



# WEBINAR SERIES

Sector Specific Webinars Designed for  
Pain Specialists & Others

SEPTEMBER 2021—JUNE 2022

*Designed for CAPM Members, offering a series of webinars on topics to broaden the education reach to pain specialists and others. These webinars are complimentary to members. Registration is required to track numbers and participation.*

## ● WEBINAR #1

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

**DATE:** TUESDAY SEPTEMBER 21, 2021

**TIME:** 7:00 PM—8:00 PM

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

DR. ALI FATEH, HBSc, MD



Dr. Eldon Tunks



Dr. Ali Fateh

## ● WEBINAR #2

**TOPIC:** CBT STRATEGY

**DATE:** TUESDAY NOVEMBER 23, 2021

**TIME:** 7:00 PM—8:00 PM

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

DR. ELENI HAPIDOU, PhD, C. Psych

MARTHA BAUER, BSc, OT



Dr. Eldon Tunks



Dr. Eleni Hapidou



Martha Bauer

*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.*

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



# WEBINAR SERIES

## SEPTEMBER 2021—JUNE 2022

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.

NEW!

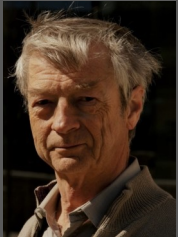
### WEBINAR #2A

TOPIC: **BUPRENORPHINE AS ANALGESIC**

DATE: **TUESDAY DECEMBER 14, 2021**

TIME: **7:00 PM—8:00 PM**

SPEAKER: **DR. ELDON TUNKS**, MD FRCP (C)



Dr. Eldon Tunks

### WEBINAR #3

TOPIC: **SUBOXONE MICRODOSING TAPERING FOR PAIN**

DATE: **TUESDAY FEBRUARY 15, 2022**

TIME: **7:00 PM—8:00 PM**

SPEAKERS:

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

**DR. VIKAS PARIHAR**, BSc Pharm, PharmD



Dr. Lydia Hatcher



Dr. Vikas Parihar

### WEBINAR #4

TOPIC: **LOW DOSE NALTREXONE**

DATE: **TUESDAY APRIL 19, 2022**

TIME: **7:00 PM—8:00 PM**

SPEAKER:

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



Dr. Lydia Hatcher

### WEBINAR #5

TOPIC: **THE HOW'S AND WHY'S OF INDEPENDENT MEDICAL EVALUATIONS**

DATE: **TUESDAY JUNE 21, 2022**

TIME: **7:00 PM—8:00 PM**

SPEAKER:

**DR. MICHAEL BOUCHER**, BKin, MD, CCFP, MCIME



Dr. Michael Boucher



# WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

## WEBINAR #1—HYPERALGESIA, NOMENCLATURE/DEFINITIONS, MECHANISMS, VIDEO DISCUSSION

**TUESDAY SEPTEMBER 21, 2021**

**Dr. Eldon Tunks, MD FRCP(C), Dr. Ali Fateh,**

### **Learning Objectives:**

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

The understanding of hyperalgesia is central to the assessment and management. In this Webinar we will discuss the evolution of modern understanding of hyperalgesia, current understanding of the mechanisms and variations in hyperalgesic presentations and treatments, illustrated by video demonstration and by case examples.

## WEBINAR #2—ONE-ON-ONE CBT STRATEGIES: HOW TO ADDRESS BEHAVIORAL ISSUES IN A GENERAL CLINICAL SETTING

**TUESDAY NOVEMBER 23, 2021**

**Dr. Eldon Tunks, MD FRCP(C), Dr. Eleni Hapidou, PhD, C. Psych, Martha Bauer, BSc, OT**

### **Learning Objectives:**

1. Participating in this course will enable the attendees working with patients to identify problems that the patients may feel at first unable to resolve, to identify how one can start to make changes even if it requires very small increments.
2. Enable patients to start with small realistic goals and then work toward increasingly meaningful goals and enable them to use the new learning to increase their sense of self-control and self-efficacy.
3. To illustrate these strategies with clinical examples: agoraphobia, dysmorphic syndrome, PTSD, Psychologically-based tremors, pseudobulbar crying after stroke, OCD, social phobia, etc.

Cognitive-Behavioral Therapy (CBT), an evidence-based technique, has long been the most recommended avenue for helping those with chronic pain and associated disability.

In this Webinar, the faculty present a useful and effective way to employ one form of CBT for such patient problems. The Webinar covers first the basics of forming the therapeutic relationship, and then working with the question, "Just what can you do?" to address the patients' cognition "I can't do anything", and feeling of inadequacy or lack of mastery. A series of case scenarios are presented to promote discussion and highlight practical application.

This event is appropriate for any professional who uses any form of psychological therapy to help patients with chronic pain and disability.



# WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

## WEBINAR #2A—BUPRENORPHINE AS ANALGESIC

**TUESDAY DECEMBER 14, 2021**

**Dr. Eldon Tunks, MD FRCP(C),**

### **Learning Objectives:**

*In attending this Webinar concerning buprenorphine pharmacology, the learner will be able to:*

- 1. Understand the U-shaped dose-response relationship in order to optimize dose for optimal pain relief and minimize adverse effects.*
- 2. Be able to choose options for receptor affinity, sodium channel blockade, differential risk with liver or renal impairment, use in elderly, with concern for immunosuppression, QT prolongation, antihyperalgesia, respiratory depression, potential antidepressant effect, hormonal disruption, or tendency to drug tolerance.*

Buprenorphine in the past decade has become the main option in rehabilitation of opioid-dependent patients. Arising from this experience is the awareness that buprenorphine in its own right is also an analgesic with promising and useful features in pain relief, applicable to individuals who do not have opioid use disorders. In this webinar we will discuss the pharmacology of buprenorphine and the characteristic of receptor agonists, antagonists and partial agonists, and pharmacological mechanisms of buprenorphine that can be clinically useful in a broader pain management context.

## WEBINAR #3—SUBOXONE MICRO-DOSING—USE IIN TAPERING FOR CHRONIC PAIN

**TUESDAY FEBRUARY 15, 2022**

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

**Dr. Vikas Parihar, BSc Pharm, PharmD**

### **Learning Objectives:**

- 1. Review the unique pharmacology of opioid agonist, Buprenorphine, its benefits and limitations in chronic pain.*
- 2. To describe a variety of approaches for opioid substitution using buprenorphine-naloxone micro-dosing techniques.*
- 3. To safely utilize micro-dosing techniques in conjunction with your pharmacists in your practice settings.*

Buprenorphine-naloxone micro-dosing has recently been used off label as a new and useful tool to help patients transition from high dose or problematic opioid use to opioid agonist therapy or a combination of both but with much lower doses of traditional opioids. The benefits of this approach include avoiding the unpleasant withdrawal before initiation, thus making the transition much easier and more acceptable for both patient and prescriber. It also makes it much easier to transition at a pace that is far slower making it practical for everyday practice settings from private office to tertiary care. Come learn how to use this therapeutic option.

## WEBINAR #4—LOW DOSE NALTREXONE

**TUESDAY APRIL 19, 2022**

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

### **Learning Objectives:**

- 1. Review the unique pharmacology of opioid antagonist, Naltrexone, and its potential uses in chronic pain.*
- 2. To understand and utilize how to prescribe, initiate and dose low-dose Naltrexone.*
- 3. To recognize which patients maybe suitable candidates for low-dose Naltrexone.*

Low-dose naltrexone, an opioid antagonist, originally prescribed in much higher doses as a treatment for alcohol use disorder and an adjunct in opioid addiction, works by blocking opioid receptors, thereby stimulating the production of endorphins, mitigating the inflammatory process, and stabilizing the immune response. Prescribed off-label and administered in small daily doses, this drug has proven useful in treating many different ailments especially effective in central sensitization syndromes such as fibromyalgia. Come learn how to use this therapeutic option.



# WEBINAR DESCRIPTION AND LEARNING OBJECTIVES

## WEBINAR #5—THE HOW’S AND WHY’S OF INDEPENDENT MEDICAL EVALUATIONS

*Information and Objectives coming soon*

**TUESDAY JUNE 21, 2022**

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

**Learning Objectives:**

- 1.
- 2.
- 3.

## ABOUT US



### 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 policy-makers 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—2021-2022

THESE WEBINARS ARE COMPLIMENTARY TO CURRENT CAPM MEMBERS AND ARE BEING OFFERED AS A MEMBER BENEFIT.

PLEASE REGISTER FOR THESE EVENTS IN ORDER TO TRACK NUMBERS AND ATTENDANCE.

REGISTER ONLINE USING THIS LINK: <https://eis.eventsair.com/webinars-capm/capmwebinarregistration>

Name: (First) \_\_\_\_\_ (Last) \_\_\_\_\_

Organization (if applicable) \_\_\_\_\_

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

Address 2: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

### I would like to attend:

- Tuesday September 21, 2021, Hyperalgesia
- Tuesday November 23, 2021, CBT Strategy
- Tuesday December 14, 2021, Buprenorphine as Analgesic
- Tuesday February 15, 2022, Suboxone Micro-dosing
- Tuesday April 19, 2022, Low Dose Naltrexone
- Tuesday June 21, 2022, The How's and Why's of Independent Medical Evaluations

### Questions?

Krista Hook, Program and Membership Management  
office@canadianapm.com  
905-404-9545

### Registration Links

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

#### Canadian Academy of Pain Management

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