

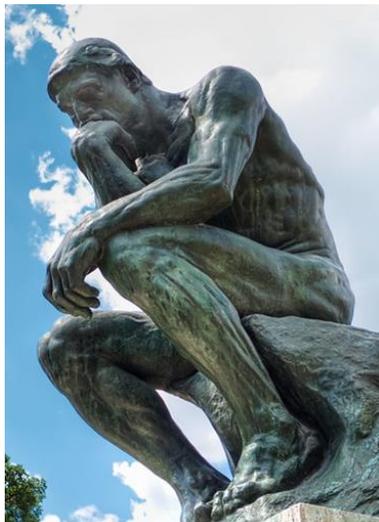


To Be or Not to Be with Pain: Resources to Guide Practice

Join us as we follow a complex pain patient through treatment pathways, interventions and arrive at two very different outcomes.

Friday June 17, 2022

0800 – 1700h MDT



The Alberta Pain Education Collaborative (APEC) invites you to attend an educational opportunity focused on empowering health care providers with updated pain management strategies, treatments and tools.



Who should attend: All healthcare providers including physicians, physician specialists, dentists, nurse practitioners, researchers, registered nurses, licensed practical nurses, pharmacists, physical therapists, occupational therapists, psychologists, social workers, dietitians/nutritionists, and kinesiologists.

This Group Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 6.50 Mainpro+ credits.

Register today at www.painab.ca



Event Learning Objectives

At the conclusion of this activity, participants will be able to employ knowledge and skills for prevention and management of acute and chronic pain.

At the conclusion of this activity, participants will be able to identify programs, services and on-line resources available for treatment of acute and chronic pain.

At the conclusion of this activity, participants will be able to describe ~~knowledge of~~ advances in pain research and apply them in their clinical practice.

At the conclusion of this activity, participants will have an understanding of the interdisciplinary skills and programs that are available to support patient with chronic and acute pain in Alberta.

Event Itinerary

*all timing is in MDT (Mountain Daylight Time)

0800 – 0810h Opening and Welcome
 Moderators: Janice Rae and Diane Roylance

What's New and Exciting in Pain

0810h Community Care: Using Technology to Enhance Care in Rural Communities
 Emily Armstrong

This presentation will highlight the work of Tele-Rehab 2.0, it's success in rural Alberta so far, and how the principles & technologies of this project can be applied to chronic pain & pain management in rural (or even urban) settings. Participants will learn about our technologies, the clinic-to-clinic model we employ, our successes and challenges, and how pain management can be accomplished with a model like ours.

0820h Extension for Community Healthcare Outcomes (ECHO) Introduction
 Dr. Ted Findlay and Dr. Cathy Scrimshaw

An introduction to the "Chronic Pain Gains in Alberta" Project ECHO, a collaborative initiative of the Alberta College of Family Physicians and the Calgary Chronic Pain Centre. The goals of this ECHO are to support and increase the capacity of Alberta family physicians and medical homes to manage their patients with chronic pain or substance use issues. This is an "all teach, all learn" interactive online medical education program that features clinical cases submitted by the participating clinicians. We will discuss the inspiration and science behind Project ECHO, our learnings and early experiences, as this program is launched to support community providers in managing complex chronic pain patients close to home.

0830h Alberta Pain Strategy Information Conduit
 Kayla Denness

We live in the information age, but access to a mountainous volume of materials and resources is overwhelming. For so many, identifying reliable, unbiased, and accurate health information is an insurmountable task. Improving education and access to content about pain is one of the Alberta Pain Strategy priorities. The new Alberta Pain Strategy online landing page is a conduit for a continually expanding repository of resources, available to anyone, anywhere.

**0840h Alberta Bone and Joint Strategic Clinical Network Update
Dr. Ted Findlay**

A brief introduction to projects of the Alberta Bone and Joint Strategic Clinical Network that are of interest to community clinicians including: the Quality Care Standards for the management of hip and knee osteoarthritis; the evidence-based MSK-Shoulder Care Pathway and the Fragility and Stability Program.

0850h Group Moderated Q&A

**0905h Case Study Introduction
Dr. Sean Gonzales**

Will introduce a case study that will be used for the rest of the day's presentations. The case study will help to introduce the patient's symptoms, identify a diagnosis, and guide treatments/resources discussion. We will also follow the patient's reaction to the same and the two different outcomes based on the patient's choices/experiences.

