

ESSENTIAL STRATEGIES FOR CHRONIC PAIN MANAGEMENT

FORMERLY CHRONIC PAIN MANAGEMENT FOR THE FAMILY PHYSICIAN

A Mainpro+ Course – 3.0 credits per hour

MOC Section 3 Self-Assessment Program – 3.0 credits per hour

DAY 1 Monday, October 1, 2018

Richmond Road Diagnostic and Treatment Centre, 1820 Richmond Road SW, Calgary, AB

DAYS 2 and 3 observership dates to be arranged with Course Coordinator

Chronic Pain Centre, Richmond Road Diagnostic and Treatment Centre, 1820 Richmond Road SW, Calgary, AB

REGISTER ON-LINE
cumming.ucalgary.ca/cme
(or register by mail or fax;
see Registration Form for details)

COURSE COORDINATOR
Sylvia M Vespa
Phone 403.943.9910
Email sylvia.vespa@ahs.ca

VENUE

The course day and your observership days will be held at the Richmond Road Diagnostic and Treatment Centre, 1820 Richmond Road SW, Calgary, AB.

CLINICAL PRIVILEGES

Please note that non-AHS staff will be required to obtain approval from the AHS Medical Education Office for a clinical observership. The Course Coordinator will facilitate this process, which involves up-to-date immunizations and on-line privacy and security training.

COURSE OVERVIEW

Family physicians are responsible for the majority of the management of chronic pain. Day one of this course will be held in a classroom setting to provide an overview of key issues in chronic pain. Days two and three will be arranged as observership days, in conjunction with the Course Coordinator at the Chronic Pain Centre, and will provide a clinical preceptorship that responds to the needs of the individual learner.

COURSE OBJECTIVES

At the end of this course, learners will be equipped to:

- gain sufficient knowledge of the physiological, anatomical and psychological mechanisms of pain to be able to explain it in plain language to patients
- know how to assess the biological, psychological and socio-economic aspects of pain
- acquire some useful tips for managing patients with chronic pain in a primary care setting; including communication skills, medication management and basic counselling skills
- become aware of the resources available in the community to support patients with chronic pain
- practice interviewing, physical examination and treatment skills

CREDITS

Mainpro+ Group Learning – 69.0 credits
Day 1 – 24.0 credits
Day 2 and Day 3 – 45.0 credits
Day 1 MOC Section 3 – 28.5 credits
Day 2 and Day 3 MOC Section 2 – 30.0 credits

WHO SHOULD ATTEND

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

COURSE PROGRAM

Prior to the course participants are required to complete two hours of pre-course work including pre-course reading, a needs assessment and self-assessment quiz.

Day 1

0800-1700 (Lunch 1200-1300)

Using common chronic pain case presentations, participants will become familiar with:

- how to explain the pathophysiology of chronic pain to a patient
- how to formulate an evidence-based treatment plan for chronic pain (including when to consider opioid and non-opioid medications, as well as interventional techniques)
- basic strategies for functional rehabilitation (including exercise prescriptions)
- flags that indicate that a patient is at risk of prolonged disability (and how to address these)
- motivational interviewing skills to engage a patient in an active pain management program
- how to frame an opioid trial so that it can be stopped if not successful
- self-management strategies that can help patients to reduce pain levels
- how to respond to requests for third-party reports for pain patients
- how to approach an inherited patient on opioids already
- how to introduce the idea of opioid dose tapering

DAYS 2 and 3

(15 hours of observership time – dates and times to be arranged with Course Coordinator)

Preceptored Clinics

- neuromusculoskeletal pain clinic
- pelvic pain clinic
- headache pain clinic

Other Health Preceptors

- dietician
- social work
- kinesiology
- occupational therapy
- physiotherapy
- psychology
- pharmacy
- clinical processes, referral and triage
- community resources
- outpatient group sessions

Up to two additional clinical preceptor days can also be scheduled based on further learner needs and subject to an additional fee of \$250 plus 5% GST per day.

