

WELCOME TO THE SPRING 2022 NEWSLETTER

THE BEST RESOURCE FOR MEMBERS

CHECK OUT THE 3 QUESTION SURVEY AT THE
END OF THIS NEWSLETTER!



NEWSLETTER SERIES 2022



MARK YOUR CALENDARS FOR THE CAPM
ANNUAL GENERAL MEETING
MAY 24, 2022 - 5:00 PM EDT

EDITOR'S NOTE AND ARTICLES
REVIEWED RE COVID-19

CAPM CREDENTIALING COURSE MAY
2022

OTHER UPCOMING COURSES AT CAPM

CAPM COURSE HISTORY

CAPM WEBINAR SERIES

JOURNAL CLUB

MEMBER RESOURCES

UPCOMING EVENTS

The Canadian Academy of Pain Management is dedicated to promoting excellence of care for pain sufferers; through comprehensive professional development for professionals who care for pain sufferers; in a context of interdisciplinary collaboration; and through adherence to the core professional attitudes and acquisition of knowledge essential for caring for pain sufferers.

Accreditation by the Canadian Academy of Pain Management acknowledges that the accredited member demonstrates a high standard of appropriate knowledge of the field of Pain Management and demonstrates the core attitudes requisite for the respectful, skillful, and compassionate care of pain sufferers.



This Newsletter is focused on: **POST-ACUTE SEQUELAE of COVID-19 (PASC) (LONG COVID SYNDROME)**

There are more and more resources that are both evidence- based and also client centred. This is a sample of what is currently available.

Of course, what is being discovered is that the impact of COVID (and prior post-viral syndromes) is a multifactorial heterogeneous experience for 10-50% (depending on the source) of people who have had COVID-19 whether confirmed by testing or not.

What is generally being noted is that an individualized approach is recommended. As per most chronic diseases, the importance of validating the client's experience is noted, ensuring we are not missing other conditions is also noted.

There are many similarities from a rehabilitation perspective to any chronic disease – individualize, validate, progress gently and slowly with nuanced pacing. Managing the emotions of course is key.

In my review, I also found extensive areas of research including genetic markers for more severe disease, research initiatives around the globe and more.

Next time we will review some of the on-line treatment options and their validation as a treatment modality.

(Note that these resources do not specifically address post-ICU syndrome).

There are some resources that are of course building over time.

Please complete the brief survey at the end of this newsletter for your needs in a newsletter.

Martha Bauer OT Reg (Ont)
Editor, CAPM Newsletter

ARTICLES REVIEWED - COVID-19 - LONG COVID SYNDROME

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/post-covid-19-condition.html>

Last updated Date modified: 2021-09-24 and as such the references are a bit older

Here is the latest from WHO

[https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-\(covid-19\)-post-covid-19-condition](https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-(covid-19)-post-covid-19-condition)

Evidence suggests approximately 10%-20% of people experience a variety of mid- and long-term effects after they recover from their initial illness.

Rehabilitative Care Alliance is an Ontario based group that was created years ago to provide evidence and support for rehabilitation in the Ontario health care system. Of late – they have been providing regular input about COVID and now PASC

https://www.ontariohealth.ca/sites/ontariohealth/files/2021-12/PostCovidConditionsClinicalGuidance_EN.pdf

Practical Pain Management

<https://www.practicalpainmanagement.com/pain/other/covid-long-haulers-new-chronic-pain-profile>

Pathobiology of Long COVID Pain Remains Unclear

Three primary mechanisms may be responsible for pain in people with PASC. First, the virus may directly attack multiple tissue types including nerves, the spinal cord, and brain. Second, inflammatory cascades may over activate and attack the body's tissues and organs. Third, excessive blood clotting triggered by the virus may lead to symptoms such as phantom limb pain.