**0915h Rheumatology Care in Indigenous Communities
Dr. Cheryl Barnabe**

Indigenous community members have an increased prevalence of arthritis conditions and barriers to accessing culturally-acceptable healthcare that result in unaddressed inflammation and pain. In this session, we will learn about the systemic contributors to arthritis pain burden. We will also discuss how to build good relationships with Indigenous patients and reconsider approaches to care organization.

0955h Moderated Q&A

1010 – 1040h Refreshment Break

1040h Welcome back!

**1045h Suicidal Ideation in Complex Pain Patients
Dr. Eric Chan**

Chronic pain has been identified as an independent predictor of suicide risk. Individuals with chronic pain are twice as likely to report suicidal behaviors or to die from suicide (Racine, 2018). This presentation will describe the relationship between physical pain and suicide risk and discuss various factors that can be targeted for intervention in patients identified as being at risk. In this session, we will also practice mindfulness skills that can help patients cope with periods of increased emotional distress.

1125h Moderated Q&A

**1135h Finding Our Way Back to Inner Calm and Clarity
Dr. Adrian Gretton**

The challenges and troubles that come our way can get us 'stuck' - in overdrive and a fight-or-flight state... And feeling overwhelmed or traumatized can further lead to us disconnecting from our bodies and our inner source of vitality. Take 5 minutes with me to explore some ways to settle back into re-connection to an inner place of calm and clarity.

1255h Welcome back!

Available On-Line Resources

1300h YouTube as a Tool for Chronic Pain Education
Dr. Andrea Furlan

Dr. Andrea Furlan has a YouTube channel about chronic pain since 2019. In this presentation she will talk about process she uses to maintain this channel. She will explain how she selects topics, how she prepares the scripts, and the technical part of recording, editing and uploading them. She will discuss the most popular topics by views, average view duration and percentage viewed.

At the end of this presentation, participants will be able to:

- describe the process to produce and upload YouTube videos
- identify the most popular topics in a channel about chronic pain

1315h Effective Use of a Virtual Syllabus for Remote Access Patients
Dinah Hampson

As a physical therapist and former dancer, Dinah recognized a need for improving access to expertise for dancers in hard to reach locations and developed a fully online program called "Pivot Dancer". With the broad limitations the COVID-19 pandemic was placed on the world population and its impact on health care delivery, Dinah expanded this platform to include services for other populations and has successfully rehabilitated many challenging cases remotely. This presentation will explore the creative application of virtual platforms to your patient populations. Dinah will show you how she adapted her program and give you a new perspective on utilizing quality virtual tools that exist and applying them effectively to patients of all sorts.

1325h Life Hacks for Arthritis
Cheryl Crow

In this talk, I will share my experiences sharing "life hacks" for arthritis on social media platforms, with a focus on short-form video ("TikTok" and Instagram Reels in particular). I will explore how social media platforms provide an engaging, bidirectional format for patient and provider education. Health providers can not only share our tips with patients, but we can also learn from our patients' lived experiences as they share "life hacks" and daily living adaptations on these platforms. I will also explore how conversations on social media serve to highlight gaps in patients' education, support and empowerment. Learning objectives include: articulate one potential way health providers can learn life hacks for arthritis; share one example of how social media conversations can highlight gaps in patient knowledge.

1340h A Virtual Option: Occupational Therapy Occupational Performance Activation (OTOPA)
Tiffanie Mo-Law

Occupational Therapy Occupational Performance Activation (OTOPA) is a functional restoration and behavioral activation program. Programming is designed for persons diagnosed with chronic pain, long COVID, cancer, attention deficit hyperactive disorder (ADHD), mental health conditions like posttraumatic stress disorder (PTSD), and/ or

depression, and anxiety. Therapist-guided intervention consists of an occupational therapist (OT) directly engaging the client in the practical application of adaptive strategies, accommodations and skills by structuring daily activities to increase functional abilities. With the eventual goal of return to work or life activities, household, community and leisure activities are incorporated into a graded activity schedule to assist clients in re-establishing a productive & meaningful routine. The first half of the program targets symptom management, cognitive processing, psychosocial education and building a foundation of skills and strategies. The second half focuses on application and establishment of skills and strategies in practical settings and just-right challenges. Upon completion of this program, engaging in a RTW process is recommended.

