



PSA World Pain Summit

Virtual Event Brochure

Friday October 14 – Sunday October 16, 2022

Coming Together. Learn. Share. Inspire

Updated: August 2 2022



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Friday October 14, 2022

Opening and Welcome

Opioid Panel

Closing the Gap: Preventing Acute to Chronic Pain Transition in Surgical Patients

- First Do No Harm: In Pursuit of Preventing Persistent Post-Operative Pain (PPOP)
- Children with Persistent Pain After Surgery: Opportunities to Close the Gap

Science-ploitation and the Rise of Science-y Unproven Therapies

Workability and Return to Work:

- Why Should we take a Life Course Development Approach to Pain and Work?
- Reintegration: A New Dawn, A New Day
- The Importance of Accommodating Workplaces

Mindfulness

Closing Remarks

Day One Concludes

All timing is in Mountain Daylight Time - MDT



0745h Breakfast and Registration

0845h **Welcome and Introductions**

0900h **Opioid Panel**

Dr. Jenni Joo

Keith Meldrum

Dr. Sam Parmiter

Dr. Nivez Rasic

Dr. Cathy Scrimshaw

Klaudia Zabrzenski

1015h **Rest Break**

Exhibitor Booths are open!

1045h **Closing the Gap: Preventing Acute to Chronic Pain Transition in Surgical Patients**

First Do No Harm: In Pursuit of Preventing Persistent Post-Operative Pain (PPOP)

Dr. Jenni Joo

Persistent pain often has its origins in the perioperative period. Patients are commonly unaware of the risk they are taking when they proceed to the operating room. Surgical services are undereducated and underequipped to optimize patients from this perspective pre-operatively. Early predictors of increased risk of PPOP are infrequently detected. At the conclusion of this activity, participants will be able to identify or expand their role in the process of preventing PPOP. There will be an emphasis on the real-world experience of barriers to care and what can be done to remove them in Alberta. We will look at effective approaches before, during and after surgery.

Children with Persistent Pain After Surgery: Opportunities to Close the Gap

Dr. Nivez Rasic

At the conclusion of this activity, participants will be able to:

- Describe the burden of pain in pediatric surgery and the pathophysiology of chronic post-surgical pain.
- Recognize the challenges of youth, parents/caregivers, and healthcare

professionals in preventing and managing pediatric chronic post-surgical pain.

- Discuss health service solutions that can help prevent and also manage chronic post-surgical pain.

Rosa Reyes – presentation pending

1145h Moderated Group Question and Answer

1200h Lunch

Exhibitor Booths are open!

1300h Welcome Back!

1300h **Science-ploitation and the Rise of Science-y Unproven Therapies**
Professor Timothy Caulfield

These are exciting times in biomedicine. Research areas like stem cells, personalized medicine, and the microbiome are leading to promising new developments. But too often the language of real science is used to market unproven therapies and health concepts.

In this presentation, Timothy Caulfield will argue that “science-ploitation” has emerged as a significant health policy issue, one that is have an adverse impact on both individuals and healthcare systems throughout the world.

At the conclusion of this activity, participants will be able to:

- Describe the nature and scope of the science-ploitation and misinformation problem and the kinds of unproven services being offered;
- Explain why these services are gaining popularity; and
- Break down the possible policy responses, including science communication strategies, needed addressing this problem

1345h Moderated Question and Answer

Why Should We Take a Life Course Development Approach to Pain and Work?**Dr. Elaine Wainwright**

Pain is a major part of childhood for many. We know that pain-free life expectancy is reduced by earlier pain experience, and that many young people who experience pain will become adults who are still living with pain. Pain disrupts schooling, paid work, occupational activities with indirect benefits, and meaningful engagement for those in later life production. Yet we know that “good” work is good for us, so it is important to support people living with pain to have meaningful work or occupation. I will show the value of taking a lifespan development approach, considering:

- What does it mean to have ‘good’ work, or meaningful occupation, for people living with persistent pain in the twenty-first century?
- How might this apply across the life-course, to young people in pain who are also negotiating transitions from school to modern labour markets, or to millennials, or to people in later life production?

These issues are important ones to tackle. We must enable as many people as possible who are living with pain to engage in meaningful occupation across the lifespan.

At the end of this activity, participants will be able to describe how people living with persistent pain at different points in the lifespan can access and retain good work.

