



# Pain Society of Alberta

## 17<sup>th</sup> Annual Conference

Preconference Workshop: October 12, 2023

Conference: October 13-14, 2023

Coming Together. Learn. Share. Inspire

Updated: September 12 2023

This Group Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 16.50 Mainpro+ credits.

## Pain Society of Alberta Executive and Board of Directors

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## Pain Society of Alberta Conference Planning Committee

Christelle Zacharki BSc BSP CDE, Chair  
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Stuart Miller BSc PT  
Janice Rae RN MN  
Erin Singer RMT  
Krista Spence BScN RN MN PgCPain  
Evan Ward BSCHK



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

1. Discuss varying types of chronic pain, including headache and migraine and identify their unique treatments to advance knowledge translation of pain science.
2. Recognize non-pharmacological and pharmacological methods of pain management.
3. Apply skills and knowledge to instruct others about enhanced communication and pain management strategies.
4. Reflect on the patient experience from those who have lived it, with patients as teachers.
5. Discuss the procedural, pharmacological, and non-pharmacological management of patients with migraine and post-traumatic headache.

## Thursday October 12

### Pre Conference Headache and Migraine Workshop

\*Registration is required. You must be registered for the conference to attend.

This workshop is designed to complement other headache-related sessions that occur later in the conference program.

1530h            **Registration**  
                    Main Level, Devonian Room

1555h            **Welcome and Opening Remarks**  
                    Dr. W. J. Becker

1600h            **Procedural Headache Therapy**  
**Nerve Blocks and Other Procedures in Migraine Management**  
                    Dr. Scott Jarvis

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

- Identify ideal patients for pericranial nerve blocks and sphenopalatine ganglion blocks.
- Formulate techniques to quickly landmark sites for pericranial nerve blocks.
- Recognize multiple approaches for maximizing benefits and minimizing risks associated with pericranial nerve blocks.

1635h            **Only the Needle Knows: Procedures for Diagnosing & Managing Headaches Related to Neck Problems**  
                    Dr. Ameya Bopardikar

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

- Identify and select patients who may benefit from interventional management.
- Explore techniques for interventional headache and neck pain management.
- Utilize evidence-based practice, and guideline-based practice in accessing appropriate interventions.

1710h            **Moderated Question and Answer**  
                    Dr. Werner Becker, Dr. Scott Jarvis, Dr. Ameya Bopardikar

1730h            **Dinner**

## Acute Migraine Therapy in 2023

1815h

### Acute Therapy of Migraine and Medication Overuse Headache in Adults: 2023

Dr. Farnaz Amoozegar

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

- Gain an understanding of the variety of medications available for the acute treatment of migraine attacks, including older and newer therapies.
- Optimize acute migraine therapy for an individual patient based on headache characteristics and other factors.
- Recognize and manage medication overuse headache.

1850h

### Acute Therapy of Migraine in Children and Adolescents- old favourites and new options for the Clinician

Dr. Thilinie Rajapakse

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

- Distinguish between pediatric and adult migraine and how knowledge of differences can facilitate prompt recognition and treatment of migraine in children.
- List multiple acute therapies (of various drug classes) for pediatric migraine and understand how some combinations can create synergistic effects in treating migraine.
- Create a safe and effective acute migraine rescue plan for a child/adolescent that is uniquely tailored to their needs.

1905h

### Moderated Question and Answer

Dr. Werner Becker, Dr. Farnaz Amoozegar, Dr. Thilinie Rajapakse

1920h

### Stretch Break

## Post Concussion Headache

1925h

### Understanding Post-traumatic Headache

Dr. Chantel Debert

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

- Define and recognize acute and chronic post-traumatic headaches.
- Explain the different types of post-traumatic headaches.
- Explain one or two treatment interventions for different classes of post-traumatic headaches.

1945h

### Psychological Aspects of the Management of Post-traumatic Headache

Dr. Martin Mrazik

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

- Gain a deeper understanding of the brain and behavioral aspects of post traumatic headaches.
- Appreciate how various psychological conditions affect pain perception.
- Recognize effective psychological approaches in the management of post traumatic headaches.

2010h **“My Brain Won’t Let Me Do That”**

Codi Isaac

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

- Define clinical headache tests used in physiotherapy.
- Differentiate headaches for appropriate physiotherapy referral.
- Recognize effective physiotherapy interventions for post-traumatic headaches.

2035h **Moderated Question and Answer**

Dr. Werner Becker, Dr. Chantel Debert, Dr. Martin Mrazik, Codi Isaac

2100h Closing Remarks and conclusion of preconference workshop.