Links to Central Sensitization and Long COVID

<https://www.practicalpainmanagement.com/treatments/psychological/long-covid-impact-central-sensitization-chronic-pain>

Recent studies show significant overlap between long COVID-19 and central sensitization symptoms suggesting that long COVID may evolve into central sensitization. Many survivors of infection by SARS-CoV-2 continue to suffer from persistent symptoms, and in particular, struggle

with a syndrome resembling conditions such as fibromyalgia, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), or postural orthostatic tachycardia syndrome (POTS), as is the case with Jennifer R. These lasting symptoms have been labeled long COVID, among other terms described below.

<https://nn.neurology.org/content/9/3/e1146>

This article only reviewed 17 patients but did not no risk factors but some findings of small fibre neuropathy. Of course we will see others with post ICU syndrome and that will be treated as usual.

PATIENT RESOURCES

CANCOV Patient Resources (breath, fatigue, pacing) <https://cancov.net/patient-resources/>

COVID-19 Resources for Patients and Families (University Health Network)

<https://guides.hsict.library.utoronto.ca/c.php?g=716817&p=5171775>

COVID Long-Haulers Canada (Patient support and advocacy group)

<https://www.covidlonghaulcanada.com/>

Survivor Corps – (Patient support and advocacy group)

<https://www.survivorcorps.com/pccc-canada>

COVID 19 Resources in Canada

<https://covid19resources.ca/>

Community Treatment Programs for PASC include a multidisciplinary approach due to the multiple organ involvement and individual nature of each person's symptom profile

<https://www.lifemark.ca/services/post-covid-19-rehab-recovery>

A USEFUL CANADIAN RESOURCE FOR CLINICIANS

<https://www.albertahealthservices.ca/topics/Page17540.aspx>

Please send your recommendations to the office at office@canadianapm.com and the office will collate and send out an updated list.



**VIRTUAL CAPM PAIN
CREDENTIALING
COURSE - SINCE 2014!**
Now in its 9th Year!
MAY 3, 4, 5, 6, 2022

Credentialing pathway valid for members of
CAPM, Followed by Qualifying Examination

This multidisciplinary course is of interest to:

Physicians, Surgeons, Nurses, Interventional Pain Physicians, Psychologists, Physiotherapists, Chiropractors, Occupational Therapists, Massage Therapists, Social Workers and Pharmacists

For the full registration and information brochure please click here: [Full Registration Guide](#)

To go directly to the *online registration link*, please click here: [Online Registration](#)

Not a member? Easy - Click here to *become a member* today: [CAPM Membership Link](#)

CAPM COURSE OFFERINGS OVER THE YEARS

January 2011 – Clinical Pain Management Skills Course

November 2011 – Clinical Problem Solving in Pain

November 2012 – Practical CBT for Pain Management

January 2013 – CBT in Multimodal Pain Management
March 2013 – Application of CBT to Complex Pain Problems
September 2013 – Clinical Pain Management Skills Course
June 2014 – November 2021 – Credentialing Courses
November 2014 – Management of Hyperalgesic Syndromes Course
January 2016 – Medical Marijuana, Guidelines & Exemptions
September 2017 – Pain Management: A problem-based Self-Assessment Course
September 2021 – Webinar Series – Hyperalgesia, Nomenclature, Definitions, Mechanisms, Video Discussion
November 2021 – Webinar Series – CBT Strategy



WEBINAR SERIES SEPTEMBER 2021 TO JUNE 2022

The launch of a new webinar series has been well received by members. The first two webinars saw great attendance! The topics on the scheduled Webinars from September 2021 to June 2022 are:

September 21, 2021: Hyperalgesia, Nomenclature/Definitions, Mechanisms, Video Discussion;

November 23, 2021: One-on-One CBT Strategy

December 14, 2021: Buprenorphine as Analgesic

February 15, 2022: Suboxone Microdosing Tapering for Pain

April 19 2022: Low Dose Naltrexone

June 21, 2022: The How's and Why's of Independent Medical Evaluation's

These webinars are complimentary to members. Registration is required to track numbers and provide the Zoom link to those that do register.

Accreditation:

This activity has not been formally reviewed by the CFPC; however, it is eligible for 2 non-certified credits, per Webinar. Mainpro+ participants may also earn additional certified credits by completing a Linking Learning exercise.