Reintegration: A New Dawn, A New Day**Rhea Bell**

The Alberta Health Services, Emergency Medical Services (AHS EMS) Reintegration program provides member-focused support, assisting with the health and sustainable return to work following a psychological and/or physical injury. Additionally, the Reintegration program provides a valuable pathway between the staff member, the treatment provider(s), and other affiliated stakeholders such as Abilities and/or Workers Compensation Board (WCB) advisors.

At the conclusion of this presentation, participants will gain an understanding of the background of the AHS EMS Reintegration program, who it supports, where it

occurs, and why it is beneficial to the organization and its employees. While this program currently supports EMS staff for AHS, it is the hope of the presenter that this concept can be applied to any and all occupations, promoting a happy and healthy return-to work for every individual.

The Importance of Accommodating Workplaces

Doug Gross

In 1997 Dr. Nortin Hadler stated, “The solution to the conundrum of backache in the workplace is straightforward. There must be a national mandate to provide workplaces that are comfortable when we are well and accommodating when we are ill.” This presentation will extend Dr. Hadler’s solution beyond the back to a variety of painful disorders, including Long COVID. The case will be made that acceptable modified work is as (or more) important than our clinical interventions.

At the conclusion of this activity, participants will be able to:

- Identify the importance of work accommodations,
- Explain methods for assessing work ability and need for modified work duties, and
- Plan ways to identify and promote suitable work accommodations for patients in pain.

Dr. Elisabeth Saxton – presentation pending

1520h Moderated Group Question and Answer

1540h Rest Break
Exhibitor Booths are open!

1610h Mindfulness
Dr. Jackie Gardner-Nix

Mindfulness-Based Interventions (MBIs) are becoming mainstream with the increasing evidence-base provided by burgeoning research on their use in clinical medicine. Evidence of efficacy in conditions such as depression and chronic pain has become sufficiently compelling that researchers have called for emphasis on scaling up program availability for patients/clients in the health system. But Mindfulness is misunderstood by many, confused for positive thinking, and

challenged by those with unexpected experiences of suffering that can arise during practice. Training clients in authentic mindfulness practice requires well-trained facilitators who embody the practice and are skilled in the languaging of guiding meditation, inquiry and “holding the space”. A formal practice will be offered with this presentation to end the day.

At the conclusion of this presentation the attendees will be able to:

- Describe the difference between authentic and popular belief about Mindfulness practice
- Locate recent reviews on efficacy of clinical conditions including pain
- Identify the importance of preamble, meditation delivery and inquiry in mindfulness facilitation

1630h Moderated Question and Answer

1635h Closing Remarks
Day One Concludes



Saturday October 15, 2022

Opening and Welcome

Indigenous Wisdom: How Can it Guide Us?

- Medicine Wheel Concept for Health
- Creating Trusting Relationships using Medicine Wheel Concepts in Healthcare

Healing Power of Nature

Grief and Pain: Navigating the Elephant in the Room

My Healing Cycle

Closing Remarks

Day Two Concludes

All timing is in Mountain Daylight Time - MDT

0700h **Breakfast and Registration**

0800h **Opening and Welcome**

0815h **Indigenous Wisdom: How Can it Guide Us?**

Medicine Wheel Concept for Health

Teresa Trudeau

At the conclusion of this activity, participants will be able to:

- The four quadrants in the medicine wheel includes the four aspects of emotional, mental, physical and spiritual health.
- The medicine wheel used by traditional medicine practitioners involves cultural practices for healing the four aspects.
- This understanding integrates every aspect of an individual seeking traditional healing as exemplified in the medicine wheel.
- When using the medicine wheel all aspects are examined equally and considered without relying on or putting emphasis in one area of health. In cooperative health care we complement each other by creating the balance in the medicine wheel.
- Indigenous healing ceremonies, cultural practices and cultural programs use cognitive behavior therapy in replacing unhealthy behaviors with healthy ones. Indigenous cultural enrichment programs are most beneficial in developing new hobbies and interests with the additional goal of learning lost cultural knowledge.

Creating Trusting Relationships using Medicine Wheel Concepts in Healthcare

Arrow BigSmoke and Dr. Simon Colgan

At the conclusion of this activity, participants will be able to:

- Identify and compare how indigenous ways of knowing differ from traditional forms of education in medicine
- Identify how focusing on one area of the medicine wheel can lead to neglect in other domains; negatively impacting a person's whole well-being
- Identify the importance of self-reflection and recognizing how bias can impede one's own ability to deliver compassionate person-centered care

- Identify how compounding factors in a western health system continue to impact robust trauma informed care