Presentation objectives:

- Provide an overview of the OTOPA program
- Explain why including OT is essential for an individual to return to work and life with chronic pain
- Provide clinicians with a virtual and in-clinic program option

1350h Group Moderated Q&A

1405h Legislative Updates on Medical Assistance in Dying
Dr. Misty Watson, Sarah Watkins, Barbara Siebel

Medical Assistance in Dying became legal in Canada in 2016 with the passing of Bill C14. In March 2021, amendments to the original legislation were passed in the form of Bill C7. Bill C7 expanded eligibility criteria for Medical Assistance in Dying to include those whose death is not reasonably foreseeable. In this presentation, the MAID team will highlight these legislative changes and safeguards surrounding the new legislation and discuss impacts to chronic pain patients surrounding their eligibility for MAID.

1450h Moderated Q&A

1500h Getting Comfortable with Being Uncomfortable
Dr. Elisabeth Saxton

We recognize there are real issues which contribute to the suffering of people with lived experience and as clinicians we want to address them, but how? Learn how to address uncomfortable and difficult topics, approach people with lived experience in a trauma informed way, and feel more confident in your ability to have challenging conversations.

1520h Moderated Q&A

1530 - 1600h Refreshment Break

1600h Welcome back!

1605h Are We Out of Our Mind? Applications of Psychedelics
Dr. Akash Goel and Dr. Venkat Bhat

Learning Objectives:

- 1) Review pre-existing evidence for psychedelics in healthcare
- 2) Outline the psychopharmacologic plausibility for psychedelics in the management of mood disorders and chronic pain
- 3) Discuss current Health Canada guidelines around use of these medications
- 4) Identify real world applications of psychedelics in healthcare

1650h Closing Remarks
Digital Passport Winners Announced
Janice Rae and Diane Roylance

1700h Event Concludes

Our Presenters and Moderators



Emily Armstrong, BSc, Project Coordinator (Tele-Rehab 2.0), Lab Coordinator (Rehab Robotics Lab)

Emily Armstrong completed a Bachelor of Science in Psychology in 2015. She joined the Rehab Robotics Lab in 2019, and became the Project Coordinator for Tele-Rehab 2.0 in June 2020. She was subsequently appointed to Lab Coordinator of the Rehab Robotics Lab in early 2021. Emily is passionate about improving access to care through her work.



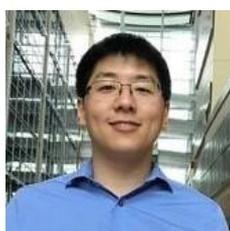
**Dr. Cheryl Barnabe, MD MSc FRCPC
Canada Research Chair, Rheumatoid Arthritis and Autoimmune Diseases
Professor, Departments of Medicine and Community Health Sciences, University of Calgary
Rheumatologist, Alberta Health Services**

Dr. Cheryl Barnabe is a member of the Métis Nation of Alberta, a Rheumatologist, and a Professor in the Departments of Medicine and Community Health Sciences, Cumming School of Medicine, University of Calgary. She holds leadership roles at the University of Calgary as Vice-Chair for Indigenous Health in the Department of Medicine, and as the Deputy Director for the McCaig Institute for Bone and Joint Health. She is a Canada Research Chair in Rheumatoid Arthritis and Autoimmune Diseases, and her research program focusses on equity in health service delivery and arthritis outcomes, most specifically for Indigenous populations in Canada. Over the past decade she has provided rheumatology clinical care in the Treaty 7 territory in both urban and rural settings, and provided continuing medical education training in building relationships with Indigenous patients.



**Dr. Venkat Bhat MD MSc FRCPC DABPN
Director, Interventional Psychiatry Program**

Dr. Venkat Bhat is an Assistant Professor in the Department of Psychiatry at the University of Toronto. He is currently a staff psychiatrist based at St. Michael's Hospital (SMH) and Toronto Western Hospital (TWH). At SMH, he is the Director of the Interventional Psychiatry Program which offers novel psychopharmacological (e.g. IV ketamine/other anesthetic agents), neurostimulation (e.g. rTMS, ECT, emerging neurostimulation modalities) and digital therapeutic (mobile-based monitoring and interventions) interventions for Mood and other Disorders. At TWH, he has a focus on invasive neurostimulation (Deep Brain Stimulation and Invasive Brain Mapping). Dr. Bhat collaborates closely with anesthesia, imaging, informatics, neurology and neurosurgery to offer emerging and procedural interventions for psychiatric disorders, his research program aims to understand treatment-response with these emerging interventions.



