunch – Plated Meal** *Non accredited Sponsored Presentation
 Confederation Ballroom – 4th Floor

1440-1530h **Plenary**

1525-1530h **Closing Remarks and National Congress on Pain Concludes**



Scientific Program

1530h-1540h **Poster/Presentation Pitches**
Confederation Ballroom – 4th Floor

1540-1640h **Refreshment Break – Exhibitor Hall re-opens**
Provinces Ballroom

1540-1640h **Poster Session Two**
Governor General Ballroom

1640-1755h **Concurrent Session – Four: Scientific Program**

Track 1 **Hot Topics Trainee Presentations**
Location: Les Saisons - Level 3

At the end of this session, participants will be able to:

- Describe the latest research in pain mechanisms and clinical care; and
- Critique and evaluate emerging topics in pain research.

Towards a Computational Understanding of Chronic Pain
M. Lacombe-Thibault

Understanding the Impact of Demographic and Psychological Factors on Pain Variability in Adults with Chronic Pain: The Circa Pain Project
E. Lamoureux

Expression and localization of 5-HT receptors in the dorsal horn of rat and human spinal cords.
C. Murray-Lawson

Chronic Pain, Prescriptions, and Peril: Predicting Risk Trajectories –
H. Lore Nguena Nguetack

Microglial activation is regulated by circadian rhythms in chronic neuropathic pain –
C. O'Connor

Identifying Subtypes and Pain Trajectories in Chronic Overlapping Pain Conditions
C. Tanguay-Sabourin



Track 2 **Beyond Sensation: Pain Modulation in Cognitive and Motivational Contexts**

Chair: M. Roy

Speakers: M. Roy, M. Moayed, M. Coll, Z. Deldar

Location: Alberta - Level 4

At the end of this presentation, participants will be able to:

- Gain insights into the nature and mechanisms of value-based task priority in pain and cognition.
- Discover how engaging in enjoyable activities can be a strategic tool to alleviate pain, emphasizing the role of individual flow experiences and passion in pain management.
- Recognize the latest experimental approaches and results in the experimental study of the impact of cognitive and motivational factors on pain perception.

Track 3 **Real-world implementation of digital health solutions spanning the continuum of care to improve pain management in Canada.**

Chair: R. Bosma

Speakers: J. Rash, J. Stinson, R. Bosma, N. Zur Nedden

Location: Ontario - Level 3

At the end of this presentation, participants will be able to:

- Formulate how to leverage a stepped care 2.0 framework to ensure timely access to pain resources across the continuum of care such that people have access to the right care at the right time.
- Illustrate how digital health solutions are used by youth with chronic pain in primary and tertiary care settings.
- Explore implementation strategies and outcomes (health and health system outcomes), as well as patient impact around implementation of the Power Over Pain Portal.

Track 4 **Beyond checking the box: Practical lessons for integrating EDI into your pain research, teaching, and service.**

Chair: R. Pillai Riddell

Speakers: A. Hood, J. Swidrovich, R. Pillai Riddell

Location: Quebec - Level 4

At the end of this presentation, participants will be able to:

- Discuss the impact of racism-based traumatic stress on pain inequities through the lens of the RESTORATIVE conceptual model and describe actionable steps to mitigate healthcare barriers in clinical practice.
- Analyze Evidence Based Medicine (EBM) through decolonial and Indigenous lenses, fostering a greater understanding of strategies that honour Indigenous medicines and healing practices.
- Utilize practices when serving on peer review committees for hiring or awards because of a more informed understanding of 'inclusive excellence'.



1640-1755h

Concurrent Session – Four: Practicum Program

Invasive Neuromodulation for Chronic Pain: The basics and lay of the land in 2024

Chair: T. Sankar

Speakers: A. Bhatia, A. El-Helou, T. Sankar

Location: Newfoundland/Nova Scotia - Level 4

At the end of this presentation, participants will be able to:

- List the current indications for spinal cord stimulation and dorsal root ganglion stimulation for chronic neuropathic pain
- Understand the mechanisms of action underlying the effectiveness of spinal cord stimulation and dorsal root ganglion stimulation in chronic pain
- List the potential indications and modalities for invasive cranial neuromodulation in patients with chronic pain
- Understand the current utilization of invasive neuromodulation for chronic pain in the Canadian setting, including barriers to access and implementation

1755h

Day Three Concludes

1830-2330h

President's Gala Dinner

Confederation Ballroom – 4th Floor

1830h Cocktails in Confederation Foyer

1900h Doors open

1915h Welcome to the President's Gala

1930h Dinner is served

2000h Opening Remarks and Award Presentation

Poster and Hot Topic Awards

Conference and Networking Passport Winners announced

2130h Dance to follow

Your ticket is included with a full conference registration.

Formal attire. Adults only.