0915h	Moderated Group Question and Answer
0930h	Healing Power of Nature Dr. Leif Hass – presentation pending
1015h	Moderated Question and Answer
1030h	Rest Break Exhibitor Booths are open!
1100h	Presentation forthcoming
1130h	Moderated Question and Answer
1140h	Lunch Exhibitor Booths are open!
1240h	Welcome Back!
1240h	Grief and Pain: Navigating the Elephant in the Room The Living Experience Lori Chomik

Loss and grief can create turmoil in one’s life. Avoiding grief and loss can lead to a dark place of despair and hopelessness. This section of the presentation will provide insight into a health professional’s personal experience with grief and chronic illness and describe the parallel trajectory to her professional experiences working with grief, loss, and people living with chronic pain. At the conclusion of this presentation, participants will be able to recognize the challenges patients may experience with grief and loss. This journey demands self-reflection and openness to change. Ms. Chomik will share the struggles she personally confronted and how she incorporated her professional expertise into her own recovery, and provide some strategies to consider when walking beside patients through this difficult journey.

Len McEwen
Dr. Sasha Mallya

1340h Moderated Group Question and Answer

1400h Rest Break
Exhibitor Booths are open!

1430h **The Healing Cycle**
Spencer Beach

This impactful presentation will speak to the audiences' hearts as Spencer takes them through the struggles and triumphs of his own healing journey. With a whistle and a bang Spencer's life was permanently changed in a horrific fire. With only a 5% chance to live Spencer early recovery was controlled by anger, depression, anxiety, pain, and suicidal tendencies. During his physical and emotional recovery, he changed his path by taking control of his anger, confronting 'Why Me', purposefully inserting himself into the medical team, and learning to lean on others by accepting their help.

At the conclusion of this presentation, the audience will be able to:

- Define the client/patient's role within the medical team
- Recognize normal and natural emotional 'explosions' when healing, the harm these 'explosions' have on our support networks, and learn healthy ways in releasing those energy's
- Comprehend the statement, 'Why Me?' is and how to transform it into a motivating question
- Utilize a client's good days to motivate them through the down days
- Interpret the pain scale to better understand what the client is enduring
- Outline tips on living with pain and possibly overcoming it

1545h Moderated Question and Answer

1630h Closing Remarks, Day Two Concludes



Sunday October 16, 2022

Opening and Welcome

Social Prescribing: An Innovative Approach to Improve the Lives of
People with Complex Pain

The Navigator Tool and its use in Improving the Quality of Consultations
in Chronic Pain

Communicating Effectively When Explaining Pain

PaRx: The Evidence-Based Nature Prescription that belongs in your
practice.

Managing Arthritis

Time to Rethink an 'Old' Disease? The Modern Story of Osteoarthritis

Conference Passport Award Winner

Closing Remarks

PSA World Pain Summit 2022 Concludes

0740h Breakfast and Check in

0840h Opening and Welcome

0855h **Social Prescribing: An Innovative Approach to Improve the Lives of People with Complex Pain**

Dr. Marie Essam

At the conclusion of this activity, participants will be able to:

- Recognize wider health determinants and their impact on physical health
- Appreciate the potential positive effect of a change of mindset and circumstances on the perception and management of pain
- Consider different models used in Social Prescribing and how they may be applicable in your geography
- Understand that community development on behalf of its population adds value to health and quality of life for each member in it

0925h Moderated Question and Answer

0935h **The Navigator Tool and its use in Improving the Quality of Consultations in Chronic Pain**

Dr. Martin Dunbar

At the conclusion of this activity, participants will be able to:

- Identify the common difficulties that occur during consultations between healthcare professionals and people living with chronic pain
- Describe the process of the development of the Navigator Tool and how this aims to lessen these consultation difficulties.
- Explain how it has been used to improve the triage of patients in a multidisciplinary pain team setting.
- Apply the Navigator Tool in their own consultations and to instruct others in how to use it.

1005h Moderated Question and Answer

1015h Rest Break

Exhibitor Booths are open!

1045h **Know Pain, Know Gain – introduction to Modern Pain Science.**
Luke Bongiorno

At the conclusion of this activity, participants will be able to:

- Recognize a modern view of persistent pain and how it considers the close interaction between the nervous system and the immune system.
- Access and apply communication tools for providers to use in their clinical practice, including healthy linguistic expression.

1130h **Moderated Question and Answer**

1145h **PaRx: The Evidence-Based Nature Prescription that belongs in your practice**

Alexandra Chisholm
Bonnie Klassen

An emerging mountain of evidence is proving nature is good for us. But how do we apply that in a practical fashion? What do we do when our patients can't 'afford' nature? In theory, nature is free...but in reality, to immerse oneself in the many wonders of our national parks, the patient must be able to afford a national park pass. Learn how to help our patients overcome this barrier and make nature more equitable to all.....as often those who can afford it the least are the patients who need it the most.