## Friday October 13

**\*25% of each session will be dedicated to Q&A**

0730h **Breakfast and Registration**

Foyer and Main Ballroom – 2<sup>nd</sup> floor

0815h **Welcome and Introductions**

Main Ballroom, 2<sup>nd</sup> floor

0830h **Underused, Overused and Misunderstood Chronic Pain Medications or Treatments**

Dr. Sam Parmiter, Eric Landry and Dr. Nathan Beahm

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

- Discuss drug therapy treatments for chronic pain that may not be used enough, used too much, or are perhaps not well understood using evidence and anecdote.
- Identify practical considerations around the usage of select drug therapies used for chronic pain.
- Defend your decision to use (or not use) drug therapies in the treatment of chronic pain using best available evidence and when evidence is lacking.

0945h **Advances in the Assessment of Pain of the Older Adult Living with Dementia**

Dr. Thomas Hadjistavropolous (joining virtually)

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

- Familiarize participants with some of the latest advances in the pain assessment of the older adult living with dementia.
- Formulate a practical approach to the pain assessment of the older adult with dementia.
- Discuss future directions in the pain assessment of the older adult with dementia (including applications of computer vision technologies).

1045h **Refreshment Break**  
Exhibitor Booths are open

1115h **New Pain Approaches**  
Dr. John Pereira

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

- To compare and contrast approaches such as grief, acceptance, and palliation with biopsychosocial rehabilitation for chronic pain.
- To reconsider the biopsychosocial model as not necessarily leading to a multidisciplinary approach.
- To question whether treating patients one at a time makes sense given the prevalence of chronic pain and recent technological advances.

1200h **Lunch**  
Main Ballroom  
Exhibitor Booths are open

1315h **Welcome Back**

1315h **Disentangling Chronic Pelvic Pain**  
Dr. Magali Robert (joining virtually)

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

- Understand that ALL chronic pain is intertwined with pelvic pain.
- Untangle the complexity of pelvic pain.
- Develop a simplified assessment to disentangle pelvic pain presentation.

1400h **It's Such a Pain That I Can't Sleep**  
Dr. Atul Khullar

- Recognize the interactions of pain and sleep are how they are inconsistent neurological states
- Review effects of major pain medications on sleep and sleep disorders.
- Gain an approach to optimizing sleep in patients with chronic pain with a view to not causing oversedation.
- Integrate that optimal pain control is a foundation for improving sleep concerns in chronic pain patients.

1445h **Refreshment Break**  
Exhibitor Booths are open

1515h **Welcome Back**

1515h **The Intersection Between Addiction Medicine and Chronic Pain: An Approach to Managing Two Complex Co-Occurring Disorders**

Dr. S. Monty Ghosh

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

- Describe how to differentiate between chronic non-cancer pain concerns and opioid addiction.
- Describe the need for a multidisciplinary approach to both OUD and chronic non-cancer pain.
- Develop an appreciation for the value of healthy debate in practice.

1615h **Cognitive Functional Therapy (CFT) and Its Effectiveness for People Living with Chronic Low Back Pain**

Dr. Peter O' Sullivan (joining virtually)

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

- Outline the key predictors for the development of chronic low back pain.
- Identify the three elements of Cognitive Functional Therapy.
- Recognize the latest evidence for the efficacy of Cognitive Functional Therapy for people with chronic low back pain.

1715h **Conclusion of Day One**

1930h **Welcome Reception**

Foyer Area – 2<sup>nd</sup> floor

## Saturday October 14

\*25% of each session will be dedicated to Q&A

0745h **Breakfast**

Foyer and Main Ballroom – 2<sup>nd</sup> floor

0815h **Opening Remarks**

0830h **Mindfulness and Acceptance Based Interventions for the Management of Chronic Pain**

Dr. Al-Noor Mawani

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

- Identify key 5 aspects of mindfulness and acceptance-based practices that can be discussed with individuals experiencing chronic pain.
- Describe 1 or more key practices that they can use with their patients to enable them to begin or continue their pain management journey.
- Explain key principles of mindfulness and acceptance-based approaches as applied to the management of chronic pain.

## ACT and Mindfulness

Dr. Elisabeth Saxton

In a joint session with Dr. Mawani, learn concepts related to supporting recovery and function using ACT, mindfulness, and DBT interventions.

### **At the conclusion of this activity, the participant will be able to:**

- Exploring broader theoretical frameworks and offering suggestions clinicians can use in session to help move clients forward in a way where clients are becoming empowered and independent.
- Recognize how to challenge clients who are struggling with engagement or follow through using purpose and meaning.
- Encourage clinicians to be more mindful in their actions and approaches with clients, increasing a client's sense of control and confidence, which ultimately strengthens the relationship between clinician and client as well.

