



WEBINAR SERIES

Sector Specific Webinars Designed for
Pain Specialists & Others

SEPTEMBER—OCTOBER 2023

Designed for CAPM Members, physicians and allied health care professionals, offering a series of webinars on topics to broaden the education reach to interdisciplinary pain management professionals. These webinars have a reduced fee for members, and a fee for non-members. Registration is required to track numbers, provide login, and enable participation.

● WEBINAR #1

**TOPIC: PAIN MANAGEMENT IN THE
FRAIL AND ELDERLY**

DATE: SEPTEMBER 5TH 2023

TIME: 7:00 PM—9:30 PM

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



Dr. Lydia Hatcher

● WEBINAR #2

**TOPIC: COMMUNICATION SKILLS WITH
DIFFICULT PATIENTS**

DATE: SEPTEMBER 7TH 2023

TIME: 7:00 PM—9:30 PM

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



Dr. Lydia Hatcher

*See inside for descriptions of all webinars
and registration information*



WEBINAR SERIES

SEPTEMBER—OCTOBER 2023

Join us as we hear from experts in their field on topics that are front and foremost on the minds of those treating people with pain daily. Insights and information that you can transform into your daily practices. Read more on the following pages for descriptions of each webinar and registration information.

WEBINAR #3

TOPIC: TIPS FOR NONPHARMACOLOGICAL PAIN/SYMPTOM MANAGEMENT

DATE: SEPTEMBER 12TH 2023

TIME: 7:00 PM—9:30 PM

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



Dr. Lydia Hatcher

WEBINAR #4

TOPIC: THE INDEPENDENT MEDICAL EVALUATION

DATE: SEPTEMBER 14TH 2023

TIME: 7:00 PM—9:30 PM

SPEAKER: DR. MICHAEL BOUCHER, BKin, MD, CCFP, MCIME



Dr. Michael Boucher

WEBINAR #5

TOPIC: COGNITIVE BEHAVIOURAL THERAPY

DATE: SEPTEMBER 19TH 2023

TIME: 7:00 PM—9:30 PM

SPEAKERS: DR. ELDON TUNKS, MD, FRCP (C)

MARTHA BAUER, BSc, OT



Dr. Eldon Tunks



Martha Bauer

WEBINAR #6

TOPIC: LOW DOSE NALTREXONE

DATE: SEPTEMBER 28TH 2023

TIME: 7:00 PM—9:30 PM

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



Dr. Lydia Hatcher



WEBINAR SERIES

SEPTEMBER-OCTOBER 2023

Join us as we hear from experts in their field on topics that are front and foremost on the minds of those treating people with pain daily. Insights and information that you can transform into your daily practices. Read more on the following pages for descriptions of each webinar and registration information.

● WEBINAR #7

TOPIC: **HYPERALGESIA, NOMENCLATURE/ DEFINITIONS, MECHANISMS, VIDEO DISCUSSION**

DATE: **OCTOBER 10TH 2023**

TIME: **7:00 PM—9:30 PM**

SPEAKERS: **Dr. ELDON TUNKS**, MD, FRCP (C)



Dr. Eldon Tunks

● WEBINAR #8

TOPIC: **TRAUMA-INFORMED CARE**

DATE: **OCTOBER 24TH 2023**

TIME: **7:00 PM—9:30 PM**

SPEAKER: **DR. LYDIA HATCHER**, MD, CCFP, FCFP, CHE, D-CAPM



Dr. Lydia Hatcher

● WEBINAR #9

TOPIC: **BUPRENORPHINE AS ANALGESIC**

DATE: **OCTOBER 26TH 2023**

TIME: **7:00 PM—9:30 PM**

SPEAKER: **DR. LYDIA HATCHER**, MD, CCFP, FCFP, CHE, D-CAPM



Dr. Lydia Hatcher



WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

WEBINAR #1—PAIN MANAGEMENT IN THE FRAIL AND ELDERLY

SEPTEMBER 5TH 2023

Dr. Lydia Hather, MD, CCFP, FCFP, CHE, D-CAPM

Learning Objectives:

- *Identify and address lifestyle concerns the elderly patient*
- *Have approaches to keep frail patients active, or activate those who became inactive*
- *Choose safer medication options in the elderly*

The frail elderly represent a prevalent sector of patients who experience significant challenges for their coping and present challenges for professional intervention.