**Dr. Eric Chan, MD, MSc, FRCPC
Psychiatrist, Psychiatry Emergency Services, Mood Disorders & ECT, Foothills Medical Centre
Clinical Assistant Professor, Department of Psychiatry, University of Calgary**

Dr. Eric Chan is a psychiatrist working in the psychiatry emergency services, mood disorders and ECT programs at the Foothills Medical Centre and is a clinical assistant professor in the Department of Psychiatry at the University of Calgary. He completed a Bachelor of Science with Honours in Biochemistry at the University of Saskatchewan and completed medical school, psychiatry

specialty training and master's training at the University of Alberta. Dr. Chan's research focuses on suicide prevention, e-mental health, acute care psychiatry and reduction of mental health stigma.



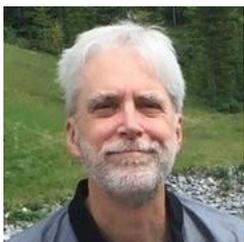
Cheryl Crow OTR/L
Occupational Therapist & Patient Educator
Founder of Arthritis Life

Cheryl Crow is an occupational therapist who's lived with rheumatoid arthritis for nineteen years. Cheryl founded Arthritis Life, whose mission is to educate, empower and support people with arthritis. She also hosts the Arthritis Life Podcast and runs online self-management courses and an online self-management and support group called Rheum to THRIVE. She is known for her entertaining yet educational videos featuring arthritis life hacks, product demonstrations, and insights into the psychosocial aspects of life with invisible chronic illness.



Kayla Denness MN RN
Clinical Nurse Specialist & Senior Practice Consultant, Acute Pain Initiative
Alberta Health Services

Kayla Denness is a Clinical Nurse Specialist and Senior Practice Consultant supporting the acute pain focus area of the Alberta Pain Strategy. Kayla has over 15 years of clinical experience in acute, transitional, and chronic pain management at 4 adult hospitals in Calgary, most recently at South Health Campus. As a certified change-management practitioner, Kayla works to integrate evidence-informed pain management practices into clinical processes for surgical patients across Alberta.



Dr. Ted Findlay, DO, CCFP, FCFP
Chronic Pain Physician
Calgary Chronic Pain Centre

I'm Dr. Ted Findlay and I completed a University of Calgary family medicine residency in 1988. I have 25 years of experience as a community family physician, however my current clinical practice is limited to complex chronic pain patient evaluation and non-interventional management at the Calgary Chronic Pain Centre. My work includes co-chairing the guideline development group for the TOP guidelines for the evidence informed management of low back pain, and co-authoring TOP guidelines for primary care management of headache and Medical Cannabinoids. I'm also a Clinical Associate Professor with the Department of Family Medicine at the University of Calgary, where I was named CME lecturer of the year in 2017. I participate in committee work including Project ECHO for chronic pain and addictions, as well as the Mentoring Network for the Alberta College of Family Physicians. I served as a co-leader in the development of the Alberta Standards for Osteoarthritis Management developed by the Alberta Bone and Joint Strategic Clinical Network.



Dr. Andrea Furlan MD PhD
Pain Physician, Senior Scientist and Associate Professor of Medicine at the University of Toronto.

Dr. Furlan is a specialist in Physical Medicine and Rehabilitation, and she works as a physician at the Toronto Rehabilitation Institute pain clinic. This clinic is part of the Toronto Academic Pain Medicine Institute (TAPMI). She was the team leader of the 2010 Canadian Opioid Guideline and creator of the Opioid Manager, a tool for physicians prescribing opioids, and she is co-author of the book My Opioid Manager for patients receiving opioids. She is chair of ECHO Ontario Chronic Pain and Opioid Stewardship, a weekly telementoring program for primary care providers in rural and remote areas. She is also a youtube creator and her channel is for patients with chronic pain.



Dr. Akash Goel MD, MPH, FRCPC
Assistant Professor, University of Toronto
Department of Anesthesiology and Pain Medicine, St Michael's Hospital, Unity Health

Dr. Akash Goel is a clinician-investigator, attending anesthesiologist and interventional pain medicine specialist at St. Michael's Hospital and the University of Toronto. Dr. Goel received his medical degree from McMaster University. He then completed his anesthesiology training at the University of Toronto and pursued further fellowship training in interventional and multidisciplinary pain medicine at Stanford University. He also holds a Masters in Public Health from The Harvard School of Public Health.