(Days 2 and 3 are included in the registration fee)

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

PLANNING COMMITTEE | FACULTY

Lori Montgomery MD CCFP Course Co-Chair
Family Medicine, Medical Director, Chronic Pain Centre

Chris Spanswick MB ChB FRCA Course Co-Chair
Anaesthesia, Medical Leader, Calgary Pain Program

Lori Chomik BSW RSW
Social Worker, Chronic Pain Centre

Ann Crabtree MD BSc(Hons) BEd
Physician, Chronic Pain Centre

Penny Ford PhD Psych
Psychologist, Chronic Pain Centre

Diane Fox PhD R Psych
Psychologist, Chronic Pain Centre

Mindy Gautama BSc MD CCFP
Family Physician

Justine Greene MOT(UBC)
Occupational Therapist, Chronic Pain Centre

Tina Hoang MD CCFP(PC) FCFP
Family Physician; Clinical Assistant Professor,
Department of Family Medicine, Cumming School
of Medicine, University of Calgary

Trevor McKay BPE
Kinesiologist, Chronic Pain Centre

Colleen Miller PhD R Psych
Psychologist, Chronic Pain Centre

Diane Roylance PT BSc(Zool) BScPT FCAMPT CGIMS
Physiotherapist, Chronic Pain Centre

Kelly Shinkaruk MD FRCPC
Physician, Chronic Pain Centre

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with certification 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.

CERTIFICATION

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

STUDY CREDITS

CFPC

MAINPRO+ GROUP LEARNING

This one-credit-per-hour Group Learning program has been certified by The College of Family Physicians of Canada for 69.0 Mainpro+ credits.

Note: Mainpro+ Group Learning is 69.0 credits if all course obligations are met. Academic day (24.0 credits) and two observer days (22.5 credits each day).

RCPSC

MOC SECTION 3 SELF-ASSESSMENT PROGRAM

Day 1 of this program is an Accredited Self-Assessment Program (Section 3) 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 on February 8, 2017. Program expires January, 2020. Participants may claim a maximum of 9.5 hours (28.5 credits).

Day 2 and Day 3 of this program meets the requirements of a traineeship as defined by the Maintenance of Certification (MOC) Program of the Royal College of Physicians and Surgeons of Canada. Traineeships are self-accredited and included under Section 2: Self-learning (planned learning). The Traineeship component has been established to be 15 hours (30.0 credits).

ADDITIONAL PROGRAM INFORMATION

DRESS

Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

SCENT FREE

To ensure the comfort of everyone attending this event, please do not wear scented products.

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, including no shows or one-time date change, without prior approval by course content coordinator. 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.

Current CARNA members can apply to the Alberta Registered Nurse Education Trust (ARNET) for educational funding reimbursements to support conferences and registration fees www.arnet.ca.

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

COURSE COORDINATOR

Sylvia M Vespa
Phone 403.943.9910
Email sylvia.vespa@ahs.ca

ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca

REGISTRATION FORM**Essential Strategies for Chronic Pain Management
October 1, 2018**

PROFESSION	PHYSICIAN ☐	OTHER HEALTH PROFESSIONAL - PLEASE SPECIFY ☐	STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY) ☐
FIRST NAME			
LAST NAME			
ADDRESS			
CITY			
AREA CODE		PHONE	EXT
AREA CODE		FAX	
EMAIL			

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 August 31, 2018
☐ \$ 675.00
REGULAR RATE after August 31, 2018
☐ \$ 775.00

The course registration fee above includes:

- the academic/course day (Day 1)
- workshop materials for course day (Day 1)
- food and beverage on the course day only (Day 1)
- two days of observership at the Chronic Pain Centre (Day 2 and 3)

Please advise Course Coordinator of any special dietary restrictions.

Additional Clinical Preceptor days can be booked (Day 4 and/or 5) with the Course Coordinator.

ADDITIONAL CLINICAL PRECEPTOR DAYS (Day 4 and/or 5)
☐ \$ 250.00 for one day

☐ \$ 500.00 for two days
**TOTAL FEE ENCLOSED
INCLUDE 5% GST IN TOTAL FEE**
 \$
PAYMENT BY

CHEQ	AMEX	VISA	MASTERCARD	M	M	Y	Y
☐	☐	☐	☐				

EXPIRY DATE

CARD NUMBER

SIGNATURE

REGISTER**ON-LINE**
cumming.ucalgary.ca/cme
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

Cheque Payable - UNIVERSITY OF CALGARY

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

Phone 403.220.7032

 Email cmereg@ucalgary.ca

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.