



1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7  
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www.canadianapm.com

## REGISTRATION INFORMATION GUIDE

CANADIAN ACADEMY OF PAIN MANAGEMENT  
PRESENTS:

# PAIN MANAGEMENT CREDENTIALING COURSES 2019

**CAPM MEMBER AND NOT CREDENTIALLED YET?  
YOU CAN CREDENTIAL NOW!**

Credentialing pathway valid for members of CAPM  
Followed by Qualifying Examination

### DAY ONE

**THURSDAY FEBRUARY 28 or  
THURSDAY MAY 30, 2019**

### DAY TWO

**FRIDAY MARCH 1 or  
FRIDAY MAY 31, 2019**

### DAY THREE & EXAM

**SATURDAY MARCH 2 or  
SATURDAY JUNE 1, 2019**

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to **18.25 Mainpro+ credits.**



**HAMILTON GENERAL HOSPITAL—MAIN BUILDING  
237 BARTON STREET EAST  
MCMASTER WING, BOARD ROOM  
HAMILTON, ONTARIO**

## WHO SHOULD ATTEND

This multidisciplinary meeting is of interest to:

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

## REQUIREMENTS:

1. Attend the 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

### DR. ELDON TUNKS, MD, FRCPC

#### Course Chair

Emeritus Prof Psychiatry McMaster  
Consultant Department of Physical Medicine  
and Rehabilitation  
Hamilton Health Sciences

**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, BSC, OT, OT REG (ONT)

Occupational Therapist

McMaster Family Health Team/Ennis  
Centre Pain Management  
Clinical Lecturer, McMaster University,  
School of Rehabilitation Sciences

**Board Member, CAPM**

### DR. LYDIA HATCHER, MD, CCFP, FCFP, CHE

Dr. Hatcher is an Associate Clinical  
Professor of Family Medicine at  
McMaster University, Faculty of  
Medicine and Chief of Family Medicine  
at St Joseph's Healthcare

**Board Member, CAPM**

### DR. KEVIN ROD, MD, CCFP

Director Toronto Poly Clinic

Lecturer DFCM University of Toronto

**Credentialing Chair, CAPM**

## REGISTRATION

### THREE WAYS TO REGISTER:

#### 1. ONLINE:

<https://eis.eventsair.com/canadian-academy-of-pain-management/capmcredentialingcourse2019>

#### 2. FAX: 1-905-404-9545 (When paying by credit card only)

#### 3. MAIL: CAPM, 1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7 (Cheques payable to: Canadian Academy of Pain Management)

## ACCREDITATION

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to **18.25 Mainpro+ credits**.

## 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.

## HOTELS

Please call for current rates:

### Crowne Plaza Hamilton Hotel

905-528-3451: 150 King Street East, Hamilton  
[www.ichotelsgroup.com/h/d/cp/1/en/hotel/yhmcp](http://www.ichotelsgroup.com/h/d/cp/1/en/hotel/yhmcp)

### Days Inn Hamilton

905-528-3297: 210 Main Street East, Hamilton  
[www.hamiltontdaysinn.com](http://www.hamiltontdaysinn.com)

### Sheraton Hamilton Hotel

905-529-5515: 116 King Street West, Hamilton  
[www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=185](http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=185)

### Howard Johnson Hotel Hamilton

905-546-8111: 112 King Street East, Hamilton

## LOCATION OF COURSE

Hamilton General Hospital  
237 Barton Street East  
Main Building  
McMaster Wing  
Board Room  
Hamilton, Ontario  
For parking, maps and information please visit <http://www.hamiltonhealthsciences.ca>



# 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.

# PROGRAM

## THURSDAY FEBRUARY 28 AND THURSDAY MAY 30, 2019

8:00 am—9:00 am	Registration & Continental Breakfast
9:00 AM—9:30 AM	Chronic Pain Clinical Assessment
9:30 AM—10:05 AM	Pain and Comorbid Depression
10:05 AM—10:15 AM	Open Discussion
10:15 AM—10:30 AM	Refreshment Break
10:30 AM—11:15 AM	Stages of Change
11:15 AM—12:00 PM	Facilitated Discussions—4 Problem-based Examples: Readiness for Change
12:00 PM—12:45 PM	Lunch
12:45 PM—1:00 PM	Open Discussion of Morning Topics
1:00 PM—1:45 PM	Simple Behavioural Strategies in Pain Management
1:45 PM—2:00 PM	Practicing as a Group—A Technique of Applied Relaxation
2:00 PM—2:35 PM	CBT
2:35 PM—2:45 PM	Open Discussion
2:45 PM—3:00 PM	Refreshment Break
3:00 PM—3:45 PM	Managing Pain with Attention to Pain Mechanisms
3:45 PM—4:00 PM	Open Discussion
4:00 pm—4:30 PM	Work and Confronting Disability
4:30 pm—4:45 PM	Open Discussion