0930h

## The Power of Mindset

Ryan Straschnitzki

In 2018, Ryan, a member of the Humboldt Broncos junior hockey team, was involved in a tragic accident that changed his life forever and left him paralyzed from the chest down. During his presentation, Ryan will speak about his story of triumph over adversity and his courageous rehabilitation journey, including his management of acute and chronic pain. He will also share his experience about the day-to-day challenges he faces living with a disability and his motivation and strength to overcome them.

1030h

## Refreshment Break

Exhibitor Booths are open

1100h

## Prophylactic Treatment of Migraine

Dr. Michael Knash

### **At the conclusion of this activity, the participant will be able to:**

- Update current understanding of migraine pathophysiology.
- Discuss conventional migraine therapeutics.
- Discuss novel migraine therapeutic options.

1145h

## How We Innovate and Create Change: Lessons From Solving Healthcare

Dr. Kwadwo "Kwajo" Kyeremanteng

### **At the conclusion of this activity, the participant will be able to:**

- Diversity as a Catalyst for Change:
  - Understand the pivotal role of diversity in driving innovation and change.
  - Recognize the benefits of varied perspectives in problem-solving.
- Promoting Outside-the-Box and Integrative Thinking
  - Develop a holistic approach to challenges by integrating diverse ideas.
  - Learn techniques to think beyond traditional boundaries for creative solutions.



- Embracing Failure as a Learning Opportunity
  - Appreciate the importance of mistakes in the innovation journey.
  - Acquire strategies to analyze and pivot from failures, fostering resilience.

1250h **Lunch**

**Main Ballroom**  
**Exhibitor Booths are open**

1400h **Breakout Session One**

**Interventional Pain Management – Practical Applications and Decision Making for your patients.**

Dr. Ameya Bopardikar

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

- Develop an approach to clinically diagnosing chronic back pain.
- Utilize appropriate guideline-based management to organize interventional pain procedures for patients.
- Decipher and understand the interventional tools available to manage patients in the community.

**Trigeminal Neuropathic Pain**

Dr. Ivonne Hernandez

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

- Differentiate trigeminal neuropathy from trigeminal neuralgia.
- Learn what pharmacology approaches may work best for these conditions.
- Articulate why a multidisciplinary approach is advised in the management of these conditions.

**Chronic Pain and Intimacy**

Jennifer King and Bree Rutten

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

- Identify client concerns with sexual intimacy in medication, movement, and mind challenges.
- Provide support to clients who require further education and assistance in sexual intimacy and chronic pain.
- Explain the importance of addressing sexual intimacy and chronic pain with clients.

**Pacing for Chronic Pain Management - Trials and Tribulations of Clinical Application**

Kathryn Jamieson-Lega

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

- Understand the basic framework and process for applying pacing in the clinical context.
- Identify individual barriers that can create challenges for effective application of pacing.
- Explore solutions to overcome barriers.

1500h **Refreshment Break**

**Exhibitor Booths are open**

1530h

## Breakout Session Two

### Pericranial Nerve Blocks with Hands-on Instruction

Dr. Scott Jarvis

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

- Identify the underlying anatomy of the pericranial nerves.
- Formulate and refine injection techniques to minimize pain and bleeding.
- Comprehend the rationale, and learn approaches, for combining nerve blocks and sphenopalatine ganglion blocks with Botox injections.

### Practical Tips for Using the 4 P's of Pain Management

Dr. Susan Tupper

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

- Apply resources to engage people living with chronic pain in physical, psychological, and preventive approaches to pain management.
- Review a patient worksheet to support pain self-management.
- Discuss a pathway for chronic pain management in primary care settings.

### Migraine in Children and Adolescents: Developing an Evidence-based Treatment Plan

Dr. Serena Orr

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

- Describe the epidemiology and burden of migraine disease among children and adolescents.
- Formulate a treatment plan for treating attacks of migraine acutely in children and adolescents.
- Develop a preventive treatment plan for children and adolescents with migraine.

### Case presentation & clinical pearls: An integrative team-based approach to pain management in marginalized communities utilizing a bio-psycho-social-spiritual model

Dr. Janette Hurley

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

- Recognize and integrate the importance of individuals' cultural and ethnic stories in their healing journey.
- Appreciate the value and importance of a collaborative team-based approach to chronic pain and increasing patient participation in their healing journey.

1630h

## Conclusion of Conference

1830h

## President's Gala

1830h: Cocktails

1900h: Gala Commences

1915h: Dinner

2130h: Dance

Please join us at this formal celebratory event for adults only. A cash bar will be available.