This presentation will also describe the benefits of nature, physiologically, and how to communicate that to the patient in a way that fits with traditional medicine approaches, such as a prescription. We will hear from a person with lived experience how nature helped in her struggle with pain, and how it became an integral part of her self-management approach.

At the conclusion of this activity, participants will be able to:

- Identify the physiological and emotional benefits of nature.
- Increase the effectiveness of nature prescription with evidence-based strategies
- Explore resources for prescribing nature and a free Canada Parks Pass for patients.

1200h	Lunch Exhibitor Booths are open!
1300h	Welcome Back!
1300h	Managing Arthritis Christian Barton – pending presentation Ryan Magnussen – pending presentation
1400h	Moderated Group Question and Answer
1415h	Rest Break Exhibitor Booths are open!
1445h	Time to Rethink an ‘Old’ Disease? The Modern Story of Osteoarthritis Dr. Tasha Stanton

At the conclusion of this activity, participants will be able to:

- Explain the modern story of osteoarthritis, including the scientific evidence that challenges pervasive, but outdated, concepts such as ‘wear and tear’
- Discuss the concept of bioplasticity and how it relates to osteoarthritis and the management of osteoarthritis
- Compare and contrast older ideas of OA as a peripheral condition involving joint surfaces with modern ideas of OA as a system wide process involving the whole body
- Present a case for why certain beliefs held about osteoarthritis (e.g., exercise is bad for a vulnerable joint) are not supported by the current literature
- Implement pain management strategies for osteoarthritis based on a modern understanding of the complexity of pain

1530h	Moderated Question and Answer
1545h	Conference Passport Award Closing Remarks
1600h	PSA World Pain Summit 2022 Concludes

Meet Our Presenters

Christian Barton



Spencer Beach

Spencer Beach was a 3rd generation flooring installer and among the best in his field when he endured a horrific flash fire that left him permanently and severely scarred. After spending 14 months in the hospital and a year more of rehabilitation he has gone on to carve out a new path for his life. He has now achieved such designations as a Construction Safety Officer through the Alberta Construction Safety Association, as well completed with distinction the University of Alberta's, Faculty of Extensions, Occupational Health & Safety Certificate program. Spencer has been an international professional speaker for 15 years and delivered over 1,600 presentations. His messages focus on people's behaviours to improve workplace safety, overcoming hardship, drug and alcohol abuse, understanding self and self-esteem, healthcare groups and more. Spencer is also the author of his bestselling book *In Case of Fire*, works with WCB Alberta to motivate injured workers, is a volunteer for the Friends of the University Hospital of Alberta, was awarded the 2013 Avenue Magazine Top 40 Under 40 for his community work and was the first recipient of the Award of Courage through Glenrose Hospital.



Rhea Bell, ACP, BAppBus:ES, MBA Reintegration Team Lead EMS Employee Programs, Alberta Health Services

Rhea is an Advanced Care Paramedic with over 12 years of experience in the emergency medical services (EMS) field. She has worked in a variety of roles throughout her career which include Emergency Medical Dispatch, Air Ambulance Flight Paramedic, Emergency Services Officer/Instructor, Operations Supervisor, and now supporting the mental health and well-being of her EMS peers as the Reintegration Team Lead for Alberta Health Services, EMS. Rhea is passionate about helping her peers remain happy and healthy in their workplace and strives to be a compassionate and people-centered leader and mentor. In her spare time, she enjoys travelling with her husband Josh and experiencing different cultures, cuisines, and customs.



Arrow Big Smoke RN, BN Indigenous Cancer Patient Navigator

Arrow Big Smoke is a proud member of the Blackfoot Confederacy and is registered with the Piikani Nation. She is also a Registered Nurse with over 10 years of experience working in emergency care, harm reduction, and

community health. Now, working for Alberta Health Services, Arrow is one of three Indigenous Cancer Patient Navigators in the province advocating and supporting Indigenous clients in their cancer care journeys.



Luke Bongiorno DPT
Physiotherapist / Noigroup Director

Luke graduated from The University of Melbourne and is currently in clinical practice in New York. One of New York City's most prominent physical therapists, Luke, uses a 'hands-on' approach to combining his advanced manual skills with neuromuscular/exercise and education. Luke strongly believes that education is fundamental in optimizing patient recovery and performance. He has taught advanced skills courses in Manual Therapy internationally since 2004 and has been on the Noigroup faculty since 2015. He believed in Noigroup so much that he bought the company in 2021.