Alcohol is not included. Cash bar is available.



Tuesday April 30

0715h **Breakfast Buffet**
 Confederation Ballroom – 4th Floor

0800h **Opening Remarks**
Acknowledging our Award Recipients
 Pain Mentorship Award
 Pain Awareness Award

0815h **What is Pain and Why Does it Matter?**
 Early Career Award, T. Salomons

Pain can be a simple reflexive response to a stimulus that threatens our body, or a complex cognitive, emotional and social experience. In most cases it is driven directly by nociceptive input, but in others it seems to occur without any peripheral source. This talk will review an (early) career spent examining what pain is, how it is changed by the emotional and cognitive context in which it occurs, and how the brain integrates multiple sources of information to produce the pain we experience. I will show how our understanding of pain and its mechanisms and measurement impacts us in medical and legal settings, including the recent debate over fetal pain and abortion.

At the end of this presentation, participants will be able to:

- Understand how studies of lesion and congenital insensitivity to pain patient, and individual with trauma can contribute to our understanding of the brain's role in pain.
- Contextualize findings from neuroimaging studies.
- Reflect on how our understanding of pain impacts clinical and legal decision making.

0855h **Long Road Travelled and Lessons Learnt**
 Distinguished Career Award, A. Mailis

This presentation will provide a review 43 years of clinical practice, research, and advocacy in promoting pain diagnosis and management. I will discuss the development of unique clinical practice in an academic institution, the intricacies of operating within an academic hospital, the value of clinical practice-derived research, the contributions of advocacy to promote the causes of chronic pain, and finally how to bring academic principles to community practice.

At the end of this presentation, participants will be able to:

- Recognize the intricacies of been in an academic environment.
- Comprehend that clinical research is possible through questions generated in clinical practice.
- Participate in order to generate system changes.



0935 – 0955h **Refreshment Break – Provinces**
Exhibits are open – Provinces Ballroom

0955 – 1110h **Concurrent Session – Five: Scientific Program**

Track 1 Sex differences in the immune cell regulation of pain resolution.

Chairs: B. Kerr

Speakers: B. Kerr, N. Ghasemlou, J. Sim, G. Laumet

Location: Newfoundland/Nova Scotia - Level 4

At the end of this presentation, participants will be able to:

- Evaluate the most recent data regarding the immunology of pain and pain resolution.
- Consider how biological sex can influence processes such as tissue healing and pain resolution.
- Describe sex differences in the response of specific classes of immune cells as it relates to pain and plasticity.

Track 2 The Quebec Back Pain Consortium: Studying Low Back Pain from Multiple Perspectives

Chair: H. Massé-Alarie

Speakers: C. B. Meloto, M. Roy, H. Massé-Alarie, J. Roy

Location: Alberta - Level 4

At the end of this presentation, participants will be able to:

- Describe the Quebec Back Pain Consortium prospective cohort study including the multiple outcomes collected, the time-points used and the sample size recruited
- Recognize satellite projects associated with the consortium studying LBP from diverse perspectives.
- Discuss the impact of genetics, low back pain definition and brain organisation in LBP trajectory, and the effect of various types of exercise, and non-invasive brain stimulation to reduce pain and disability.

Track 3 Implementing large scale system-wide healthcare solutions for chronic pain management: Implementation science, knowledge mobilization, and complexity informed research from across Canada

Chair: E. Lopatina

Speakers: R. Visca, M. Robert, K. Birnie, E. Lopatina

Location: Confederation Ballroom - Level 4

At the end of this presentation, participants will be able to:

- Identify success factors, challenges, and key takeaways from the exemplar initiatives.
- Compare and contrast the unique challenges and opportunities presented when implementing large-scale health system solutions at the local, provincial, and national levels.
- Propose considerations and strategies for future initiatives.



Track 4

Peer support needs support: Building capacity for chronic pain peer support across Canada.

Chair: Y. Shergill

Speakers: V. McIntyre, J. Lorca, S. Holtzman

Location: Quebec - Level 4

At the end of this presentation, participants will be able to:

- Identify shared needs and opportunities of peer support organizations across Canada and learn how collaboration among national pain peer led support group organizations enables them to build capacity and better service people living with pain.
- Evaluate the experiences of a PainBC peer facilitator and the group structure in order to assist others interested in group development.
- Share outcomes of emerging research on the impact of online peer support.

0955 – 1110h

Concurrent Session – Five: Practicum Program

Intravenous Ketamine Infusions for Pain Syndromes: Current Evidence and Practice

Speakers: A. Bhatia, M. Khalid

Location: Ontario - Level 3

The use of ketamine for relieving pain is based on its role as a non-competitive antagonist of the NMDA receptor. Intravenous ketamine infusions are being increasingly used to relieve neuropathic and other pain syndromes. The evidence for an appropriate dosing regimen is unclear. Both short and long-term use of ketamine can be associated with adverse effects. This presentation will focus on the mechanisms of action of ketamine, the evidence around its use in relieving pain, and the description of a multidisciplinary program for administering intravenous ketamine for pain syndromes.