**The winners of the conference passport will be announced. Winners must be in attendance.**

## Meet Our Presenters



**Dr. Farnaz Amoozegar MD, MSc, FRCPC**  
**Clinical Associate Professor, Cumming School of Medicine**  
**University of Calgary & Hotchkiss Brain Institute**

Dr. Amoozegar is a neurologist and Clinical Associate Professor at the University of Calgary. She completed undergraduate studies and her medical training at the University of Calgary, followed by a neurology residency at the University of Ottawa. She then returned to Calgary and completed subspecialty training in the area of Headache and Facial pain with Dr. Werner Becker, followed by a Masters Degree in Clinical Epidemiology. She currently practices at the Calgary Headache Assessment and Management Program, in addition to being involved in clinical research and education at multiple levels.



**Dr. Nathan Beahm BSP, PharmD**  
**Associate Clinical Professor, Faculty of Pharmacy and Pharmaceutical Sciences**  
**College of Health Sciences, University of Alberta**

Dr. Beahm is a registered pharmacist and Associate Clinical Professor with the Faculty of Pharmacy and Pharmaceutical Sciences. He received his Bachelor of Science in Pharmacy at the University of Saskatchewan and Doctor of Pharmacy at the University of Alberta and completed a postdoctoral fellowship in pharmacy practice research, also at the University of Alberta. He has practiced in a variety of settings, including acute care and ambulatory practices. Currently, he practices in the multidisciplinary orofacial pain clinic at the University of Alberta, as well as an ambulatory infectious diseases clinic. He teaches pain management and infectious diseases to pharmacy students in the various programs at the Faculty of Pharmacy.



**Dr. W. J. Becker MD, FRCPS (Neurology)**  
**Professor Emeritus, Department of Clinical Neurosciences, Cumming School of Medicine,**  
**University of Calgary.**

Dr. Becker is a neurologist and Professor Emeritus at the University of Calgary. He received his MD degree from the University of Manitoba, and completed his neurology training at McGill University, Montreal. He is a past – president of the Canadian Headache Society, and has focused his clinical work on headache for many years. In 2003 he founded the Calgary Headache Assessment and Management Program, a multidisciplinary program dedicated to improving the lives of those with headache in Calgary and Southern Alberta.

He has served on the boards of the International Headache Society and the American Headache Society, and co-chaired the International Headache Congress in Vancouver in 2017. He received the Alberta Medical Association Medal for Distinguished Service in 2013, the Canadian Headache Society John Edmeads Award in 2018, and The Pain Society of Alberta Lifetime Achievement Award in 2019.



**Dr. Ameya Bopardikar MD, FRCPC**

Dr. Bopardikar received his undergraduate degree at McMaster University and obtained his medical degree from the University of Toronto. He completed residency training in Anesthesia at the University of Toronto, with fellowship training in Chronic Pain at St. Michael's Hospital. He has since been practicing in Calgary, both as an anesthesiologist at the Foothills Medical Centre, and as a Chronic Pain Physician, at the Calgary Chronic Pain Centre.

Beyond his clinical interests, Dr. Bopardikar is involved in educating medical students and residents from the University of Calgary and has received the Excellence in Pain Medicine Education award. He was also part of the planning committee for the Alberta Pain Education Collaborative, and most recently has joined the board of directors of the Pain Society of Alberta.



**Dr. Chantel Debert MD MSc FRCPC, EMG/NCS**

**Associate Professor, Department of Clinical Neurosciences Section of Physical Medicine and Rehabilitation**

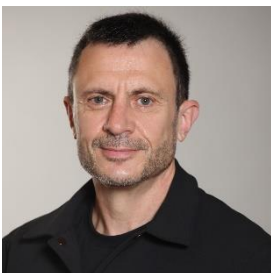
**Adjunct Professor, Department of Kinesiology, University of Calgary**

Dr. Chantel Debert is an associate professor and clinician scientist in the Department of Clinical Neurosciences, division of physical medicine and rehabilitation at the University of Calgary. She is the lead of the Calgary brain injury program and executive member and research lead of the Canadian association of physical medicine and rehabilitation. She is a full member of the Hotchkiss brain institute (HBI), Alberta Children's Hospital Research Institute, Matheson Mental Health Centre and Integrated concussion Research Program. Clinically, she sees patients across the age spectrum from adolescents to elderly with concussion and brain injury. Dr. Debert's research interests include exploring the pathophysiology of brain injury through a variety of imaging and fluid biomarkers. She is also interested in evaluating novel treatments for patients struggling with persistent symptoms following concussion.