Sean Gonzales MD, FRCPC
Physical Medicine and Rehabilitation

Dr. Gonzales obtained his Bachelor of Science in Biology and Bachelor of Arts in Communication at Chaminade University in Honolulu, Hawaii. He earned his medical degree at McMaster University in Hamilton, Ontario, and completed his Physical Medicine & Rehabilitation Residency at the University of Alberta in Edmonton, Alberta. He is the current chronic pain interdisciplinary lead at HealthPointe Medical Centre. Clinically his interests include complex chronic pain assessment/management, fluoroscopic guided injection interventions, chronic pain patient education, and interpersonal communication.



Dr. Adrian Gretton MD, CCFP, FCFP, CIME
Clinical Assistant Professor, University of Calgary Faculty of Medicine
Consultant Physician, AHS Calgary Chronic Pain Centre

Dr. Gretton developed a particular interest in chronic pain early in his medical career. He enjoyed practicing community-based family medicine for many years, while also developing expertise in pain and injury management. He is a Clinical Assistant Professor with the University of Calgary. He continues in active practice, plus enjoys teaching peers and community-based health professionals. Outside of work, he enjoys skiing, cycling, hiking, travel, and photography.



Dinah Hampson BA, BScPT, FCAMPT, RISPT
Registered Physical Therapist

Dinah Hampson completed her B.A. in Health Studies at Queen's University and B.Sc. in Physical Therapy at the University of Toronto. Her passion for Sport Physio led her to active membership in Sport Physio Canada, acquisition of her Sport Physio Diploma and her International Sports Physiotherapist qualification. Dinah holds the Diploma of Manual & Manipulative Therapy, multiple clinical certifications, and is an examiner for new Sport Physio candidates.



Tiffanie Mo-Law B.A. (Psych), B.Sc.(OT), M.Sc.(OT), O.T. Reg. (AB). & C.W.C.E.
Occupational Therapist/ Vocational Rehabilitation Consultant
Certified Work Capacity Evaluator/ Ergonomics Systems Specialists Certified
CEO Green Tree Rehabilitation

As CEO of Green Tree Rehabilitation, Tiffanie Mo-Law operates the most specialized and largest occupational therapy firm in Alberta. She has worked as an occupational therapist for over fifteen years with experience and competencies in disability, vocational, neurological, orthopedic, mental health, and community rehabilitation. With a diverse practice, Tiffanie spends her time performing assessments as a medical legal expert, maintaining a clinical practice, mentoring other occupational therapists at Green Tree Rehabilitation, teaching workshops, and finally, lecturing and teaching the clinical on the topic of functional capacity evaluations at the University of Alberta. Tiffanie also gets invited to speak at conferences and professional events to health care and legal professionals. For her medical legal work, she has been qualified at the court of Queen's Bench of Alberta as an expert in occupational therapy to offer an opinion on functional and vocational capacity, and as an expert in occupational therapy in the Provincial Court of Alberta (Family and Youth Division). She has designed programs for neurological rehabilitation and mental health

rehabilitation programs, which are growing in popularity for all insurance companies. Her areas of interest and extensive experience pertain to concussion/brain injury, chronic pain, complex orthopedic injuries, post-traumatic stress disorder, complex psychological traumas, low vision/vision therapy, as well as vocational rehabilitation and disability management.



Janice Rae RN MN
Clinical Nurse Specialist, Alberta Health Services

Janice Rae is a Clinical Nurse Specialist with the Acute Pain Service at the Foothills Medical Centre in Calgary, Alberta. She has 25 years of experience with the acute pain service, working both in Los Angeles, California and in Calgary. She is currently Chair of the Alberta Pain Education Collaborative, Treasurer and Board Member of the Pain Society of Alberta, and member of the Pain Society of Alberta's World Pain Summit conference planning committee. She has her Bachelor of Nursing and her Master of Nursing degrees, both from the University of Calgary.



Diane Roylance PT BSc (Zool), BScPT, FCAMPT, Certified GunnIMS

Diane is a Fellow of the Canadian Academy of Manipulative Physiotherapists and has practiced physiotherapy for 27 years primarily in the areas of orthopedics and complex pain. She helps educate other health care providers and students on chronic pain, myofascial pain, fibromyalgia to name a few, through lectures, workshops, curriculum development and in clinic mentorship. Diane loves moving and is happiest when skiing, biking, climbing, swimming, meditating...with her loved ones.



