



An Update on the Treatment of Pain: Chronic Non-Cancer Pain, Addiction, and Mental Health

Thursday October 17, 2019

0800 – 1700hrs

COURSE OVERVIEW

An Update on the Treatment of Pain: Chronic Non Cancer Pain, Addiction and Mental Health will provide participant's tools for assessment and management of chronic pain. It begins with an overview of the anatomy and physiology of pain and transitions to the epidemiology of chronic pain in Canada and its treatment.

Pharmacologic and non-pharmacologic options as described in recent guidelines will be discussed with an emphasis on the biopsychosocial treatment of chronic pain and the advantages of voluntary opioid deprescribing.

The evidence for medical cannabis will be reviewed. Addiction potential and risk mitigation strategies for opioids and cannabinoids will be presented. Participants will learn to identify and treat opioid use disorder (addiction) in the chronic pain population. Psychiatric comorbidities and their effect on chronic pain and their management will be addressed.

This comprehensive program on pain, addiction and mental health will provide a full day of education.

COURSE OBJECTIVES

- Describe the biology and epidemiology of pain.
- Identify the cognitive pathogenesis of chronic pain.
- Utilize and understand the 2017 Canadian Guideline for Opioids for Chronic Non-Cancer Pain.
- Review the evidence for medical cannabis in the treatment of chronic pain.
- Formulate an evidence-based treatment plan for chronic pain in a bio-psycho-social format.
- Utilize evidence-based screening tools for Chronic Pain, Addictions, and Mental Health
- Conduct motivational interviewing skills to engage a patient in an active pain management program.
- Identify neuropsychological strategies for patients to help reduce distress and pain.
- Mitigate an approach to an inherited patient on opioids.
- Create a discussion to introduce the idea of opioid tapering with a patient.
- Recognize Opioid Use Disorder in pain patients and initiate treatment
- Summarize the methods for treatment of Chronic Pain for those with Opioid Use Disorder
- Recognize and treat psychiatric co-morbidities in chronic non-cancer pain

COURSE PROGRAM and OUTCOMES

Prior to the course participants are required to complete one hour of pre-course work including pre-course needs assessment.

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

- Conducting an appropriate pain assessment to evaluate of pain, mood, sleep and function during a clinical interview.
- Applying the understanding of biology and cognitive processes in chronic pain when formulating patient management strategies.
- Identify 90mg of Morphine Equivalent Daily Dose (MEDD) as a watchful dose in prescribing opioids for chronic, non-cancer pain.
- Identifying and treating opioid use disorder in the pain population.
- Outline and identify the different between CBD and THC from the perspective of risks, sedation, euphoric potential and analgesia.
- Acknowledge therapeutic treatment strategies to break the fear avoidance cycle.

- Demonstrate the safe and appropriate use of a naloxone kit.
- Identify psychiatric comorbidities and their effect on chronic pain.
- Engage physicians to discuss fear-avoidance in chronic pain patients.
- Formulate and incorporate an opioid taper plan for their patient.

**Visit www.painab.ca to register prior to October 4 2019.
Onsite registrations will not be available.**

ADDITIONAL PROGRAM INFORMATION

WHO SHOULD ATTEND

All healthcare providers including physician assistants, nurse practitioners, registered nurses, licensed practical nurses, pharmacists, physical therapists, occupational therapists, psychologists, social workers, dietitians, kinesiologists, pain researchers and all physicians.

VENUE

The course will be held at the Chateau Lake Louise Hotel, 111 Lake Louise Drive, Lake Louise AB.

COURSE DAY

The course will start promptly at 0800 and end at 1700hrs. Two refreshment breaks, lunch and all work shop supplies will be provided.

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. Disclosures outlined verbally and at the PPT onset of the speaker's presentation.

DRESS

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

PLANNING COMMITTEE AND FACILITATORS

Dr. Rob Tanguay MD FRCPC CISAM CCSAM, Course Chair

Dr. Marie Claire Bourque MD MSc. FRCPC

Erica De Neve RMT

Dr. Monty Ghosh BSc. MBT MSc. MD FRCPC, DM-EMDM ISAM(C) CSAM

Keith King RN BScN MPH CPSO

Taylor James Laviolette RMT

Dr. Ron Lim MD CCFP DABAM DFASAM FISAM CCSAM

Dr. John Pereira MD CCFP CIME CEDIR VI

Michelle Romance MScPT CAFCI

Dr. Michael Trew MD FRCPC

Tuxephoni Winsor RN BN MHS

Dr. Alvis Yu MD CCFP

COURSE CANCELLATION POLICY

The Pain Society of Alberta reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY

A refund will be issued if requested 30 days in advance of the course date. A \$40 administrative fee will be retained. No refunds will be available for cancellations made within 30 days prior to the start of the program, including no shows.

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.

SCENT FREE

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

Questions? Contact the conference manager at team@painab.ca