**Dr. S. Monty Ghosh MD FRCPC**

Monty Ghosh is an Internist, Disaster Medicine, and Addiction Specialist who works at the University of Alberta Hospital in Edmonton as an Internist as well as the Foothills and Rockyview Hospitals doing Addiction Medicine in Calgary.



**Thomas Hadjistavropoulos Ph.D., ABPP, FCAHS**

**Research Chair in Aging and Health**

**Professor of Psychology, University of Regina**

Thomas Hadjistavropoulos, Ph.D., FCAHS, holds the Research Chair in Aging and Health and is Professor of Clinical Psychology, University of Regina. With a primary focus on pain in dementia, his work has emphasized development/validation of observational pain assessment approaches, widely cited clinical consensus guidelines, knowledge

translation (e.g., resources for patients, web-based training for clinicians), pain self-management, biopsychosocial model development, policy studies and advanced technologies aimed to facilitate pain assessment in older adults. Hadjistavropoulos has been funded through a succession of grants from the Canadian Institutes of Health Research, Saskatchewan Health Research Foundation, Canada Foundation for Innovation, Social Sciences and Humanities Research Council of Canada and AGE WELL Network of Centres of Excellence. He has published close to 250 peer reviewed articles and book chapters as well as 7 books. He is Editor-in-Chief of Ethics & Behavior.



**Dr. Ivonne A Hernández DDS, MSc, DABOP, CIME**  
**University of Alberta, Private Practice**

Ivonne teaches temporomandibular joint disorders, orofacial pain and sleep disordered breathing to undergraduate and graduate students at the School of Dentistry, U of Alberta. She works in her private practice providing care to patients suffering from the same conditions. Ivonne also leads the Orofacial Pain Multidisciplinary Clinic in the Oral Medicine Graduate Program, U of Alberta. Her passion is relieving patient's suffering and improving their quality of life. Additionally, she is an active member in various pain organizations and is the current President Elect of the Alberta Pain Society. In her spare time, she loves doing cross stitch, reading and exercising.



**Dr. Janette A. Hurley MD, CCFP**  
**Fellow PIM University of Arizona, CAC Addiction Medicine, DHT**  
**Physician Lead, Pain Management Clinic Mosaic PCN**

An accomplished physician with over 35-years of clinical experience, Dr. Hurley is in family medicine and has experience working with complex, marginalized populations with distinct expertise in: obstetrics; unhoused populations; addiction; chronic pain; withdrawal management; integrative medicine. Dr. Hurley was the founding, Lead Physician at the Calgary Drop-In & Rehab Centre (DI), the largest homeless shelter in Canada. She continued her leadership as Lead Physician for the University of Calgary's Student Run Clinic, supervising undergraduate and postgraduate students from the Faculty of Medicine at the Inn From the Cold, a family homeless shelter in downtown Calgary. Dr. Hurley provided clinical services in addiction medicine at Health Upwardly Mobile, and is currently the Physician Lead for the Pain Management Clinic at Mosaic Primary Care Network in SE Calgary. Dr. Hurley works as a part of the multidisciplinary team that provides integrative pain services to the community using an integrative bio-psycho-social-spiritual model. Dr. Hurley holds a B.Sc (Hons.) and B. Ed. and MD from Dalhousie University. She completed her medical residency at the University of Calgary, Internal/Family Medicine. She is a graduate of the Fellowship Program in Integrative Medicine, University of Arizona and is a recipient of the prestigious Bravewell Fellowship Award. She was the recipient of the TD Insurance Meloche Monnex/AMA Scholarship for further studies at the University of California San Diego School of Medicine. Dr. Hurley is a CMAA Honorary Member (2018) and a past recipient of an AMA Emeritus Award (2015).



**Codi Isaac PT, IFSPT, Sport Physiotherapist (Diploma)**

Codi Isaac PT, IFSPT, Sport Physiotherapist (Diploma), works in inter-disciplinary, private practice and sporting environments. She she is passionate about restoring individuals to function for life, work and recreation. Her primary areas of practice are persisting concussion symptoms and vestibular rehabilitation. Sport events/teams include hockey, gymnastics, soccer, volleyball, rugby, football and curling. Research publications include validating a sport specific balance assessment in concussion and analyzing clinical delivery and efficacy of concussion management in multi-disciplinary and private practice physiotherapy settings.



