



CAPM NEWSLETTER

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EDITORIAL

Dear Members of the Academy

There appears to be an explosion of information and resources about chronic pain topics on the Internet. How exciting that both academics, educators, health professionals and patients have access to so many resources.

For those of us regularly reading journal articles and discussion forums, the internet may assist us in keeping ourselves in the loop more readily (and ? easily).

And as wonderful as this development appears - it also cautions and challenges us to appreciate that our patients 'often assume or think' that they are better informed and / or knowledgeable about their symptoms – and its' management (because they have read it on-line). It remains essential for the health provider to not only LISTEN to their patient but also be AWARE of what resources are on the net. So - as positive as this initiative may be, also consider the additional TIME you may need to review this type of information with your patients. Perhaps 'Using the Internet for Obtaining Chronic Pain Resources' should be an additional educational topic – for our patients - (along with scheduling, pacing, cognitive restructuring and exercise!)

This newsletter includes information on several internet-based initiatives and in addition presents an eclectic mix of information on chronic pain.

Lead Articles - relate to abstracts of 2 recently published journal articles by members of the Academy Executive Committee Dr. Eleni Hapidou and Dr. Kevin Rod.

Also included in this newsletters are TIPS gleaned from an interdisciplinary health education workshop at Western as well as information on the SPOR (CIHR) grant obtained by Dr. Norm Buckley and his colleagues.

We all work in many areas and disciplines of chronic pain management and cannot be aware and/or knowledgeable about all the initiatives as well as the research occurring in the field. To that end, if some of the information in the Academy newsletter seems redundant to you, your editor hopes you will appreciate that not every member is current with all aspects of the TOPIC.

I had asked our chair Dr. Eldon Tunks to clarify the recent changes that have occurred in publishing articles for the Canadian Pain Society (initially, the J. Pain Research & Management and started by Dr. Harold Merskey, honorary member of the Academy). The editorial company Pulsus that initially published this journal sold it to Hindawi. The new publisher Hindawi is still publishing the J. Pain Research & Management but is publishing it under its own control and not in association with the Canadian Pain Society. Hindawi publishes both on line and open access format and in hard copy. At present, Eldon is an associate editor at Hindawi.

Please continue to provide your editor with information and events happening in your own disciplines.

Tips and tools used in all professions may enable us to provide even better care for our patients.

A Reminder that Case studies make excellent learning tools!

Gloria Gilbert, M.Sc. (PT)
Newsletter Editor

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A REMINDER THE CREDENTIALING PROCESS BY GLORIA GILBERT

Through the American Academy of Pain Management “as long as all criteria are met” (www.aapainmanage.org).

CAPM has developed its own credentialing process (stream) and examination. Check out the criteria for credentialing at www.canadianapm.ca.

The member can attend a small group format, 3 -day course, offered at Hamilton Health Sciences and then write the exam at the end of the third day.

Completion of modules of the graduate level certificate in Pain Management offered by the Faculty of Rehabilitation Medicine at the University of Alberta. Course Director is Dr. Judith Hunter, Assistant Professor in the Department of Physical Therapy at the University of Alberta and the University of Toronto. (rehabilitation.ualberta.ca/professional_certificate_in_pain_management).

Completion of 3 of the 4 modules offered by McGill University's Faculty of Medicine, School of Physical and Occupational Therapy that has been created for inter-disciplinary health care pain professionals. Dr. Mark Ware and Dr. Isabelle Gelinat are the academic leads of this on-line course. (www.mcgill.ca/pain_management) The McGill course is offered in both French and English.

BIOS AND PICTURES OF CREDENTIALLED MEMBERS

The Academy is proud of the accomplishments and prestige of its members in spear-heading the development of interdisciplinary health care services and research for our patients suffering from chronic pain. Attached to the newsletter is a consent form requesting each credentialed member to submit their photo and bio which would be shared both in the newsletter on the CAPM website. Please consider this request! Members will also be receiving a separated mailing from the CAPM office.

REPORT FROM THE CAPM EXECUTIVE DR. ELDON TUNKS, PRESIDENT

This the third year that we have been running credentialing courses and credentialing exam for regulated health care professionals – we have been offering the courses twice a year and now the courses are becoming filled close to capacity – about 20 members attending each of the last three in 2015 and 2016. Apart from being also the reason for increasing membership in CAPM, the courses have proven to be a valuable educational offering even for those who do not yet want to credential, with a multidisciplinary focus of training, relevant to primary care and front-line professionals who engage in caregiving for pain sufferers, promoting skill and competency on essential pain basic science and application topics, and practical application with problem based discussion.