At the end of this presentation, participants will be able to:

- Describe the biologic rationale for using ketamine to treat pain syndromes.
- Summarize the evidence on efficacy and adverse effects of ketamine infusions for pain syndromes.
- Develop an intravenous infusion program for administering ketamine for pain syndromes.

Innovations dans la prise en charge de la douleur chronique et la consommation d'opioïdes au Québec

Speakers: G. Pagé, B. Migneault, A.M. Pinard

Location: New Brunswick - Level 4

Au cours des dernières années, plusieurs initiatives ont été mises sur pied au Québec pour améliorer la prise en charge des individus vivant avec de la douleur chronique, ou étant à risque de développer une telle condition. Ces initiatives visent à répondre à plusieurs défis associés à la prise en charge de la douleur chronique, notamment les difficultés d'accès aux traitements optimaux multimodaux et multidisciplinaires, et ce au moment opportun. Ce symposium vise à apprendre sur ces nouveaux modèles visant à



faciliter la prise en charge des individus à risque de développer de la douleur chronique à la suite d'un séjour hospitalier (service transitionnel), des individus avec de la douleur chronique nécessitant une prise en charge en première ligne, ainsi que la démocratisation des connaissances visant à optimiser l'auto-gestion de la douleur.

Objectifs :

- Décrire le processus d'implantation du Service transitionnel de gestion de la douleur du CHUM pour les patients à risque d'usage prolongé d'opioïdes à la suite d'un séjour hospitalier.
- Identifier les innovations cliniques associés à l'implantation de cliniques multidisciplinaires en première ligne au Québec : Projet EVA-DO
- Explorer la création du portail « gerermadoulleur.ca », son contenu son développement à venir pour les patients, leurs proches et les professionnels de la santé.

1120-1235h

Concurrent Session – Six: Scientific Program

Track 1

Genetic and genomic approaches can help us understanding the underlying cause of chronic pain

Chair: G. Neely

Speakers: L. Diatchenko, L. Lima, G. Neely

Location: Quebec - Level 4

At the end of this presentation, participants will be able to:

- Recognize the utility of DNA sequencing approaches in large human biobank and their potential to identify new gene candidates contributing to pain states.
- Recognize the role of inflammatory response in acute to chronic pain transition and how this knowledge can guide new therapeutic approaches.
- Recognize the utility of a functional genomic approach to identify and characterize genes that control human pain perception.

Track 2

Predicting the transition to chronic pain: insights from across biopsychosocial systems

Chair: S. Schabrun

Speakers: D.Seminowicz, S. Schabrun, L. Jenkins

Location: Confederation Ballroom - Level 4

At the end of this presentation, participants will be able to:

- Describe predictive markers of chronic pain from across different biopsychosocial systems.
- Identify mechanisms involved in the transition from acute to chronic pain.
- Recognize potential new targets for the prevention of chronic pain.



Track 3 Solutions for a CRiPpling Syndrome: An Update on New Diagnostic Categories, Identifying Imitators, and Therapeutic Breakthroughs for CRPS

Chair: N. Mittal

Speakers: A. Mailis, N. Mittal, A. Bhatia, E. Dean, K. Shepherd

Location: Newfoundland/Nova Scotia - Level 4

At the end of this presentation, participants will be able to:

- Illustrate the Valencia update within the context of the CRPS - ICD 11 classification for chronic pain.
- Describe a pragmatic clinical approach to CRPS considering the prevalence of mimicking conditions requiring differential diagnosis.
- Recognize the evidence for emerging therapeutic options such as neuromodulation for CRPS.

Track 4 Women's Chronic Pain and Prescription Opioid Use: Implications for Practice and Policy

Chair: N. Poole

Speakers: L. Greaves, A. Furlan, L. Wolfson

Location: Ontario - Level 3

At the end of this presentation, participants will be able to:

- Explore how an innovative case management and mentoring platform on chronic pain and opioids can support service provision and women's health outcomes.
- Describe the importance of sex and gender science and SGBA+ in our conceptualizations and responses to chronic pain,
- Identify resources for healthcare providers, educators, policymakers, and women with lived and living experience of chronic pain to support women's chronic pain management.