**Kathryn Jamieson-Lega BSc MScOT  
CBI Health**

Kathryn has been a practicing occupational therapist with CBI Health since 2013 and currently holds the Team Lead role for Complex Rehabilitation Services at the Edmonton SW clinic. Her practice involves interdisciplinary rehabilitation for a wide range of conditions where pacing is an integral part of the rehabilitation and management process, including chronic pain, chronic fatigue syndromes, mental health conditions, and more recently long-covid. In addition to providing evidence-based treatment, Kathryn is passionate about education and serves as a mentor to new clinicians and preceptor to occupational therapy students. When not at work, Kathryn can be found on the tennis court or riding the trails in Edmonton's extensive River Valley.



**Dr. Scott E. Jarvis MD, PhD, FRCPC  
Clinical Associate Professor, Department of Clinical Neurosciences, Cumming School of  
Medicine, University of Calgary, and Alberta Neurologic Centre.**

Dr. Jarvis is a neurologist with subspecialty training in Multiple Sclerosis, and a clinical focus on headaches. He completed his PhD at the U of C and post-doctoral research fellowship at L'Institut de Génétique Humaine in Montpellier, France where he studied the molecular mechanisms of pain. After finishing his MD and neurology residency in Calgary he did a clinical fellowship in Multiple Sclerosis split between the U of C and UCSF. His clinical work in people with MS led to the extensive use of procedures for treating headaches, which he began to apply to a larger clinical population at the Alberta Neurologic Centre. Dr. Jarvis has taught the treatment of headaches with nerve blocks and sphenopalatine ganglion blocks to hundreds of medical students, residents, and physicians.



**Dr. Atul Khullar MD, MSc, FRCPC, DABPN (Cert. Sleep Medicine), FAASM  
Diplomate, American Board of Obesity Medicine  
Medical Director, Northern Alberta Sleep Clinic  
Associate Clinical Professor, University of Alberta**

Dr. Atul Khullar is a psychiatrist and sleep specialist who focuses on the integrative management of obesity, sleep, mood/anxiety and attention deficit disorders in age groups from adolescence onwards. Recently, he has gained expertise in the selective use of ketamine for resistant mood disorders.

He completed his medical school and residency at the University of Alberta, and a sleep and mood/anxiety disorders fellowship at the University of Toronto. He has additional pediatric sleep medicine training from the University of Pennsylvania.

Dr. Khullar is board-certified in Psychiatry and Sleep Medicine in both Canada and the United States. He is also a fellow of the American Academy of Sleep Medicine, Diplomate of the American Board of Obesity Medicine, and a Clinical Associate Professor at the University of Alberta.

Actively involved in research and education, Dr. Khullar has given more than 600 invited presentations to public and professional audiences worldwide. He has published a number of articles and chapters as well as chaired more than 20 national CME programs in his specialized areas.

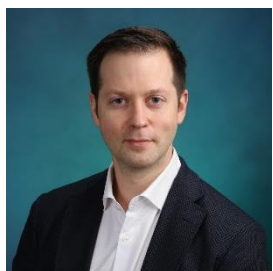
Currently, he is the medical director of the Northern Alberta Sleep Clinic in Edmonton. Dr. Khullar is also a senior consultant for the Grey Nuns Hospital, the Edmonton Oilers, the Newly Institute and MedSleep, a Canada-wide network of community sleep clinics. He has also worked with the Canadian Winter Olympic team in the past.



**Jennifer King BSW, MSc., RSW**

Jennifer King is a registered social worker in Saskatchewan, currently working at the USask Chronic Pain Clinic (formerly MAC iOPS) and in private practice counselling. Pain has a significant impact on life, and it is Jennifer's passion to help people work through this experience. Providing education about pain and how it can be influenced using mind and somatic based strategies is a key aspect of her work. Training in Acceptance and Commitment Therapy (ACT) and experience with somatic practices guide her in each

session.



**Dr. Michael Knash MD, FRCPC  
Neurology Associate Clinical Professor**

Dr. Michael Knash is a neurologist with a special interest in the diagnosis and management of headache disorders. He practices in Edmonton where he has run both community and University based headache clinics, and focuses on Quality Improvement initiatives in the delivery of headache care. Academically Dr. Knash is an Associate Clinical Professor within the Division of Neurology at the University of Alberta. He is active in resident and medical student education having created a Headache Rotation at the University of Alberta for neurology residents, for which he also currently acts as coordinator and supervisor. Dr. Knash is past-Vice President and current board member of the Canadian Headache Society. He is an Executive Member, Exam Developer, and Examiner for the Royal College of Physicians and Surgeons of Canada in the subspecialty of Pain.

