



1288 Ritson Road North, Suite 333, Oshawa, ON L1G 8B2  
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## REGISTRATION INFORMATION GUIDE

CANADIAN ACADEMY OF PAIN MANAGEMENT  
PRESENTS:

# PAIN MANAGEMENT ON-LINE CREDENTIALING COURSE

**CAPM MEMBER AND NOT CREDENTIALLED YET?**

**YOU CAN CREDENTIAL NOW!**

Credentialing pathway valid for members of CAPM  
Followed by Qualifying Examination

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 15 Mainpro+ Credits.

**COURSE DATES**  
**NOVEMBER 13, 14, 15, 16 2023**  
**6 PM—10 PM**



## WHO SHOULD ATTEND

This multidisciplinary meeting is of interest to:

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

## REQUIREMENTS

1. Attend the online course and pass the exam based on attending the three CAPM days.
2. You are a current CAPM Member in the Credentialing stream.
3. Proof of current licensure or registration of your profession regulatory body.
4. Documentation of your highest academic degree or diploma relevant to pain practice, if applicable.
5. CV demonstrating 2 or more years of active clinical practice in pain management.
6. Three letters of reference from colleagues to support that you practice in pain.
7. A \$200 fee is applicable for credentialing.

## FACULTY, 2023

### DR. ELDON TUNKS, MD, FRCPC

#### Course Chair

Emeritus Prof Psychiatry McMaster  
Consultant Department of Physical Medicine and  
Rehabilitation  
Hamilton Health Sciences  
Past President, CAPM

### DR. ELENI G. HAPIDOU, C PSYCH

Psychologist  
Diplomate, Canadian Academy of Pain  
Management (CAPM)  
Michael G DeGroote Pain Clinic; McMaster  
University Medical Center; Hamilton Health  
Sciences; Associate Professor (PT);  
Department of Psychiatry and Behavioral  
Neurosciences; Associate Faculty Member;  
Department of Psychology, Neuroscience and  
Behavior (PNB), Clinical Behavioral Sciences &  
Bachelor of Health Sciences Program,  
McMaster University  
Vice President, CAPM

### MARTHA BAUER, OT REG (ONT)

Occupational Therapist  
McMaster Family Health Team, Clinical  
Lecturer, McMaster University, School of  
Rehabilitation Sciences  
Board Member, CAPM

### DR. LYDIA HATCHER, MD, CCFP, FCFP, CHE, D-CAPM

Associate Clinical Professor of Family  
Medicine, McMaster University Active Staff,  
MG DeGroote Pain Clinic, McMaster  
University Medical Centre, Hamilton Health  
Sciences Medical Inspector, College of  
Physicians and Surgeons of Ontario  
Diplomate, Canadian Academy of Pain  
Management  
President, CAPM

### DR. MICHAEL BOUCHER, BKIN, MD, CCFP, MCIME

Assistant Clinical Professor, McMaster  
University; Consultant Pain-Related  
Education Management & Medical-Legal  
Review; Diplomate Interventional Pain  
Management (CAPM); Medical Director,  
Burlington Pain Care; Medical Director,  
Hamilton & York Region Fire.  
Treasurer, CAPM

## THREE WAYS TO REGISTER

1. ONLINE: <https://eis.eventsair.com/capm-virtual-course-2023capmcredentialingcoursefall2023>
2. MAIL: CAPM, 1288 Ritson Road North, Suite 333, Oshawa, ON L1G 8B2

## CANCELLATION POLICY

Cancellations will be accepted until October 15th subject to a \$60.00 cancellation fee. October 16th—November 13th there are no refunds for cancellations.

## LEARNING OBJECTIVES

*As a result of this course participation the learner will be able to:*

### **AS AN EXPERT AND SCHOLAR:**

1. Identify common and important pain disorders including the pain mechanisms underlying the clinical features, and correlate this with the current evidence on pain mechanisms.