The CAPM was born over 20 years ago when a group of clinicians were concerned that practicing in the area of chronic pain required more than a superficial knowledge and experience and that there needed to be a way for the public and other professionals to be able to identify and find those who have more advanced understanding of the nature pain and effective management.

In the history of healthcare, specialties grow from the grassroots like this, with people with a particular vision and commitment developing expertise, sharing it with each other, becoming visible, and eventually becoming a recognized specialty, but credentialing feels a very important gap before the specialties appear. CAPM is at the forefront in Canada of promoting pain expertise and pain clinician identity and we are proud and gratified that so many Canadian members share that vision, and are developing robust and advanced pain management skills.

The current credentialing course ends with the exam March 19, and next credentialing course is scheduled for June 4, June 11, and June 18 with the examination June 18, 2016.

Eldon Tunks, MD, FRCP C, President

LEAD ARTICLES LEARNING TO MANAGE CHRONIC PAIN: THE PATIENTS' PERSPECTIVE

Dr. Eleni Hapidou, psychologist at Michael G., DeGroot Pain Clinic at McMaster University, and Emily Horst have published an online article on Pain Therapy, March 2, 2016.

Learning to Manage Chronic Pain: The Patients' Perspective- the objective of the study was to gain insight into patients' experiences in a 4-week interdisciplinary chronic pain management program by determining major themes from patients' written comments on exit questionnaires.

Six major themes extracted from the comments were:

- Impact of a strong interdisciplinary team
- Learning to adapt in order to manage
- The Program as a stepping stone
- Positive effects of a group effort
- Improved mental health and
- Benefits of the program

To view the complete article, go to www.paintherapy-open.com
(doi:10.1007/s40122-016-0047-0)

LEAD ARTICLES - CONTINUED

FINDING WAYS TO LIFT BARRIERS TO CARE FOR CHRONIC PAIN PATIENTS: OUTCOMES OF USING INTERNET-BASED SELF-MANAGEMENT ACTIVITIES TO REDUCE PAIN AND IMPROVE QUALITY OF LIFE

Dr. Kevin Rod, physician at the Toronto Poly Clinic in Toronto has recently published Finding Ways to Lift Barriers to Care for Chronic Pain Patients: Outcomes of Using Internet-Based Self-Management Activities to Reduce Pain and Improve Quality of Life. This research article is published in Pain Research and Management (Vol.2016. Article ID 8714785; <http://dx.doi.org/10.1155/2016/8714785>)

Study participants (people in pain) were encouraged to visit 2 Internet sites (a blog and a Twitter posting) for educational postings written by the author on several key topics including exercise, nutrition, mindfulness meditation, and overall self-management methods. Conclusion of the study stated that “ self-management support interventions, such as Internet-based educational tools, can be considered to help patients better manage their chronic pain, depression and anxiety”. This information “may be helpful to improve the treatment outcomes in patients who could not otherwise afford non-insured services (or access a specialized facility or clinic)”.

INTERPROFESSIONAL COLLABORATION IN ACTION

Encountering the Complexities of Pain in Practice - was the title of a workshop on March 5, 2016 sponsored by Western’s Office of Interprofessional Health Education & Research. 150 undergrad and graduate students from different health care disciplines (medicine, physiotherapy, occupational therapy, nursing, psychology, dietetics, social work, pharmacy, health sciences) sat and worked together during this interactive day. Speakers included well-known health providers in London (academic and clinicians) as well as simulated patients. Attendees were provided with the opportunity to see interdisciplinary management (intake and assessment and goal setting) in action- challenging the often cumbersome multi assessments for which many of our patients are subjected.

Tips from the field were offered by each speaker. The students generally were both ‘overwhelmed and enlightened’ about not only the extent and complexity of pain and pain management- but the need to work collaboratively for effective treatment and management services.

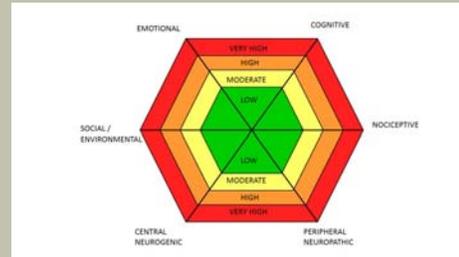
SOME TIPS FOR THE DAY

Dave Walton, PT, PhD, FCAMT is an Assistant Professor in the School of Physical Therapy at Western University. Dave is also an Associate Scientist at Lawson Health Research Institute. He has shared with us some preliminary research- the development of a Domains of Pain Framework.

