

WELCOME TO THE FALL 2020 NEWSLETTER

THE BEST RESOURCE FOR MEMBERS



NEWSLETTER SERIES

2020

MESSAGE FROM THE PRESIDENT

r

CAPM CREDENTIALING COURSE

Update

CANADIAN PAIN TASK FORCE

Update report October 2020

ONLINE RESOURCES FOR
PATIENTS/CLIENTS

THE ONLINE WORLD OF PAIN MANAGEMENT & PAIN MANAGEMENT EDUCATION



SEASONS GREETINGS TO ALL!

The Canadian Academy of Pain Management wishes all of its members, associates, stakeholders and partners a Happy Holiday Season and sincere best wishes for 2021!



EDITOR'S NOTE

Hello Everyone!

Welcome to our new members! There are SO MANY ways to get virtual education and updates.

Our Newsletter is looking for a new editor – Thus far, it has been produced twice a year and we'd love if someone could take on a quarterly Newsletter. Please contact me or the office or anyone on the Board to declare your interest!

This Newsletter is focused on the multitude of on-line training programs for clinicians and a few ideas for clients.

We will also highlight some of our members and the education they are providing regarding multidisciplinary pain management and other topics. Please let us know what you are doing out there!

There are so many resources on-line and this newsletter will focus on a few of the courses and workshops relevant to multidisciplinary pain management.

I also want to alert you all to the **CANADIAN PAIN TASK FORCE 2ND REPORT**

Working together to better understand, prevent and, manage chronic pain: What We Heard

[https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2020.html?](https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2020.html?utm_source=ehq_newsletter&utm_medium=email&utm_campaign=ehq-Canadian-Pain-Task-Force-releases-its-second-report&utm_campaign=website&utm_source=ehq&utm_medium=email)

[utm_source=ehq_newsletter&utm_medium=email&utm_campaign=ehq-Canadian-Pain-Task-Force-releases-its-second-report&utm_campaign=website&utm_source=ehq&utm_medium=email](https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2020.html?utm_source=ehq_newsletter&utm_medium=email&utm_campaign=ehq-Canadian-Pain-Task-Force-releases-its-second-report&utm_campaign=website&utm_source=ehq&utm_medium=email)

Here is the final paragraph: *Building on our first two reports, the Task Force will continue to conduct additional consultations with stakeholders across Canada and work to disseminate best practices to enable change. The next and final phase of our work will involve collaborating with key stakeholders, including the chronic pain community, federal, provincial and territorial governments, health professionals, researchers, and Indigenous Peoples, and others to disseminate information related to best practices for the prevention and management of chronic pain, including for populations disproportionately affected by chronic pain (e.g., women, older Canadians, Indigenous populations, children, Veterans). The final Task Force report is expected in December 2021 and will focus on strategies for improving approaches to pain in Canada. We will continue to increase awareness of chronic pain and to build relationships and networks for change across the country. We believe that together, by igniting a commitment to change, we can improve the health and well-being of Canadians.*

There is room to grow in terms of Canada's approach to pain management. Let's make sure we are part of that change!

In this most unusual year, we at CAPM wish everyone a Safe and Happy Holiday Season. We may not be able to get together as we might have in years gone by, but thank goodness for the virtual world so we can still connect in with others.

CAPM BOARD OF DIRECTORS

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MESSAGE FROM THE PRESIDENT

December 2020

Much has changed in the past year with the COVID crisis. Much harm has resulted and will yet result. It has forced much change in everything from economics, to entertainment, politics, public priorities, schools and education. With hindsight, we may look back a year or two from now and see also some pandemic-stimulated changes and innovations that will benefit our future.

CAPM was formed as a professional association to promote interdisciplinary collaboration and pain management skills, and for the first 15 years did most of its work in small workshops/conferences. The educational content is excellent, relevant and up to date, but the outreach was short. With COVID we made our first steps in putting our course online where it is accessible despite pandemic and despite distances, and our course in November 2020 attracted attendees from near and farther away. The encouraging result gives us experience that we will repeat in the near future, to preserve and also diversify and expand our program to meet the evolving needs of those who work in pain management and interdisciplinary rehabilitation.

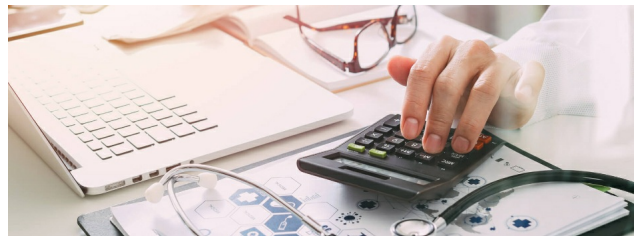
We thank you all for your personal efforts to continue to serve your communities and your patients at this difficult time, and we wish you success and safety as we enter a new year.

We look forward to our future collaboration with you.