1235h The Canadian Pain Society 2024 ASM Concludes



The Canadian Pain Society has received an educational grant or in-kind support from the following exhibitors:

Sapphire



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Bronze



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All timing for this event is Eastern Daylight Time



Bronze



Not For Profit



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All timing for this event is Eastern Daylight Time

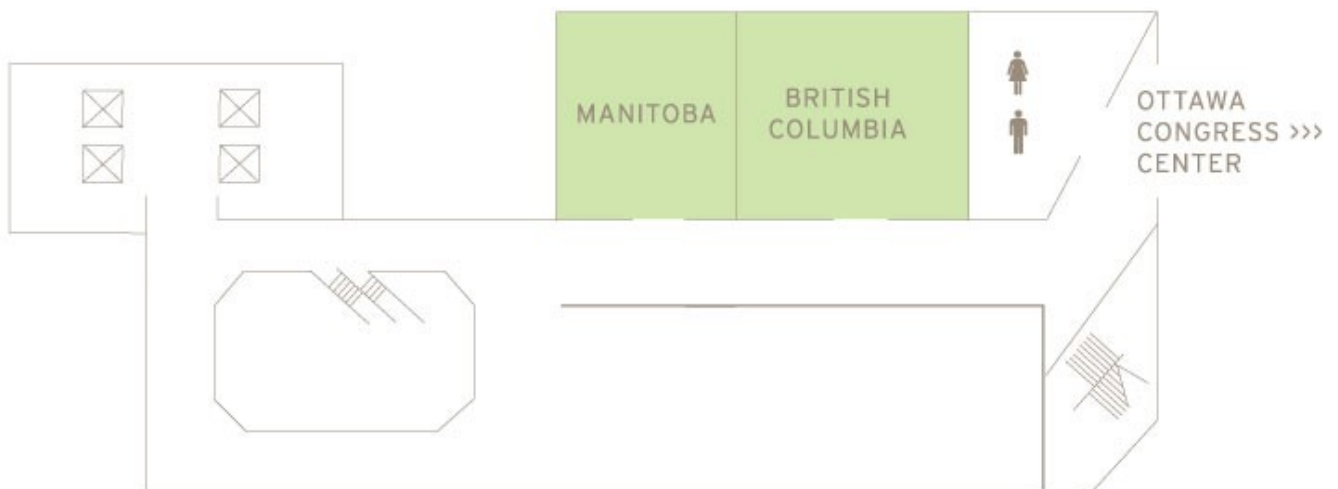


Floor Plans

EXECUTIVE MEETING LEVEL

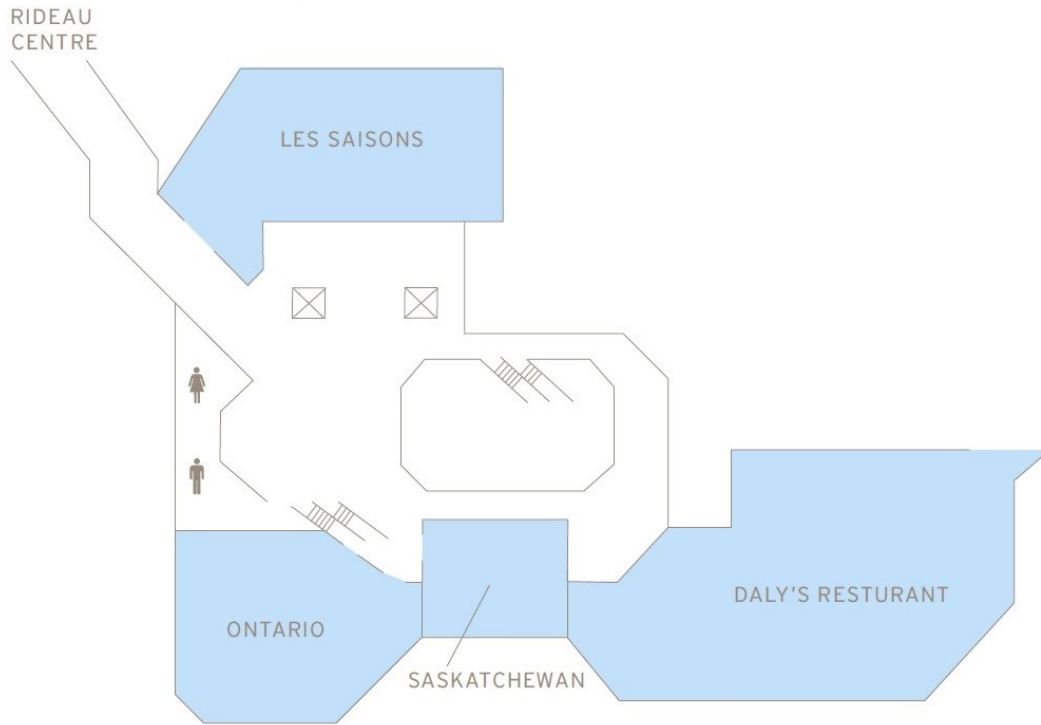


SECOND LEVEL



Floor Plans

THIRD LEVEL



FOURTH LEVEL