Luke has extensive experience in managing acute and chronic pain and sports injuries and is affiliated with the clinical education programs of Columbia University and Touro College. Luke treats professional and Olympic athletes and touring performing arts/dance company members. He is a consultant with the NBA League and European soccer professional teams. Luke co-founded NY Sports Medicine which was later acquired by Orthology. He is currently involved in clinical research focused on injury management and developing guidelines for injury prevention in sports medicine and the workplace.



Professor Tim Caulfield
Professor of Health Law and Science Policy | Bestselling Author

Professor Timothy Caulfield is an unrivalled communicator who debunks myths and assumptions about innovation in the health sector — from research on stem cells to diets to alternative medicine — for the benefit of the public and decision-makers. He is a Canada Research Chair in health law and policy, a professor in the Faculty of Law and the School of Public Health, and a research director of the Health Law Institute at the University of Alberta.

Over the past several years, Caulfield has been involved in a variety of interdisciplinary research endeavors that have allowed him to publish more than 350 articles and book chapters. His research focuses on topics like stem cells, genetics, research ethics, and the public representations of science and health policy issues. The recipient of numerous academic and writing awards, Caulfield is also a Fellow of the Royal Society of Canada and the Canadian

Academy of Health Sciences.

Alexandra (Alex) Chisholm, PT, BScPT, PgCPain, FCFCH



Alex Chisholm is a physiotherapist with over 30 years of clinical experience. Alex has her post graduate certificate in Multidisciplinary Pain Management from the University of Alberta. She is on the executive of the Pain Science division of the Canadian Physiotherapy Association and is part of the working group that helped to create the free, on-line Chronic Pain Toolkit with Physiotherapy Alberta. She is a fellow of the Alberta Clinical Hypnosis Society, (previously the Canadian Federation of Clinical Hypnosis) and a ‘Comfort talk” trainer with Dr Elvira Lang. She is also a member of the Alberta Pain Strategy perioperative committee and a member of the Alberta Pain Research network. Alex currently works on the Burns/Plastics team at the Foothills Medical center where she pursues her passion for burn survivor rehab. Alex has taught provincially, nationally, and internationally on Pain and Pain management techniques. Her goal is to merge the science with the art of pain management.

Lori Chomik BSW, RSW



Lori Chomik is a Registered Social Worker with 23 years of experience that started her career working with children in a community behavioral program in Calgary, followed by 7 more years with the Calgary Board of Education, serving high needs children in 2 elementary schools and providing supports and resources to 700 students. During her time at the Calgary Board of Education, she created and co-facilitated a group for children who had experienced divorce or the death of a parent as well as developing an educational series for parents.

Lori has dedicated the majority of her career to working in the field of medicine, specifically acute care, palliative care, and chronic pain management. Lori enjoys working with a collaborative, multidisciplinary team at the Chronic Pain Centre, and she is one of many teachers of the Active Pain Coping groups that introduces strategies for people living with pain. In her spare time she volunteers at a hospice, is a facilitator at a Grief Support Group in Calgary, and is heading a committee to assist families who are refugees from Ukraine.



Dr. Simon Colgan MD CCFP (PC)
Palliative Care Consult Service – Calgary Zone
Clinical Assistant Professor, Department of Oncology, University of Calgary

Dr. Colgan is a full time palliative physician working within health care equity at end of life. In 2016, he founded CAMPP (Community Allied Mobile Palliative Partnership) in Calgary. This is a mobile, low threshold harm reduction program addressing end of life and terminal illness in persons experiencing homelessness or vulnerably housed. This small team consists of an RN, Health Navigator with physician support helping with navigation and advocacy for our population. We work closely with multiple agencies including home care, acute care, hospices, shelter agencies to provide a community led approach to end of life. He has also had the pleasure of working alongside Arrow BigSmoke addressing inequity within indigenous health.



Dr. Martin Dunbar BSc (hons), PhD, DClínPsychol

Martin studied for his PhD at Queen Margaret University, Edinburgh. Following which he worked as a non-clinical scientist at the Medical Research Councils Medical Sociology Unit in Edinburgh. Becoming disillusioned with academic life, he re-trained as a clinical psychologist at Edinburgh University, graduating in 2001. He started working for the NHS in Glasgow as a clinical psychologist in the pain service and in 2008, he set up the outpatient pain management programme there, which he ran until he retired in 2021. He now works part-time for the pain service in Aberdeen as well as in his own private practice. He has worked with the charity, Pain Concern for many years as an advisor and trustee and is currently the chair of the trustee board.