Dr. Eldon Tunks, President CAPM

VIRTUAL CREDENTIALING

CAPM has now engaged a virtual training program that successfully took place the week of November 11th thanks to the incredible work of Dr. Eldon Tunks who managed to work through the process of obtaining CME credits for the new on-line version. The feedback was very positive from participants. Thanks also to Dr. Eleni Hapidou, Dr. Lydia Hatcher and Dr. Michael Boucher and Martha Bauer for their contributions to the training.



PAIN MANAGEMENT CREDENTIALING COURSES 2021 are upcoming – please see the CAPM website for more information and pass the word along to interested colleagues and professionals in the community.

[CAPM Fall Online Credentialing Course Information on Program Presented](#)



PRESENTATIONS FROM OUR MEMBERS:

(That we know of so far....)

Rehabilitation Presentations:
Presentations from our OT/PT members:

TORONTO ABI CONFERENCE - Gloria Gilbert Physiotherapist presented
Connecting Learning Inspiring

Our past dedicated Board member Gloria Gilbert is presenting: **Is the Problem of Chronic Pain Possibly an Acquired Brain Injury (ABI) That has been Missed?**

Ontario Society of Occupational Therapists (Available to OSOT members till January 24, 2021)

Rising to the Challenges of Change Thursday, Virtual Conference, November 19, 2020

Martha Bauer OT Reg(Ont) Diplomate and Board member of CAPM, Colleen O'Neill OT Reg (Ont) and Lynn Cooper, BAS (Presenter with Lived Experience)

Managing Chronic Pain in Primary Health Care – Part 1 and 2! This was combined with a ½ day in the neuroscience of pain and PNE. On Nov 19th we had 56 registered occupational therapists who are now educated in the approach based on our experience over the past 20-30 years in multidisciplinary pain management programs. We have let them know about the CAPM as well and some are ready to register for the on-line course to become members of CAPM.

Martha and Colleen have also continued teaching **Pain and Activity Management** to Occupational Therapy students at McMaster School of Rehabilitation Science.

For your reference, there are now Occupational Therapists providing chronic pain management services with physio and pharmacy and social work colleagues within approx. some of our Ontario Family health Teams. Perhaps we need to look more closely at chronic pain management services within our Primary Care setting?

Martha Bauer and Laura Doyle PT, have just completed a presentation to McMaster School of Medicine pre-clerkship program - a 1 hour seminar to medical students about **Multidisciplinary Pain Management approaches** using the CAPM Tripartite framework (mechanism/psychosocial/function). We hope we inspired new and upcoming clinicians!

Dr. Eleni Hapidou presented on December 9 at the Chronic Pain Centre of Excellence.

<https://www.veteranschronicpain.ca/webinars/outcomes-of-interdisciplinary-pain-management>

The title of her talk was: **Pain Management Program Outcomes in Veterans and Nonveterans.**

She also recently co-authored a paper with Dr. Mailis: **Chronic Pain: Evolution of Clinical Definitions and Implications for Practice** just published in the Journal, Psychological Injury and Law.

<https://link.springer.com/article/10.1007/s12207-020-09391-w>

We'd truly love to hear how each of you is ensuring our Mission and Vision are being met. Please let us know if you are providing education in the community, to other clinicians, to Health Care students



ONLINE RESOURCES FOR CLINICIANS

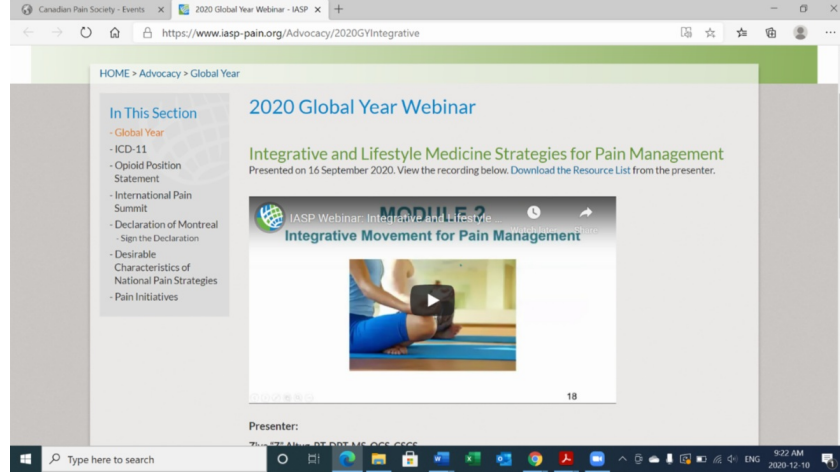
2020 Global Year for the Prevention of Pain!