**Dr. Kwadwo "Kwajo" Kyeremanteng, MD, MHA, FRCPC  
Department Head of Critical Care- The Ottawa Hospital  
Division of Palliative Care - The Ottawa Hospital  
Associate Professor - University of Ottawa**

Dr. Kwadwo Kyeremanteng is a distinguished medical professional, serving as the Department Head of ICU at The Ottawa Hospital. With a deep-rooted passion for driving positive change in healthcare, Dr. Kyeremanteng is not only an advocate for moral courage in leadership but also the voice behind the influential podcast, "Solving Healthcare." Recently, he ventured into the literary world as the author of "Unapologetic Leadership: Finding the

Moral Courage to Lead." His book serves as a guiding light for current and aspiring leaders, emphasizing the importance of ethical decision-making and steadfast leadership in challenging times.



**Eric Landry, BSP, ACPR, MEd.**

Eric received his Bachelor of Science in Pharmacy (BSP) from the University of Saskatchewan, and went on to complete a Hospital Pharmacy Residency. He worked at the Royal University Hospital in Saskatoon, before taking a position with the College of Pharmacy and Nutrition as coordinator of the Medication Assessment Centre at the University of Saskatchewan. He is a clinical pharmacist with the USask Chronic Pain Clinic, and recently joined the RxFiles Academic Detailing program. Eric holds a Master's in Education Administration with a focus on teaching and learning in post-secondary education. In his free time, Eric joins his wife Chelsea in chasing after their 5 kids.



**Dr. Al-Noor Mawani PhD., R.Psych. (AB)  
Clinical Psychologist**

Dr. Mawani is a registered clinical psychologist and has his Ph.D. in Clinical Psychology from the University of Manitoba, Winnipeg, Manitoba. He also has a B.Sc. from the University of Western Ontario and his B.A. from the University of Alberta. He also received additional training at the Mind-Body Medical Institute at Harvard University in Boston, MA. Additionally, Dr. Mawani continues to enhance his skills through seeking out different areas of practice that can enhance the services he provides. This includes learning about and incorporating principles of Positive Psychology and Compassion based research into his practice.

Aside from his private practice, Dr. Mawani is an adjunct associate professor at the University of Calgary, Department of Psychology and was previously a Clinical Psychology Program Practicum training supervisor and a Calgary Clinical Psychology Residency Program supervisor. He also continues to support and consult to the Multidisciplinary Pain Clinic at the University of Alberta Hospital, Edmonton, Alberta. He is also a member of the Canadian Psychological Association and the Psychological Association of Alberta. Dr. Mawani incorporates principles of Evidence Based Practice and the utilization of Empirically Supported Treatments including Cognitive Behavioral Therapy, Acceptance and Mindfulness based treatments and Client centered care in the services he provides. Dr. Mawani is also EMDR level II trained (Eye Movement Desensitization Reprocessing) for the treatment of post traumatic stress disorder (PTSD) and has received training in ART (Accelerated Resolution Therapy). When not practicing psychology, he can be found with his family or on the golf course where the practice of mindfulness is very helpful.



**Dr. Martin Mrazik Clinical Neuropsychologist  
Professor, University of Alberta**

Dr. Marty Mrazik is clinical neuropsychologist and a professor in the Department of Educational Psychology at the University of Alberta. He completed his PhD at the University of Georgia in 2001. He then served as the Chief Psychologist of the Millard Health Center for 5 years working with clients with chronic pain, psychological injury, and traumatic brain injury. Dr. Mrazik has been an investigator in multiple CIHR funded studies in Canada investigating sport concussion and mild traumatic brain injury in children. He is a consultant with the National Hockey League (NHL)



since 2004 and served in an associate research role with the Canadian Football League (CFL) since 2008. Dr. Mrazik has published over 60 manuscripts and book chapters and presented national and internationally on the topic of concussions and neuropsychology. He was the first Canadian honored as a Fellow with the Sports Neuropsychology Society for outstanding contributions to the field of sports concussions. Dr. Mrazik is a very proud husband and father of two amazing daughters.



**Dr. Serena L. Orr, MD, MSc, FRCPC, FAHS**

**Pediatric Neurologist & Director of the Pediatric Headache Program, Alberta Children's Hospital Assistant Professor, Depts of Pediatrics, Clinical Neurosciences, and Community Health Sciences Cumming School of Medicine, University of Calgary Principal investigator, Pediatric Headache Research Lab ([www.pehrl.ca](http://www.pehrl.ca))**