### **AS AN EXPERT:**

1. To conduct a bedside examination to distinguish primary nociception from chronic hyperalgesic or neuropathic pain conditions.
2. Identify through the history, review of documentary data and bedside examination, the conditions, comorbidities and syndromes, preparatory for effective pain management decisions.
3. Assess the patient's readiness for therapeutic change and identify obstacles interfering with change.
4. Choose behavioral strategies appropriate for the problem and to employ them.

### **AS A SCHOLAR:**

1. Be able to discern acute, subacute and chronic neck/back spinal pain, and the evidence supporting or not supporting procedures to address spinal pain.

### **AS A COLLABORATOR AND AS AN EXPERT:**

1. Have sufficient understanding of cognitive behavioral and multidisciplinary approaches that the clinician will be able to collaborate with the psychological or multidisciplinary providers and/or act as the most responsible clinician to promote functional improvement and return to occupational, psychological and interpersonal role-functioning.

### **AS A COLLABORATOR:**

1. To discern clinical history and bedside signs and symptoms to make an Informed decision regarding the appropriateness of interventional procedures.

## WHAT DO I NEED TO KNOW ABOUT GETTING ONLINE?

The course will offered through the Zoom Platform.

## DO I HAVE TO TAKE ALL FOUR DAYS?

**Yes**, for this course you do. Certification credits will be issued according to the number of days you take part in. If you miss a course day you can make up the day in the next set of course days.

## ACCREDITATION

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to: **15 Mainpro+ Credits**

## SELF-ASSESSMENT QUESTIONNAIRE:

A self-assessment questionnaire will be emailed out to all participants. own time.

## EXAM:

You must do the exam to be considered fully credentialed. Students are not legible to take the exam. Your exam mark will be emailed to you. Exam marks will be kept confidential.

## SESSION ONE, MONDAY NOVEMBER 13TH, 2023

6:00 PM—6:30 PM	<b>CHRONIC PAIN CLINICAL ASSESSMENT-1</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eldon Tunks
6:30 PM—7:00 PM	<b>STAGES OF CHANGE-20</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eleni Hapidou
7:00 PM—7:30 PM	<b>READINESS FOR CHANGE; PROBLEM-BASED EXAMPLES-21</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eldon Tunks
7:30 PM—8:00 PM	<b>PACING AND SIMPLE BEHAVIORAL STRATEGIES IN PAIN MANAGEMENT-22</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Martha Bauer
8:00 PM -8:10 PM	BREAK
8:10 PM—8:40 PM	<b>CHRONIC FATIGUE AND SLEEP DISORDERS - 6</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Lydia Hathcher
8:40 PM—9:10 PM	<b>WORK AND CONFRONTING DISABILITY - 26</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eldon Tunks
9:10 PM—9:40 PM	<b>INTERDISCIPLINARY PAIN MANAGEMENT-25</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eleni Hapidou
9:40 PM—10:10 PM	<b>MULTIDISCIPLINARY PAIN MANAGEMENT-24</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eldon Tunks

## SESSION TWO, TUESDAY NOVEMBER 14TH, 2023

6:00 PM—6:30 PM	<b>CANNABIS AS “MEDICINE” - 19</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Lydia Hatcher
6:30 PM—7:00 PM	<b>TAPERING STRONG OPIOIDS - 16</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Lydia Hatcher
7:00 PM—7:30 PM	<b>OPIOID DEPENDENCY: USING METHADONE AND SUBOXONE</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Lydia Hatcher
7:30 PM—8:00 PM	<b>OPIOID USE GUIDELINES-13</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Lydia Hatcher
8:00 PM -8:10 PM	BREAK
8:10 PM—8:40 PM	<b>PAIN IN SPECIAL POPULATIONS (CHILDREN, ELDERLY, PREGNANCY)</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eldon Tunks
8:40 PM—9:40 PM	<b>LOW BACK PAIN AND NECK PAIN 3/4</b> 60 MINUTES INCLUDING 16 MINUTES DISCUSSION Dr. Michael Boucher
9:40 PM—10:10 PM	<b>PAIN AND COMORBID DEPRESSION –2</b> 30 MINUTES INCLUDING 8 MINUTES DISCUSSION Dr. Eldon Tunks