Note that IASP has "FREE ACCESS THROUGH DECEMBER"

<https://www.iasp-pain.org/Education/Content.aspx?ItemNumber=8610&navItemNumber=8609>

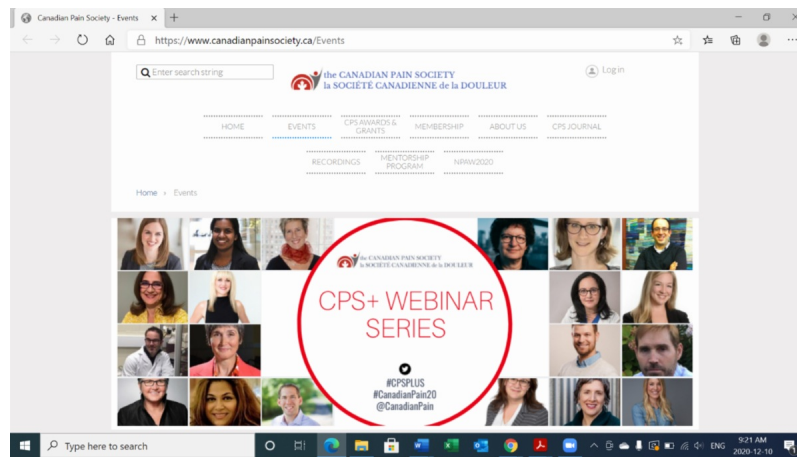
2020 Global Year webinar, Integrative and Lifestyle Medicine Strategies for Pain Management.

<https://www.iasp-pain.org/Advocacy/2020GYIntegrative>



Canadian Pain Society

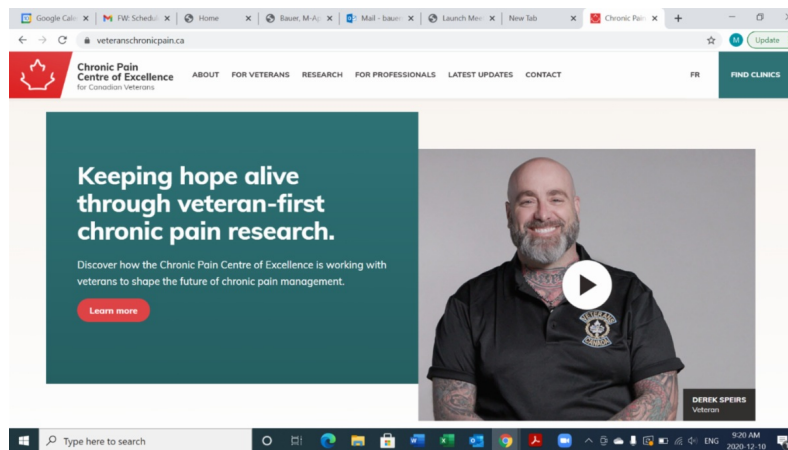
<https://www.canadianpainsociety.ca/Events>



NEW!

Chronic Pain Centre of Excellence for Canadian Veterans (CPCoE)

<https://www.veteranschronicpain.ca/>



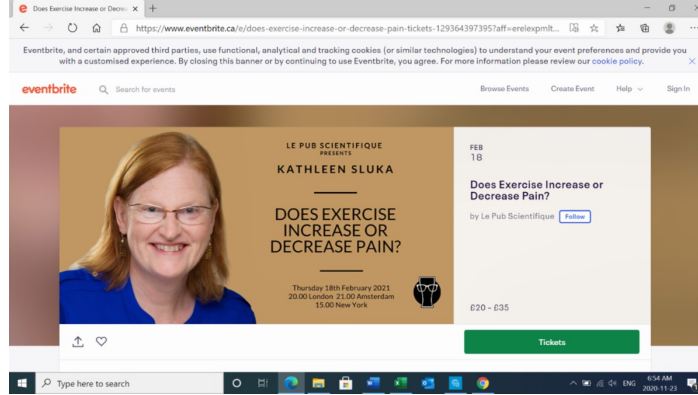
American Academy of Pain Management

Conference 2021 - Effective Pain Care is Multimodal, February 2021

<https://painmed.org/annual-meeting2021-annualmeeting>

From Australia and Sydney

<https://www.sydney.edu.au/medicine-health/our-research/research-centres/pain-management-research-institute/postgraduate-and-short-courses-in-pain-management/pain-management-multidisciplinary-workshop.html>



Pain + Premium Literature Services

<https://www.painpluscpn.ca/Articles/EvidenceSummaries>

This is a broad search that you can sign up for review articles for relevance to your practice .

We are also considering whether CAPM may coordinate with
DeGroot on Educational Initiatives!

CHECK PAST NEWSLETTERS FOR OTHER LINKS TO ONLINE COURSES

Also Note:

The McMaster Pain Institute generally as a Canadian Centre!



FOR OUR CLIENTS

Given that we know the benefits of groups, the evidence if of course well known – there is now a move to have groups on-line.

Please let us know if your program is running on line as well!!!

Take Control Take Charge ZOOM Virtual Workshops

<https://takecontroltakecharge.ca/>

De Groot pain Management program has moved to on-line groups for patients

<https://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/>

There is also **Paintoolkit** that we have mentioned before

<https://www.paintoolkit.org/>

Check past Newsletters for Links and Resources

We are Moving

The CAPM is moving its offices as of February 28, 2021. The move may take place before that, however that is the last day the CAPM will be at 1143 Wentworth Street West.

Please adjust your records as of February 1, 2021

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



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)

Associate Editors:

Dr. Eleni Hapidou, PhD Psych

Dr. L. Hatcher, MD, CCFP, FCFP, CHE

Thank you for reading.

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