## FRIDAY MARCH 1 AND FRIDAY MAY 31, 2019

8:00 am—9:00 am	Registration & Continental Breakfast
9:00 AM—9:30 AM	Opioid Use Guidelines
9:30 AM—10:00 AM	Tapering Strong Opioids
10:00 AM—10:15 AM	Open Discussion of Use of Opioids
10:15 AM—10:30 AM	Refreshment Break
10:30 AM—11:00 AM	Pain in Special Populations; Elderly, Pregnancy, Children
11:00 AM—11:15 AM	Open Discussion
11:15 AM—11:45 AM	Low Back Pain
11:45 AM—12:00 PM	Open Discussion
12:00 PM—12:45 PM	Lunch
12:45 PM—1:00 PM	Open Discussion of Morning Topics
1:00 PM—1:45 PM	Neck Pain
1:45 PM—2:00 PM	Open Discussion
2:00 PM—2:30 PM	Chronic Fatigue and Sleep Disorders
2:30 PM—2:45 PM	Open Discussion
2:45 PM—3:00 PM	Refreshment Break
3:00 PM—4:00 PM	Multidisciplinary / Interdisciplinary Pain Management
4:00 PM—4:30 PM	Open Discussion of Multidisciplinary and Topics from the day

# **PROGRAM, *Continued***

## **SATURDAY MARCH 2 AND SATURDAY JUNE 1, 2019**

<b>8:00 am—9:00 am</b>	<b>Registration &amp; Continental Breakfast</b>
<b>9:00 AM—9:30 AM</b>	<b>Neuralgia and Hyperalgesia</b>
<b>9:30 AM—10:00 AM</b>	<b>Standardized Pain Measures in Neuropathic Pain</b>
<b>10:00 AM—10:15 AM</b>	<b>Open Discussion of Neuralgia</b>
<b>10:15 AM—10:30 AM</b>	<b>Refreshment Break</b>
<b>10:30 AM—11:00 AM</b>	<b>CNS in Pain Mechanisms</b>
<b>11:00 AM—11:15 AM</b>	<b>Open Discussion</b>
<b>11:15 AM—11:45 AM</b>	<b>Chronic Headache</b>
<b>11:45 AM—12:00 PM</b>	<b>Open Discussion</b>
<b>12:00 PM—12:45 PM</b>	<b>Lunch</b>
<b>12:45 PM—1:00 PM</b>	<b>Open Discussion of Morning Topics</b>
<b>1:00 PM—1:30 PM</b>	<b>Opioid Dependency: Using Methadone &amp; Suboxone</b>
<b>1:30 PM—1:45 PM</b>	<b>Cannabis as “Medicine”</b>
<b>1:45 PM—2:00 PM</b>	<b>Open Discussion</b>
<b>2:00 PM—2:30 PM</b>	<b>Complex Regional Pain Syndrome</b>
<b>2:30 PM—2:45 PM</b>	<b>Open Discussion</b>
<b>2:45 PM—3:00 PM</b>	<b>Refreshment Break</b>
<b>3:00 PM—3:45 PM</b>	<b>Interventional Treatment</b>
<b>3:45 PM—4:00 PM</b>	<b>Open Discussion</b>
<b>4:00 PM—5:00 PM</b>	<b>CAPM Exam based on content of three course days</b>



# CREDENTIALING COURSE—2019

## REGISTRATION FORM—BY MAIL, FAX, ONLINE

### ATTENDEE INFORMATION

To Register Online: <https://eis.eventsair.com/canadian-academy-of-pain-management/capmcredentialingcourse2019>

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

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

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

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

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

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

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

(Please print clearly)

Dietary Restrictions or Allergies: \_\_\_\_\_

### COURSE FEES

To choose your fee—first choose the category you are registering under. If choosing a one day fee, please indicate which day(s). Add in exam fee. Total in the right side column. Add in membership fee if joining now. Add HST and complete the payment information. If you are taking the full course the full course fee applies. If taking one day, you can choose Feb 28 or March 1 or May 30 or 31. **There is no option to take a one day choice on the exam day of March 2 or June 1.**

**CATEGORY—You must be a member to take this course, so all fees are member fees.**

### REQUIREMENTS

Regular Fee To Feb 21 & May 23	Onsite Fee Feb 22—Mar 1 May 24—May 31	STUDENT Regular Fee To Feb 21 & May 23	STUDENT Onsite Fee Feb 21—Mar 1 May 24—May 31	EXAM FEE Student fees include exam fee	TOTAL
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- Not applicable for students**
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

### FULL COURSE FEES

\$450.00	\$550.00	210.00	310.00	\$200.00	\$
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### 1 DAY FEES—Choose: Feb 28 or March 1 or May 30 or 31 Note: No option for exam day

\$150.00	\$250.00	\$70.00	\$90.00	\$200.00	\$
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**CIRCLE YOUR DAY FOR ONE DAY REGISTRATION:** Feb 28 March 1 May 30 May 31

### MEMBERSHIP—You must be a CAPM member. Use this space to join now.

I want to join now as a CAPM member  
 You must be a member to participate on the course. HST not Included.  
 Regular Member: \$200.00 (Jan 1—Dec 31, 2019)  
 Student: \$25.00 (Jan 1—Dec 31, 2019)

**SUBTOTAL:** (Course fee, exam fee & membership fee if applicable) \$ \_\_\_\_\_  
 Add 13% HST (#859733529R T0001) \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

### PAYMENT

**CREDIT CARD:**  VISA  MASTERCARD  AMEX  
 Register by Fax to: 1-905-404-3727  
 Number: \_\_\_\_\_  
 Exp: \_\_\_\_\_ CVN: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_  
 Signature: \_\_\_\_\_

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

**Mail to:** 1143 Wentworth St. W. #202, Oshawa ON L1J

**QUESTIONS:** CAPM Office—Krista Hook—T: 905-404-9545, [office@canadianapm.com](mailto:office@canadianapm.com)