



UNIVERSITY OF
CALGARY

CUMMING SCHOOL OF MEDICINE
Office of Continuing Medical Education and Professional Development

WEBCAST

CALGARY PAIN CONFERENCE

THE CALGARY
PAIN
EDUCATION
FOUNDATION

Monday, May 7, 2018

REGISTER ON-LINE
cmeregistration.ucalgary.ca

PAPERLESS CONFERENCE
Access to handouts will be available
prior to conference

A computer with internet access is
required to access the webcast.

Please note: Only one workshop will be
available during each workshop session.

SCHEDULE

Monday, May 7 • 0800-1545

Check the website for any program updates
cumming.ucalgary.ca/cme

ASSOCIATED EVENTS

Calgary Pain Public Forum

Monday, May 7 | 6:30-8:30pm
MacEwan Conference & Event Centre,
Main Campus, Halls A & B

**Amazing Pain Facts that Can Change
Your Life: Re-think, Re-engage, Recover**

PANEL Lorimer Moseley, Al-Noor Mawani,
Terry Kane

MODERATOR Raj Bhardwaj

Breakfast with Lorimer Moseley

Tuesday, May 8 | 7:30-9:00am
MacEwan Conference & Event Centre

FOR DETAILS
cumming.ucalgary.ca/cme

COURSE OVERVIEW

This conference covers advances in pain research and treatment, the prevention and management of acute and chronic pain and provides an overview of available programs and resources in Calgary. It will be of interest to all healthcare providers.

COURSE OBJECTIVES

The intent of the conference is for learners to:

- employ knowledge and skills for prevention and management of acute and chronic pain
- identify programs and services available for treatment of acute and chronic pain in Calgary
- describe knowledge of advances in pain research

WHO SHOULD ATTEND

All healthcare providers including physicians, physician's assistants, nurse practitioners, registered nurses, licensed practical nurses, pharmacists, physical therapists, occupational therapists, psychologists, social workers, nutritionists, kinesiologists, pain researchers and students

CREDITS

Mainpro+ Group Learning – 6.0 credits
MOC Section 1 – 6.0 credits

Keynotes

Lorimer Moseley DSc PhD FACP
*Inaugural Dr Pam Barton
Memorial Lecturer*

Award winning researcher, educator and neuroscientist from Australia. With David Butler, he co-authored the books "Explain Pain", "The Explain Pain Handbook: Protectometer" and "Explain Pain Supercharged" (a clinician's manual).

Mike Allan MD CCFP FCFP

Professor, Department of Family Medicine and Director of Translational Sciences, Lifelong Learning and Physician Learning Program, University of Alberta. He writes a regular evidence based update (Tools for Practice) distributed to more than 30,000 clinicians and published in the journal "Canadian Family Physician".

Danielle Perry BScN MSc (Epid)

Knowledge Translation Coordinator with the Physician Learning Program, Department of Family Medicine, University of Alberta and a member of the Evidence Based Medicine (PEER) team.

cumming.ucalgary.ca/cme

COURSE PROGRAM – PRELIMINARY

Monday, May 7

		1010-1030	Break
0800-0810	Opening Remarks – Chris Spanswick	1030-1130	Concurrent Workshops 1-5 ONE WORKSHOP WILL BE OFFERED (TBA)
0810-0910	KEYNOTE Pain Science 101: Principles, Paradigms and Some Groovy Science – Lorimer Moseley	1130-1135	Break
	- summarize clinical versions of modern pain theories and their application to practice - describe what happens when we are injured - describe allodynia and hyperalgesia and the mechanisms involved - recognise common patterns that point to particular mechanisms	1135-1235	Concurrent Workshops 5-8 ONE WORKSHOP WILL BE OFFERED (TBA)
		1235-1330	Break
0910-1010	KEYNOTE Is it High-Time for Medical Cannabis? Doubie-ous Evidence or Smokin' Results – Mike Allan, Danielle Perry	1330-1430	KEYNOTE Pain, the Brain and Your Incredible Protectometer – Lorimer Moseley
	- indicate the limitations and challenges of evidence for medical cannabinoids - describe the typical benefits for the key medical conditions (neuropathic pain, cancer pain, nausea/vomiting post chemotherapy and spasticity) for which there is adequate evidence and explain the side-effects common to medical cannabinoids - learn and apply the key recommendations from the medical cannabinoid guideline		- summarize the difference between pain and nociception - recognize the novel concept of an internal Protectometer and how to bring it into practice - describe how to integrate current pain concepts into clinical practice
		1430-1445	Break
		1445-1545	Concurrent Workshops 9-13 ONE WORKSHOP WILL BE OFFERED (TBA)
		1545	Adjournment

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

COURSE PROGRAM – CONCURRENT WORKSHOPS

ONLY ONE WORKSHOP WILL BE AVAILABLE FOR EACH CONCURRENT WORKSHOP SESSION (TBA)