WEBINAR #2—COMMUNICATION SKILLS WITH DIFFICULT PATIENTS

SEPTEMBER 7TH 2023

Dr. Lydia Hather, MD, CCFP, FCFP, CHE, D-CAPM

Learning Objectives:

- *To identify the benefits and methods of clear communication and avoid the risks of poor communication*
- *To learn techniques of therapeutic listening and focused goal setting*
- *To discuss and learn more effective communication strategies that lead to improved satisfaction and better outcomes*
- *To be alert to and identify “malignant” personality characteristics*

Medical professionals sometimes find themselves in challenging situations or dissatisfied or distressed patients. To approach situations effectively with professionalism requires preparation and communication skills.

WEBINAR #3—TIPS FOR NONPHARMACOLOGICAL PAIN/SYMPTOM MANAGEMENT

SEPTEMBER 12TH 2023

Dr. Lydia Hatcher, MD, CCFP, FCFP, CHE, D-CAPM

Learning Objectives:

- *To illustrate and discuss practical strategies for introducing nonpharmacological treatments using the biopsychosocial model, SMART goals, counselling methods, and interventions to improve activity and mental wellness*
- *To illustrate and identify evidence-based decisions when considering aids or interventions in acute or chronic pain*
- *To ascertain and choose efficacious non-pharmacological options*

Effective medical care requires not only technical expertise but also effective use of counselling, identifying and setting goals, and promoting a productive relationship with the patient. In this Webinar we will discuss recipes for successful medical interve



WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

WEBINAR #4—THE INDEPENDENT MEDICAL EVALUATION

SEPTEMBER 14TH 2023

Dr. Michael Boucher, BKin, MD, CCFP, MCIME

Learning Objectives:

- *What exactly is an independent medical evaluation (IME)?*
- *What are my obligations?*
- *What are the essentials in IME evaluation?*
- *How is the IME organized and prepared?*
- *What are the facts versus assumptions?*
- *How do I avoid bias?*
- *How do I conclude the IME report?*
- *How do I manage my clearance in the court room*
- *What are important rules for IME practice?*

Organization, forethought, and preparation are important for being effective in performing An Independent Medical Evaluation and creating a useful and respected report.

WEBINAR #5—COGNITIVE BEHAVIOURAL THERAPY (CBT)

SEPTEMBER 19TH 2023

Dr. Eldon Tunks, MD, FRCP(C)

Martha Bauer, BSc, OT

Learning Objectives:

- *We cover the phase of forming a therapeutic relationship and focus on cognition and behavior.*
- *We discuss changing the focus from “what I can’t do” to “what and where can I begin to do?”*
- *Strategies to manage feelings of inadequacy and lack of mastery are compared.*
- *Scenarios are presented to promote discussion and show how this can be applied in specific circumstances.*

Cognitive behavioral therapy usually refers to a strategy of psychological treatment using identification and awareness and changing of cognitive errors that cause distress or impair well-being. CBT also describes strategies that teach corrective behaviors to reduce distress and obstacles and improve function and wellbeing. The faculty illustrates problem-based approaches to employ one form of CBT.



WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

WEBINAR #6—LOW DOSE NALTREXONE

SEPTEMBER 28TH 2023

Dr. Lydia Hatcher, MD, CCFP, FCFP, CHE, D-CAPM

Learning Objectives:

- Review the pharmacology of naltrexone and low-dose naltrexone
- Identify Risks and benefits of low-dose Naltrexone
- Recognize which populations may be suitable candidates for low-dose naltrexone
- Explain and be comfortable dosing and prescribing low-dose naltrexone

Naltrexone is an opioid competitive receptor antagonist, with high affinity for mu receptors. It is commonly used for opioid -dependent patients to stay drug-free, and for alcohol dependent patients to stay alcohol-free. It is increasingly used off label for major depression, compulsive behaviour, and chronic pain relief.

WEBINAR #7—HYPERALGESIA, NOMENCLATURE, DEFINITIONS, MECHANISMS, VIDEO DISCUSSION

OCTOBER 10TH 2023

Dr. Eldon Tunks, MD, FRCP(C)

Learning Objectives:

- *To review current models of primary and secondary hyperalgesia, and additional features associated with some chronic hyperalgesias.*
- *To use case-based discussions to elaborate on other presentations of persistent pain with hyperalgesic features, with discussion of mechanisms and intervention.*
- *Intercostal neuralgia*
- *CRPS*
- *Pain distal to lesion after spinal cord injury*
- *How blocks and intervention procedures help pain*
- *Neuropathy pains, post-stroke, and phantom pains*
- *Activation and rehabilitation for addressing hyperalgesias*

This is an expression of physiological mechanisms entailing abnormal upregulation, perpetuation or impairment of nociceptive and sensory process. Understanding hyperalgesia gives insight into how pain can be treated or managed.