Dave encourages clinicians to use 3 different indicators for each of the 6 primary domains, If all 3 point to that domain being a problem (perhaps one well-worded subjective history question, one self-report tool of known properties, one clinical test) then that is probably a ‘high’ level issue to be addressed early.

Early experience with the Domain of Pain Framework suggests that it seems to be helpful for clinicians who often find it problematic to integrate all of the new pain research constantly flying at them.

Consider using the Framework and provide Dave with your thoughts and suggestions. (dmwalton5@gmail.com)



BRIEF PAIN INVENTORY (BPI)

Brief Pain Inventory (BPI): Originally developed to assess cancer pain, the BPI is now used by many health providers of all disciplines as a component of intake for people with nonmalignant chronic pain.

Developed by Dr. Charles Cleeland - permission to use the BPI for research purposes can be obtained by contacting Dr. Cleeland at ccleeland@mail.manderson.org. No permission need be obtained by health providers using the BPI in a clinical setting.

Scoring the BPI will provide information on ‘Severity of symptoms, pain interference as well as interference of pain with general activity, mood, walking, normal work, relations, sleep and enjoyment of life.’

MORE TIPS

CNCP 2010 Canadian Guidelines of Safe and Effective Use of Opioids for Chronic Non-Cancer Pain

<http://nationalpaincentre.mcmaster.ca/opioid>

My Opioid Manager for Patients <http://www.opioidmanager.com>

Pain Resource Centre: Canadian Pain Society and Canadian Pain Coalition one stop place for medically vetted information

<http://prc/canadianpaincoalition.ca>

Health Canada new rules for NPN - Natural Pain Number - noted on complementary or ‘natural’ supplements / products that adhere to Health Canada manufacturing requirements.

NURSE PRACTITIONERS WORKING IN PAIN PROGRAMS

It was also encouraging to meet new providers in the pain program at Western.

Charlotte McCallum:

Charlotte pursued a Post Masters Nurse Practitioner in Anesthesia Care Diploma at the University of Toronto. She is now a member of the Anesthesia and Perioperative Management Department at London Health Sciences Centre (LHSC) where she is focusing on complex pain management.

Heather Whittle:

Heather completed the Post-Master's Nurse Practitioner Diploma in Anesthesia Care at University of Toronto., She is currently working on the Comprehensive Pain Management Program, Department of Anesthesia and Peri-operative Medicine at LHSC.

SPOR– STRATEGY FOR PATIENT ORIENTED RESEARCH FROM CIHR

SPOR - Strategy for Patient Oriented Research from CIHR Award

A 5 year SPOR grant of \$12,450,000 was recently awarded to Dr. Norm Buckley (McMaster University) and his team of investigators and co-investigators across the country.

Citing from the abstract - The network described in this proposal will enable chronic pain patients to work with researchers, their health care professionals and educators as well as government policy makers to increase access to best possible care of people suffering with chronic pain and speed up the introduction of the most current research findings into clinical practice.

To view the announcement: check out Chronic Disease on the CIHR website.

BRAVO on this important initiative!!!

THRESHOLD CONFERENCE ON TRAUMATIC/ACQUIRED BRAIN INJURY

New Realm Vocational & Management Services Inc., associated with the lawyers and mediators at Devry Smith Frank LLP in Toronto are sponsoring the third annual Threshold Conference on Traumatic/Acquired Brain Injury on April 13, 2016.

The Conference will be held at The National Club, 303 Bay Street in Toronto. Speakers include legal experts, representatives of the Stop Concussions Foundation as well as physicians (expert witnesses) who often work with the legal profession on this complicated process Dr. Michel Rathbone, neurologist (McMaster) and Dr. Gordon Cheung radiologist at Perimeter Medical Imaging are 2 of the health care professionals on this agenda.

For further information, follow www.nrvmsdsfcharityevent.com or contact the **Ontario Brain Injury Association (OBIA) at 416-322-2936**.

INTERNET-ASSISTED COGNITIVE BEHAVIORAL THERAPY (CBT)

Good evidence shows that it is effective and efficient in treating psychiatric illness.