Concurrent Workshops 1-5 • 1030-1130

- 1 Limbic Limbo – Understanding Your Brain on Pain
– Adrian Gretton
 - describe basic brain anatomy and function, and recognize the centrality of the limbic system in stress and chronic pain
 - recognize how neuroplasticity actually works in health and illness
 - be aware of practical approaches and strategies for unlocking "limbic lockdown" and optimizing brain function with chronic pain
- 2 Reducing Side Effects Associated with the Treatment of Pain via Oral Medications through Substitution with Topical Alternatives and Supplementation
– Steve Mamchur
 - differentiate the side effect profile of oral treatments and topical alternatives
 - explain how supplementation can be used to complement the treatment of pain
 - prescribe topical pain creams
 - recommend supplements to aid in the reduction of pain
- 3 Good Life with Osteoarthritis in Denmark: An Introduction to GLA:D Canada as a Proven Approach to Managing Hip and Knee Osteoarthritis
– Brooke Hender, Tim Kutash
 - describe the GLA:D program to patients, and explain its potential benefits on pain and function to patients suffering from hip and knee osteoarthritis
 - determine which patients will benefit from participating in the GLA:D program, and which patients meet the inclusion requirements
 - be able to refer patients to clinics which are providing the program, and direct patients to appropriate resources for more information
- 4 Mindfulness (2HR WORKSHOP)
THIS WORKSHOP NOT OFFERED AS PART OF THE WEBCAST
– Alnoor Mawani

Participants will have the opportunity to participate in at least one mindfulness practice and one compassion based practice during this workshop.

 - describe each of the attitudes of mindfulness, as adapted from Mindfulness Based Stress Reduction, with clear examples of each
 - apply each of the attitudes of mindfulness to specific examples of individuals who experience chronic pain
 - describe an example of how to teach a mindful practice to a patient/client
 - discuss how the principles of self-compassion may be relevant to the management of chronic pain

- discuss how mindfulness and compassion may relate to each other and apply to the management of chronic pain
 - formulate 2 mindfulness and/or compassion based ideas that they can use with an individual they currently work with
 - identify 2 ways that the participant can utilize mindfulness and/or compassion in their own clinical practice
- 5 Taking the Pain out of the Pain Evidence: Cases and Audience Choices (REPEATS AT 1135-1235)
– Mike Allan, Danielle Perry
 - summarize the benefits and harms of therapies for neuropathic pain
 - describe the benefits and harms of therapies for osteoarthritis pain
 - summarize the benefits and harms of therapies for back pain

Concurrent Workshops 5-8 • 1135-1235

- 5 Taking the Pain out of the Pain Evidence: Cases and Audience Choices (REPEATS FROM 1030-1130)
– Mike Allan, Danielle Perry
 - summarize the benefits and harms of therapies for neuropathic pain
 - describe the benefits and harms of therapies for osteoarthritis pain
 - summarize the benefits and harms of therapies for back pain
- 6 De-prescribing Opioids
– Joyce Cote, Arlene Cox, Lori Montgomery
 - identify whether an opioid taper is an appropriate choice for a patient based on available evidence
 - recognize the patient's readiness and use specific skills to increase motivation
 - advise their patient on the essential self-management skills needed to support a taper
 - prepare a joint plan for the taper which includes both patient and healthcare provider skills
- 7 Osteoarthritis Guidelines
– Ted Findlay
 - apply the recommendations of the 2017 "Osteoarthritis Tool" co-developed by the College of Family Physicians of Canada for primary care providers
 - differentiate osteoarthritis from similar commonly seen clinical conditions
 - describe new Alberta based initiatives and resources for the management of osteoarthritis

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COURSE PROGRAM – CONCURRENT WORKSHOPS

ONLY ONE WORKSHOP WILL BE AVAILABLE FOR EACH CONCURRENT WORKSHOP SESSION (TBA)

- 8 Adverse Childhood Events (ACEs) Trauma Informed Care
– June Bergman, Jean Leong
- apply an approach to patients with chronic pain who are stuck and not moving forward in their life
 - incorporate the science behind trauma both recent and remote (Adverse Childhood Experiences – ACEs) in primary care
 - demonstrate from clinical examples the above trauma informed approach within primary care

Concurrent Workshops 9-13 • 1445-1545

- 9 Posttraumatic Stress Disorder (PTSD) and Comorbid Chronic Pain
– Darlene Foucault
- provide an overview of PTSD symptoms, its prevalence, high risk populations and comorbidities
 - highlight the role of avoidance in the non-recovery of PTSD
 - impart knowledge of the physical health consequences of exposure to traumatic events
 - review some of the explanatory models for the co-occurrence of PTSD and chronic pain
 - review innovative approaches for the treatment of PTSD with co-occurring chronic pain
 - give some consideration to novel integrated treatments to address shared factors
- 10 “Moving Forward” Towards a Better Life: An ACT-based Group for Chronic Pain Management
– Lila Gault, Debra McDougall
- describe the core principles of Acceptance and Commitment Therapy (ACT)
 - identify how ACT-based groups help patients to shift from a focus on pain to living again
 - distinguish patients’ patterns of struggling to avoid/control pain (away moves) and utilizing mindfulness to make choices that are in line with their values (towards moves)
 - access ACT resources for clients and professionals
- 11 Back 2 Health: Backwards and Forwards
– Katie Krenz
- describe the structure and evaluation of the Back 2 Health program
 - discuss how the patient voice informed the program redevelopment and how the program changed as a result
 - summarize the program successes and how the program may be disseminated and used in other communities and venues in the future