Dr. Marie Anne Essam MB BS MRCGP MBA
General Practitioner, UK
Ambassador for Social Prescribing

As a General Practitioner of over thirty years, this holistic approach to the social and psychological determinants of health is what Dr. Essam has needed for many of her patients all along. She continually looks forward to unpacking the possibilities of Social Prescribing to support patients with chronic and disabling pain. As one lady with deforming inflammatory arthritis told her, “I have found community and creativity in my craft circle, making things I’ve never attempted before, and although the pain is still there, it doesn’t matter so much, and it’s not stopping me from feeling and being more alive than ever.”



Dr. Jackie Gardner-Nix MB.BS, PhD, MRCP(UK)
Focused Practice Physician, Chronic Pain and Psychotherapy (Mindfulness)
Associate Professor, Dept. Anaesthesia, University of Toronto

Dr. Gardner-Nix is a physician who has had a focused practice in chronic pain since 1997 and also in psychotherapy (mindfulness) since 2002. She is an Associate Professor in the Dept. of Anaesthesia, University of Toronto, and is the designer, coordinator and one of the instructors in the Mindfulness-Based Chronic Pain Management (MBCPMTM) Program Facilitation Certificate at U of Toronto's School of Continuing Studies. Trained in Mindfulness Practice over 20 years ago, she developed the MBCPMTM program to provide a comprehensive and trauma-informed Mindfulness-Based Intervention for those living with chronic pain.



Douglas P. Gross, Ph.D., BScPT

Doug's scholarship focuses on promoting work ability in people with physical and mental health disorders. This includes evaluating the effectiveness of rehabilitation interventions, investigating determinants of work ability and return-to-work, as well as developing and testing outcome measures and clinical assessment strategies. He has published over 150 articles and contributed to funded research projects totaling over \$10 million, including projects funded by the Canadian Institutes of Health Research, Alberta Labour and Immigration, WorkSafeBC, among others. He is also Editor-in-Chief of the Journal of Occupational Rehabilitation.

Dr. Leif Hass



Dr. Jennifer Joo MD, FRCPC
South Health Campus Department of Anesthesiology and Pain Medicine

Trained in Calgary, Vancouver and Ottawa, Dr. Jennifer Joo is an anesthesiologist at the South Health Campus and chronic pain physician with the Calgary Chronic Pain Centre. She works in a multidisciplinary Transitional Pain Service to help prevent persistent post-operative pain. She also works to help patients presenting with complex pain navigate the perioperative period successfully. She is especially interested in screening for patients at risk of persistent post-operative pain and providing early physical, psychological, and pharmacological interventions before surgery. Dr. Joo works closely with patients on chronic daily opioid therapy to minimize short and long-term risk, often supporting them in opioid reduction and cessation strategies. She believes strongly in the concept of a perioperative surgical home that merges seamlessly with patients' primary care home in the community. Jenni is 15 years married to Dan, an emergency physician. They

are enjoying the challenges of raising their 2 elementary-aged kids and yellow dog.



Bonnie Klassen BSc (OT) MSc
Occupational Therapist
Action Occupational Therapy Inc.

Bonnie Klassen is a clinical occupational therapist with 25 years of experience in a variety of settings, community, hospital-based, urban, and rural. She is trained in medical acupuncture and is a licensed mindfulness facilitator. She is employed with Alberta Health Services as an occupational therapist in an interdisciplinary chronic pain clinic in Camrose, and she is the owner of Action Occupational Therapy Inc in Edmonton (website: www.actionot.ca).

Ryan Magnussen



Dr. Sasha Mallya, Ph.D., R. Psych.

Dr. Mallya earned her PhD at Toronto Metropolitan University, specializing in both Clinical Psychology and Clinical Neuropsychology. She completed her residency in Calgary, providing neuropsychological assessments to individuals with acquired brain injury, dementia, and movement disorders; and providing group and individual CBT to individuals with chronic pain. She returned to Toronto to complete a post-doctoral fellowship at the Princess Margaret Cancer Centre before starting her current employment at the Calgary Chronic Pain Centre. Dr Mallya's clinical and research interests focus on the impact of mindfulness-based interventions on neurocognitive and psychological wellbeing. She has implemented grief interventions with family caregivers, persons with dementia, cancer survivors, and those who have lost a loved one.