WEBINAR #8—TRAUMA-INFORMED CARE

OCTOBER 24TH 2023

Dr. Lydia Hatcher, MD, CCFP, FCFP, CHE, D-CAPM

Learning Objectives:

- *Review what we know about the impact of adverse childhood experiences on future health, well-being and relationships*
- *Become familiar with the use and interpretation of the ACE questionnaire and tools for trauma-informed care.*
- *Develop skills to recommend and guide trauma informed care for patients, family members, coworkers, and maybe benefit yourself.*

History of childhood adversity is an important determinant of future health risks, comorbidities, and need for skilled intervention. A useful tool in identifying adverse childhood events is the ACE Self-Test.



WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

WEBINAR #9—BUPRENORPHINE: AN UNCONVENTIONAL OPIOID FOR PAIN MANAGEMENT

OCTOBER 26TH 2023

Dr. Lydia Hatcher, MD, CCFP, FCFP, CHE, D-CAPM

Learning Objectives:

- *Review the unique pharmacology of Buprenorphine and the benefits of buprenorphine versus full opioid agonists for chronic pain*
- *Identify limitations in which Buprenorphine may not promote analgesia*
- *Recognize which populations may be suitable candidates for Buprenorphine Understand and be comfortable with dosing and prescribing Buprenorphine*

Learners will understand the benefits of utilizing Buprenorphine vs. Full opioid agonists for chronic pain management, identify limitations in which Buprenorphine and not promote analgesia, recognize which populations may be suitable candidates for Buprenorphine, understand how to dose and prescribe Buprenorphine.



WEBINAR DESCRIPTION AND VISION AND MISSION

Vision

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.

Mission

The Canadian Academy of Pain Management is dedicated to uniting professionals who are committed to relieving pain suffering, to acknowledge their professional identity in the field of pain management and relief, and to advance the professional practice of Pain Management.

It aims to promote and instill core values essential for the compassionate and professionally excellent practice of Pain Management. It is dedicated knowledge of best clinical evidence and promotion of skills, for effective pain management.

This Academy is devoted particularly to accrediting and encouraging clinicians who care for pain sufferers, and to provide a stimulus for their ongoing professional development. The Canadian Academy of Pain Management aims at collegial interdisciplinary cooperation for the practice of Pain Management. This will be accomplished by joining other stakeholders dedicated to education in pain relief and management, support of national and international pain associations, pain sections of professional discipline associations, associations representing patients with pain, and entities committed to professional standards for pain management. The Canadian Academy of Pain Management is committed to promoting a climate of continuous quality improvement and the sharing of knowledge between pain clinicians, and between clinical practitioners and researchers. It is committed as well to promoting the presence and visibility of those committed to pain management and pain relief within professional associations. It is committed to being visible and proactive with policymakers involved with development, dissemination, and implementation of policies that affect accessibility and quality of Pain Management services. The Canadian Academy of Pain Management strongly recommends membership in international or national pain societies, in pain management sections of professional associations, and other associations of stakeholders committed to Pain Management and relief. Accreditation in the Canadian Academy of Pain Management does not constitute professional certification or licence to practice and does not regulate practice.



WEBINAR REGISTRATION

Registration Link: <https://eis.eventsair.com/webinars-capm/>

Cancellation Policy:

Cancellations will be accepted up to two weeks prior to the start of the course dates with a \$60.00 cancellation fee. Within two weeks of the course start dates, there are no cancellations.

MEMBERSHIP CATEGORY	SINGLE SESSION	ALL (9) WEBINARS	TOTAL NUMBER OF SESSIONS	TOTALS
MEMBER	\$25	\$200		
NON MEMBER	\$75	\$540		
SUBTOTAL				\$
HST 13% (#859733529RT0001)				\$
TOTAL PAYABLE				\$

Canadian Academy of Pain Management

1288 Ritson Road North, Suite 333, Oshawa, ON L1G 8B2

T: 905-404-9545 E: office@canadianapm.com

W: www.canadianapm.com

www.linkedin.com/in/canadianacademyofpainmanagement



WEBINAR REGISTRATION

Payment:

CREDIT CARD: VISA MASTERCARD AMEX

Credit Card Number:

Exp: _____ CVN: _____

Name on Card:

Questions?

Krista Hook, Program and Membership Management

E: krista@eventsinsync.com

P: 905-404-9545

Zoom Links:

Prior to each webinar a zoom link will be sent to all registered attendees.

Attendance will be tracked for credits.

Evaluations:

A survey will be emailed to you for each webinar session to complete.

Canadian Academy of Pain Management

1288 Ritson Road North, Suite 333, Oshawa, ON L1G 8B2

T: 905-404-9545 E: office@canadianapm.com

W: www.canadianapm.com

www.linkedin.com/in/canadianacademyofpainmanagement