### SESSION THREE, WEDNESDAY NOVEMBER 15TH, 2023

- 6:00 PM—7:00 PM **MANAGING PAIN MECHANISMS-28B**  
60 MINUTES INCLUDING 15 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 7:00 PM—7:30 PM **CNS PAIN MECHANISMS-29**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 7:30 PM—8:00 PM **CHRONIC HEADACHE-5B**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 8:00 PM -8:10 PM **BREAK**
- 8:10: PM—8:40 PM **COGNITIVE BEHAVIORAL THERAPY-23**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eleni Hapidou
- 8:40 PM—9:10 PM **PRACTICING AS A GROUP A TECHNIQUE OF APPLIED RELAXATION**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eleni Hapidou
- 9:10 PM—10:10 PM **INTERVENTIONAL TREATMENT—27**  
50 MINUTES INCLUDING 15 MINUTES DISCUSSION  
Dr. Michael Boucher

### SESSION FOUR, THURSDAY NOVEMBER 16TH, 2023

- 6:00 PM—6:30 PM **NEURALGIA AND HYPERALGESIA-30**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 6:30 PM—7:00 PM **STANDARDIZED PAIN MEASURES IN NEUROPATHIC PAIN-11**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 7:00 PM—7:30 PM **COMPLEX REGIONAL PAIN SYNDROME-10**  
30 MINUTES INCLUDING 8 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 7:30 PM —7:40 PM **BREAK**
- 7:40 PM—8:40 PM **SIMPLE TRIGGER POINT BLOCKS IN FASCIAL LAYERS-28A**  
60 MINUTES INCLUDING 15 MINUTES DISCUSSION  
Dr. Eldon Tunks
- 8:40 PM—9:40 PM **DISCUSSION—“WHAT WAS LEARNED?”; “WHAT ARE MY FURTHER EDUCATIONAL OBJECTIVES?” “HOW MAY I PUT THE LEARNING INTO PRACTICE?” “HOW WILL I ASSESS MY SUCCESS IN REINFORCING MY LEARNING?”**  
60 MINUTES DISCUSSION  
Dr. Eldon Tunks



# ONLINE CREDENTIALING COURSE—NOVEMBER 2023 REGISTRATION FORM

## ATTENDEE INFORMATION

To Register Online: <https://eis.eventsair.com/capm-virtual-course-2023/capmcredentialingcoursefall2023>

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

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Please print clearly

**COURSE FEES—There is no option to take single days for this Virtual Course. The full course is the only option for 2023.**

**MEMBERSHIP—You must be a CAPM member. (January 1—December 31 2023)**

COURSE DATES	MEMBER Regular Fee	STUDENT Regular Fee	CREDENTIALING FEE	EXAM FEE
<b>November 13, 14, 15, 16</b>	<b>\$400.00</b>	<b>\$150.00</b>	<b>\$200.00</b> <i>Not applicable to students</i>	<b>\$200.00</b> <i>Not applicable to students</i>
<b>SUB-TOTAL OF ALL CHOICES</b>				<b>\$</b>
<b>HST</b>				<b>\$</b>
<b>TOTAL PAYABLE INCLUDING HST</b>				<b>\$</b>

## REQUIREMENTS

1. I am a Credentialing Stream Member of CAPM and will participate in the exam
2. I am sending proof of current licensure or registration of profession regulatory body
3. I am sending documentation of my highest academic degree or diploma relevant to pain practice
4. I am sending my CV via email demonstrating 2 or more years of active clinical practice in pain management
5. I am sending 3 letters via email of reference from colleagues supporting my pain management service

**CREDIT CARD:**  VISA  MASTERCARD  AMEX

Number: \_\_\_\_\_

Exp: \_\_\_\_\_ CVN: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

**CHEQUE:** Payable to **Canadian Academy of Pain Management** (include the registration form).

**Mail to:** 1288 Ritson Road North, Suite 333, Oshawa, ON L1G 8B2

**QUESTIONS:** CAPM Office—Krista Hook—T: 905-404-9545