- 12 Chronic Headache: An Updated Approach
– Elizabeth Leroux
- present a structured approach of the patient with chronic headache
 - identify the secondary causes of chronic headache
 - diagnose chronic migraine and detail the chronic migraine phenotype
 - understand the overlap between neck pain, migraine and head/neck trauma
 - recognize chronic migraine comorbidities
 - propose a three-pronged approach for management of chronic migraine (behavioral, acute, preventive)
- 13 Explain Pain and Persistent Pain in Paediatrics
– Amanda de Chastelain
- identify key differences between acute and complex pain
 - identify key differences between the paediatric patient and adults
 - summarize the biopsychosocial model as it relates to pain and its treatment at ACH’s Complex Pain Clinic
 - discuss the importance of language in treating and dealing with complex pain
 - discover treatment options available to paediatric patients through ACH
 - consolidate all of these through compilation case presentations based on actual patients seen through the Complex Pain Clinic

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

PLANNING COMMITTEE

Janice Rae RN MN Course Chair
Clinical Nurse Specialist, Acute Pain Service,
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FACULTY

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Medical Director, Chronic Pain Centre, Alberta Health Services, Calgary Zone; Clinical Lecturer, Department of Family Medicine, University of Calgary

Lorimer Moseley DSc PhD FACP

Professor of Clinical Neurosciences and Inaugural Chair in Physiotherapy, University of South Australia

Danielle Perry BScN MSc (Epid)

Knowledge Translation Coordinator and member of the Evidence Based Medicine (PEER) team, Physician Learning Program, Department of Family Medicine, University of Alberta

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker's presentation.

ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Canadian Medical Schools (CACMS).

STUDY CREDITS

CFPC

MAINPRO+ GROUP LEARNING

This **Group Learning** program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the University of Calgary, Office of Continuing Medical Education and Professional Development for up to 6.0 Mainpro+ credits.

AACP

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC

Members of the American Academy of Family Physicians are eligible to receive up to 6.0 prescribed credits for attendance at this meeting/event due to a reciprocal agreement with The College of Family Physicians of Canada.

RCPSC

MOC SECTION 1

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 6.0 hours (credits are automatically calculated).

AMA-PRA CATEGORY 1 CREDIT

Through an agreement between the Royal College of Physicians and Surgeons of Canada and The American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.

ADDITIONAL PROGRAM INFORMATION

CONFIRMATION OF REGISTRATION

On-line registration confirmation is automatic after registering on-line. A tax receipt will be sent approximately 2 weeks after registering.

For all other methods of registration (mail, fax), confirmation will be in the form of a tax receipt. No other confirmation will be sent. Please allow 2 weeks for registration processing.

COURSE CANCELLATION POLICY

The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY

A registration refund will be made upon written request if made at least 2 weeks before the start of the program. However \$50 will be retained for administrative costs. No refunds will be available for cancellations made within 2 weeks of the start of the program and thereafter. NOTE: Refunds are processed only on the return of original receipt. All receipts must be returned within 30 days after program date.

REIMBURSEMENT OF REGISTRATION FEES

Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION

Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT

Rosario Villalobos, Program Assistant
Phone 403.210.6275
Email maria.villalobosgonz@ucalgary.ca

ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca



REGISTRATION FORM

WEBCAST
Calgary Pain Conference
May 7, 2018

PROFESSION	PHYSICIAN ☐	OTHER HEALTH PROFESSIONAL - PLEASE SPECIFY 	STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY) ☐
FIRST NAME 			
LAST NAME 			
ADDRESS 			
CITY 		PROVINCE 	POSTAL CODE
AREA CODE 	PHONE 	EXT 	AREA CODE
FAX 		FAX 	
EMAIL 			
PAYMENT BY	CHEQ ☐	AMEX ☐	VISA ☐
			MASTERCARD ☐
			CARD NUMBER
			SIGNATURE
	EXPIRY DATE M M Y Y 		

REGISTRATION FEE

PLUS 5% GST - UCalgary GST Registration #108102864RT0001
ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE on or before April 4, 2018

- ☐ \$ 275.00 Physician
- ☐ \$ 175.00 Other Health Professional
- ☐ \$ 100.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGULAR RATE after April 4, 2018

- ☐ \$ 305.00 Physician
- ☐ \$ 205.00 Other Health Professional
- ☐ \$ 100.00 Student / Resident (FULL-TIME STUDENTS ONLY)

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT
Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.4251 if you have questions about the collection or use of this information.

REGISTER

ON-LINE

cmeregistration.ucalgary.ca

BY CONFIDENTIAL FAX

Fax 403.270.2330

For your protection, the University of Calgary does not accept and will not process credit card information provided via email or text messages

BY MAIL

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CHEQUE MUST INCLUDE 5% GST

Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES

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