Leonard McEwen, MSW, RSW, FCFCH-AD



Leonard McEwen is a Registered Social Worker and a Fellow of the Canadian Federation of Clinical Hypnosis. He is in a private clinical practice with offices in Edmonton and Spruce Grove and soon to open in the Westlock area. He specializes in the psychosocial recovery from trauma and in grief and loss. Len makes extensive use of neurofeedback and hypnosis in his practice. His clients come from all walks of life and include many referred by Veteran's Affairs, First Responder Groups or Workers Compensation. He has worked extensively with injured workers though out Alberta and has attended injury/death caused by incidents from industrial accidents to airplane crashes, from

murder/suicides to workplace downsizings. This has included COVID responses and Moral Injury related interventions in ICUs and with organizations and families. When working with those with PTSD he uses neurofeedback and hypnosis. Len is a member of International Society for Neuroregulation and Research, Association for Death Education and Counselling, He has been trained and endorsed by the B.C. Professional Fire Fighter's Association at the Silver level.



Keith Meldrum, AScT, RTMgr
Persistent Pain Educator and Researcher

Keith has lived with persistent neuropathic pain since August of 1986, following a near fatal motor vehicle accident. The accident required multiple abdominal surgeries and over time he came to realize that despite the numerous surgeries, pain persisted. At the age of 19, he was told by his family physician that “everything that can be fixed has been fixed and this is all in your head”. Despite this, Keith continued to seek medical interventions on his own to try and “fix” the cause of his pain but none of the interventions were successful. In 2004 he was referred to St. Paul’s Hospital’s Interventional Pain Clinic in Vancouver, British Columbia for consideration of spinal cord stimulation therapy. In April 2005 he received an implanted spinal cord stimulator which was replaced in January 2021 with dorsal root ganglion neuromodulation.

As a result of the challenges Keith faced trying to navigate a health care system that did not understand the complexity of chronic pain, he decided to use his experiences to try to effect system change and help others that were also living with persistent pain. In 2012 he was appointed to the Board of Directors of Pain BC, a leading pain advocacy nonprofit in British Columbia where he served as the Vice Chair and the Chair of the Governance and Nominating Committee until 2018. Following that work, he has focused his attention as a personal pain advocate. This led to an invitation to present at the International Association for the Study Pain’s 2018 World Congress and his appointment to the Global Alliance of Partners for Pain Advocacy, an IASP Task Force.

Keith has presented locally, nationally, and internationally, guest lectured at universities, delivered numerous webinars, and has coauthored two research articles on persistent pain. Keith is a civil engineer technologist living in Kelowna, British Columbia with his wife Barb, their Australian Labradoodle, Parker, and he has an adult stepson.



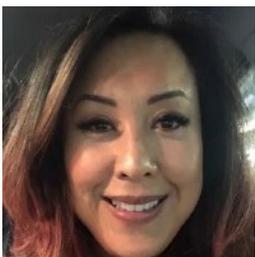
**Samuel Parmiter, Registered Pharmacist (RPh), PharmD, ACPR
Pharmacist, Chronic Pain Centre, Alberta Health Services**

Sam is a registered pharmacist working at the Chronic Pain Centre in Calgary. In addition to his work in Chronic Pain, Sam also works casually in ICU and part-time supporting the Long Covid Clinics at Rockyview General and Peter Lougheed Hospitals. After moving to Alberta from Nova Scotia in 2018, Sam enjoys taking in all of the kayaking, hiking, and skiing he can handle while so close to the mountains.



**Dr. Nivez Rasic, MD FRCPC (Anesthesiology & Pain Medicine)
Clinical Associate Professor, Dept. of Anesthesiology, Perioperative & Pain
Medicine, U of Calgary
Medical Lead, Vi Riddell Pain & Rehabilitation Program
Acute Pain Lead, Alberta Pain Strategy**

Nivez Rasic, is a dually trained FRCPC pediatric anesthesiologist and pain medicine specialist and a Clinical Associate Professor with the Department of Anesthesiology, Perioperative & Pain Medicine at the University of Calgary. She serves as the Medical Director of the Vi Riddell Pain Program at the Alberta Children's Hospital in Calgary. Dr. Rasic is a researcher and educator and has the privilege of serving as the Acute Pain Lead on the Alberta Pain Strategy. Through this work, she is focused on improving pain care for individuals having surgery which includes the evidence-based use of opioids as part of multimodal analgesia and the development of Transitional Pain Services (TPS) in Alberta. Her clinical work involves providing anesthesia for children and managing acute, complex and chronic pain in youth. The Alberta Children's Hospital will be launching a TPS in fall 2022. Dr. Rasic was a 2020-21 US Mayday Pain Fellow.