Dr. Elisabeth Saxton R.Psych
CBI Health

Elisabeth has been with CBI Health (initially Orion Health) since 2009, becoming National Director of Mental Health Services in 2019. Committed to best practice interdisciplinary care in the areas of Persistent Pain, Trauma, and Mental Health, she helps develop programs to be delivered across Canada and provides mentorship, training, and consultation for the organisation while keeping a piece of her work in clinical service delivery. Her passion lies in developing interdisciplinary teams, innovative programs to increase client function, and ensuring consistency and effectiveness through program evaluation. She champions recovery and resiliency in clients and ongoing development for clinicians. She is currently the President of the Pain Society of Alberta and a board member for Take Me Outside.



Dr. Cathy Scrimshaw BSc (Hon), MD, FCFP
Medical Adviser Alberta College of Family Physicians
Medical Director Collaborative Mentorship Network Chronic Pain and Addiction

I am Cathy Scrimshaw, a family physician who has practiced comprehensive family medicine in outport Newfoundland and rural southern Alberta for 32 years, before taking a position, with the Alberta College of Family Physicians. (ACFP). I am the medical director for the Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) and serve as a medical adviser for the ACFP. I have a special interest in rural medicine, team-based care, and continue to advocate for all Albertans to have a Medical Home. Since the pandemic I have been interested in use of virtual care to provide equitable services particularly in the areas of chronic pain and addiction, to rural and remote communities. In my work we have been using virtual education models to provide support to community-based teams to manage individuals with complex health and social needs. I am an Assistant Clinical Professor, in the Department of Family Medicine at the Cumming School of Medicine.



Barbara Siebel, Program Manager
Specialized Geriatric Services, MAID Program

Barb has been the Program Manager of the Calgary & Central zone MAID teams starting in 2020. Prior to joining the MAID team, she has worked in leadership for the past 8 years. Her career began as a Neonatal/ Pediatric Intensive Care RN. She has a strong interest in coaching and mentoring.



Sarah Watkins, RN BSN, MN/MBA Candidate 2023, University of Calgary
MAID Navigator, Calgary and Central Zone, Alberta Health Services

Sarah joined the MAID team in 2021 as a Navigator for Calgary and Central zone. Prior to joining the MAID team, she spent 17 years as a critical care RN. She is currently in her third year of a dual master's program at the University of Calgary, pursuing her Master of Nursing/Master of Business Administration. She enjoys helping people through the MAID process and witnessing the peace of mind that having MAID as an option brings to people.



Dr. Misty Watson, MD CCFP
Medical Lead for MAiD, Calgary Zone

Dr. Watson is a Hospitalist at the Rockyview General Hospital and has been the Medical Lead for the MAiD program in Calgary since 2016. She is one of two physicians who provided the first medically assisted death in Alberta.

The Alberta Pain Education Collaborative (APEC) Team



CHAIR

Janice Rae
RN MN



CO-CHAIR

Diane Roylance
PT BSc (Zool) BScPT,
FCAMPT Certified GunnIMS



Joanne Appelt
BScOT



Dr. Ameya Bopardikar
MD FRCP



Kayla Denness
MN RN



Dr. Sean Gonzales
MD FRCP



Dr. Adrian Gretton
MD FCFP CIME



Joe Kwan
BSc BPE BScPharm APA



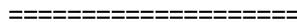
Dr. Cathy Scrimshaw
BSc (Hon), MD, FCFP



Dr. Flo Slomp
MSc PhD



Christelle Zacharki
BSc BSP CDE



The Pain Society of Alberta Board of Directors, the Alberta Pain Education Collaborative Planning Committee, and all our distinguished presenters wish to thank you for attending our event. Our focus to deliver high quality, evidence informed presentations to improve pain management skills, remains our primary objective.

Many thanks to all of our volunteers and Jeff from Jeff Allen Productions for overseeing and helping us delivery this virtual educational opportunity to you.

Email us at team@painab.ca for any additional questions.



Our Exhibitors

The Pain Society of Alberta has received an educational grant or in-kind support from the following exhibitors:

Platinum



Silver



Not for Profit