[Registration and Information here](#)

If you have any questions, connect with us at office@canadianapm.com



JOURNAL CLUB - LAUNCHED FALL 2021

The first Journal Club was on the topic of **The Placebo Effect** in chronic pain management and was held on October 19, 2021. Several members took part in this discussion group. Watch the Newsletter and Membership communication on future Journal Club meetings.

MEMBER RESOURCES

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Resources for Providers:

A curated and extensive list of up to date journal articles

<https://www.painpluscpn.ca>

Resources for Clients:

FINALLY – A NEW RESOURCE FROM OUR COLLEAGUE AND PAST BOARD MEMBER GLORIA Gloria Gilbert, PT, M.Sc.

<https://dontgototheouch.com/2022/02/08/a-dilemma-for-people-experiencing-pain/>

CAPM Pain Credentialing Course

May 3, 4, 5, 6, 2022 - Virtual Event

[Click here for information and Registration](#)

CAPM Annual General Meeting

May 24, 2022 - 7 pm - 8 pm - Virtual Event

CANADIAN PAIN SOCIETY

Annual Conference

May 10-23, Montreal, QC

[Click here for information and Registration](#)

Canadian Academy of Pain Management

Annual General Meeting

May 24, 2022

CPS Webinar Series on Person-Centered Care: Clinical & Educational Innovations in Person-Centered Pain Management

[Click here for registration and information](#)

PAIN CONFERENCES IN CANADA, 2022, 2023, 2024

Check out this link for **Pain Conferences** in 2022, 2023 and 2024 in Canada

[Click here](#)

ISAP WORLD CONGRESS

Annual Congress

September 19 - 23, 2022, Toronto, Ontario

Check out the full listing and registration here:

[Info & Registration](#)



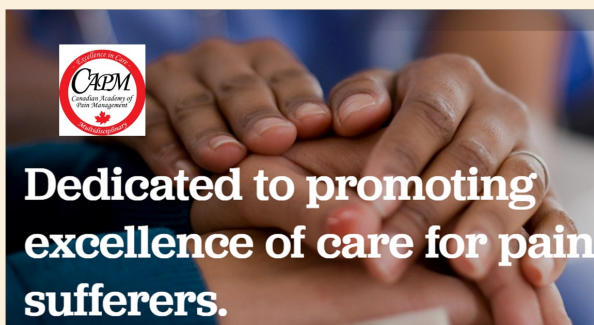
SURVEY QUESTIONS - NEWSLETTER NEEDS

Please complete these 3 questions at this survey link:

<https://www.surveymonkey.com/r/7VBHXQM>

1. Do you see post-COVID patients in your practice?
2. Did this article add to what you already know?
3. Are there any topics you would like more information about in our newsletter?

Thank you - your input matters.



NEW WEBSITE!

Check out the new website, designed to be more user friendly on all types of devices, including iPhones, Laptops, iPads, Computers. A new look and design compliments the offerings that CAPM has and has a more streamlined look and feel to it.

Check it out! www.canadianapm.com

[Check past Newsletters for Links and Resources on our new website](#)

Make note of the CAPM's current address

The CAPM moved its offices as of February 28, 2021.

Please adjust your records.

New Address!

Canadian Academy of Pain Management
1288 Ritson Road North
Suite 333
Oshawa, ON L1G 8B2
Phone: (same) 905-404-9545
Fax: (same) 905-404-3727
office@canadianapm.com
www.canadianapm.com

**WE HAVE
MOVED**



As always.....

I know this is a bit Hamilton Centric – please send us your links for on-line courses.

If you have other Resources, please use the CAPM office email at office@canadianapm.com and let's help each other stay focused on helping our clients.

Remember - We are all needing to look after ourselves as well. Take good Care.

Editor:

Martha Bauer, BSc, OT, Reg (Ont)

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Thank you for reading.

Please send any feedback to The CAPM office at office@canadianapm.com