**Maryrose (Rosa) Reyes, BN, MN
Nurse Practitioner, Calgary Zone Adult APS Lead
Acute and Transitional Pain Services**

Rosa started her career as a Registered Nurse in Winnipeg working in CVICU. She then went on to continue her education and received her MN-NP degree from the University of Alberta. Using the knowledge and understanding of pain she gained while working with post surgical patients, Rosa started practicing as a Nurse Practitioner in the area of acute and chronic pain management and has been doing so for the past 16 years. She has presented on pain on numerous occasions including presenting posters at both the Canadian Pain Society and the American Pain Society Conferences. She is presently the Acute Pain Service Clinical Lead and the only NP working in the Adult Acute Pain Service in Calgary.

She is also, along with 2 fellow physician colleagues, involved in the Transitional Pain Clinic at the South Health Campus. She has been a board member with the Nurse Practitioner Association of AB.



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 CCFP FCFP
Assistant Clinical Professor, Department of Family Medicine, Cumming School of Medicine, University of Calgary

Cathy Scrimshaw is 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). She is the medical director for the Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) and serves as a medical adviser for the ACFP. Her work using virtual education models to provide support to community-based teams to manage individuals with complex health and social needs.



Dr. Tasha Stanton BScPT, MSc Rehabilitation Science, PhD
Associate Professor

Associate Professor Tasha Stanton is the Osteoarthritis Research Theme Lead for IIMPACT in Health at The University of South Australia, Adelaide and a National Health & Medical Research Council (NHMRC) of Australia Fellow. She is a clinical pain neuroscientist, with original training as a physiotherapist. Her research focusses on pain – why do we have it and why doesn't it go away? She has received

>\$5.3m in competitive research funding, has published >100 peer-reviewed journal articles, and she has been a keynote/invited speaker at >110 national and international conferences. Her research has won both national and international awards, including the World Congress of Pain Ronald Dubner research award, the Australian Pain Society Rising Star Award and the Australian Physiotherapy Association Best New Investigator Award. She has a specific interest in osteoarthritis, chronic pain, cortical body representation, somatosensation, and body illusions using virtual and mediated reality.



Teresa Trudeau-Magiskan
Elder and Knowledge Keeper, Midwewin Teaching Lodge

Anishinabe, originally from Wikwemikong in Manitoulin Island, Ontario. Since 1979, developed cultural enrichment programs connecting to cultural and traditional practices to enhance holistic health. Native Studies courses at Laurentian University combined with my experiential knowledge contributes to being a strong advocate for Indigenous cultural practices and how they are connected to health and wellbeing. Knowledge of Indigenous traditional healing practices and approaches was gained working directly with traditional healers.



Dr. Elaine Wainwright, CPsychol, PhD. Lecturer (MSK Health)
Epidemiology Group, University of Aberdeen, UK and Honorary Research Fellow, Centre for Pain Research, University of Bath, UK.

Dr Elaine Wainwright is a Chartered psychologist who studies connections between work, health and wellbeing, particularly for people living with persistent pain. Dr Wainwright has three main research streams. The first considers improving return to work processes for people either already off sick, or at risk of work attrition, due to pain. Related to this, she is interested in how we can embed the idea that “good” work can be seen as a health outcome. She specializes in qualitative methodologies and has a third research interest in the use of qualitative research in health services and health psychology research. Dr Wainwright started working at the Epidemiology Group, Institute for Applied Health Sciences, University of Aberdeen, Sept 2021. Prior to this, she worked at Bath Spa University, co-leading their Health and Cognition Research Centre and lecturing in Health Psychology. Dr Wainwright is also a co-investigator at the MRC/VA Centre for Musculoskeletal Health and Work, and holds an Honorary Research Fellowship at the Centre for Pain Research, University of Bath.



Klaudia Zabrzanski, RPh, BSc.Pharm (APA)

Klaudia Zabrzanski has a background in clinical pharmacy with 8 years of experience in leading program development, implementation, and leadership. She is the co-founder and Program Manager for the Adherence and Community Engagement (ACE) Team, an innovative pharmacist-led community outreach team in Edmonton that has garnered provincial recognition. She regularly works with and advises government and non-government organizations on providing care to marginalized groups and has a passion for improving health equity. She completed a Bachelors of Science in Pharmacy at the University of Alberta in 2016 and is working towards her MBA at Queen's University Smith School of Business.

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

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