Published in the March 1, 2016 of the CMAJ is an A Review article written by physician Dr. David Gratzner and Social worker Faiza Khalid-Khan who reviewed the evidence for the effectiveness of internet delivered CBT.

Systematic review of studies published between 2000-2012 identified 1104 articles reporting Internet delivered and computerized treatment.

Key points:

- Strong evidence from randomized controlled trials indicated internet delivered CBT can be used in clinical practice for many patients.
- Depression, mental health problems with range of physical disease (diabetes, MS, cancer), special POPULATIONS (Children AND OLDER ADULTS)
- Resources for Internet-delivered CBT in literature and the real world. For problems related to depression, mood disorder PTSD, cancer, phobias etc.

Worthwhile reviewing considering our chronic pain population

CANADIAN INSTITUTE FOR THE RELIEF OF PAIN AND DISABILITY <http://www.cirpd.org>

A reminder to all members that CIRPD is an excellent source of information for both you and your patients. Webinars on chronic pain are ongoing with the availability of obtaining access to past webinars.

On April 6, 2016 Dr. Jane Ballantyne, Professor of Anesthesia at the University of Washington will be conducting a webinar on 'Functional Measure for Assessing & Managing People with Chronic Pain.

On April 26, 2016 a Webinar on Cognitive-based Insomnia: therapy for those with chronic pain will be conducted by Colleen E. Varney, Associated Professor and Director of the Sleep & Depression Laboratory at Ryerson University.

Online resources include exercise and specific yoga programs for patients as well as patient and health professional focused events.

THE NORTH AMERICAN PAIN SCHOOL

The North American Pain School is an educational initiative of IASP in collaboration with ACTTION (Analgesic, Anesthetic and Addiction Clinical Trial Translations, Innovations, Opportunities Network).

The next workshop on Translational Pain Research: How to Conduct Science that Matters will be held on June 26-30, 2016 in Montebello, Quebec.

Check out www.northamericanpainschool.com

UPCOMING MEETINGS

Canadian Pain Society
Scientific Conference
Vancouver May 24-27, 2016

Canadian Physiotherapy Association Congress
Victoria May 26-28, 2016

Canadian Psychological Association
Victoria June 9-11, 2016

CONTACT US

Canadian Academy of Pain Management
1143 Wentworth Street West, Suite 202
Oshawa, ON L1J 8P7;
T: 905-404-9545; F: 905-404-3727
office@canadianapm.com
<http://www.canadianapm.com>



CREDENTIALLED MEMBERS



JOHN CRAWFORD BSc (Hons), MSc, PhD (Path), DC, FRCSS(C)

A graduate of CMCC – Toronto, Canada, Dr. Crawford is a Fellow, Royal College of Chiropractic Sports Sciences (Canada), Vice-President, Royal Sports Foundation of Canada, an Independent Examiner with FSCO, fully certified through the ABFP in the AMA Guides (4th Ed), Board Member – CSCE and CAPM (Advanced Credentialed Member), and is certified concussion-related disorders specialist.



GLORIA GILBERT M.Sc. (PT)

A physiotherapy graduate of McGill and Western Universities, Gloria owned the first private physiotherapy in London, The Downtown Clinic (est. 1982).

Although no longer accepting new clients, Gloria is currently working on web-based educational initiatives for the person with chronic pain.

Gloria is a member of the Western Interdisciplinary Pain Program and has been credentialed as a Fellow of AAPM and CAPM since 2007.



ELENI HAPIDOU Ph.D., C. Psych.

Eleni Hapidou is a psychologist at the interdisciplinary Chronic Pain Program (recently the Michael G. DeGroot Pain Clinic) and an

Associate Professor in the Department of Psychiatry and Behavioral Neurosciences, McMaster University. She was credentialed by CAPM in 2014. She was previously the Treasurer and now the Vice-President of CAPM.

DISCLAIMER

The Canadian Academy of Pain Management provides this Newsletter as a benefit of membership and provides articles and information for interest and education. The CAPM does not endorse any treatment or product or otherwise that may be in articles included in this newsletter. Canadian Academy of Pain Management, 2016

CALL FOR ARTICLES

**Do you have an article you would like to share with other members?
Have you recently come across some interesting new information?
Do you have any experiences you would like to share?**

CAPM members are encouraged to email me any article of interest, or information that you would like to share. For the Newsletter to be a value added piece for members, I would be more than happy to publish your contributions in future issues.

Remember—you can access past editions of the Newsletter by logging onto the CAPM website. <http://www.canadianapm.com>

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