Serena Orr, MD, MSc, FRCPC, FAHS is a pediatric neurologist with a subspecialty in headache medicine and the director of the pediatric headache program at the Alberta Children's Hospital in Calgary, Alberta, Canada. She is also an assistant professor in the Departments of Pediatrics, Clinical Neurosciences and Community Health Sciences in the Faculty of Medicine at the University of Calgary, and a clinician-scientist at the Alberta Children's Hospital Research Institute and the Hotchkiss Brain Institute at the University of Calgary. She completed her headache fellowship at the Cincinnati Children's Hospital in Cincinnati, Ohio, USA. She previously did her pediatric neurology residency and her Master's degree in Epidemiology at the University of Ottawa, in Ottawa, Ontario, Canada and her MD degree was completed at McMaster University in Hamilton, Ontario, Canada. She has a strong interest in clinical research and is particularly interested in the acute treatment of migraine, in novel neuromodulation-based treatments for migraine, and in understanding psychosocial factors that impact migraine in children and adolescents. She is also interested in clinical predictors of treatment response and how these may be used to apply stratified care models to migraine prevention.



**Professor Peter O'Sullivan**

Peter is a John Curtin Distinguished Professor at the School of Allied Health Sciences at Curtin University and a Specialist Musculoskeletal Physiotherapist. He is internationally recognised as a leading clinician, researcher and educator in musculoskeletal pain disorders. With his team he has published more than 340 scientific papers, written numerous book chapters and has been keynote speaker at over 120 national and international conferences. Peter also consults at bodylogic.physio half the week where he reviews disabling musculoskeletal pain disorders. Peter's passion is to bridge the gap between research and practice – in order to empower clinicians to deliver person-centred care to people in pain.



**Dr. 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. John Pereira, President, Canadian Pain Society**

Dr. John Xavier Pereira is the President Canadian Pain Society and a member of the National Advisory Committee of Pain Canada. He previously was the President of the Pain Society of Alberta, a founding Co-Chair of the Alberta Pain Strategy, and a member of the External Advisory Panel of the Canadian Pain Task Force. He is a past Ronald Melzack Fellow of the McGill Pain Center. He has spoken on the topic of chronic pain both nationally and internationally, including at the Mayo Clinic and the Centers for Disease Control, and has personally visited 67 pain centres in the world . He represented Western Canada on the committee of physicians who wrote our country's National Guidelines for the diagnosis and treatment of fibromyalgia and now works clinically as the Medical Director of the FibroFOCUS™ program. Dr. Pereira was the physician lead of the team that won the very first Health Quality Council of Alberta Patient Experience Award in the field of pain management.



**Dr. Thilinie Rajapakse MD FRCPC  
Pediatric Neurologist, Stollery Children's Hospital  
Assistant Professor, University of Alberta**

Thilinie Rajapakse completed Pediatric Neurology training and clinical research fellowship in Pediatric Headache and Noninvasive Brain Stimulation at the University of Calgary in 2013. She is currently the Director of Stollery Children's Hospital headache program and an Assistant Professor at the University of Alberta in Edmonton. She has academic interests in medical education, health ethics and in headache medicine the study of non-pharmacologic therapies for migraine and improving headache care for vulnerable populations.



**Dr. Magali Robert MD, MSc**

Dr. Robert is a Professor in the Cumming School of Medicine, University of Calgary. She is the Medical Director of the Calgary Chronic Pain Program and the Medical Lead of the Alberta Virtual Pain Program. Magali is the Chair of the Urogynecology and Pelvic Floor Disorders Committee of FIGO (International Federation of Gynecology and Obstetrics).



**Bree Rutten BScPE, BScPT**

Bree graduated from the University of Saskatchewan with a degree in Physical Education in 1998, followed by a degree in Physical Therapy in 2001. Since graduation, she has focused her clinical practise in the area of treatment of pelvic floor disorders, with advanced training on concerns of the bladder, bowel, pregnancy and pelvic pain. Bree currently works at the interdisciplinary USask Chronic Pain Clinic, as well as private practise in Saskatoon, Sask.



**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.



**Ryan Straschnitzki**

Ryan is a former Humboldt Bronco, current Team Alberta para-ice hockey member and a hopeful for the 2026 Team Canada para-ice hockey team.

He attends physiotherapy regularly to achieve his dream of walking again someday. Through his commitment and determination, he is making progress at each and every session.

Ryan's journey has not been an easy one. He understands that each and every day will be a battle not just physically, but mentally as well. He enjoys public speaking where he spreads messages of positivity and motivation to those looking for ways to adapt and change their lives for the better.

Ryan has received incredible support from around the world and recently started the Straz Strong Foundation. Through his foundation Ryan hopes to give back to the disabled community. His dream is to one day live in a world where people with both mental and physical disabilities can have a better quality of life through adaptive sports, gain access to inexpensive rehabilitation, and increase social awareness for those who have a limited understanding of how life is for someone with a disability.



**Dr. Susan Tupper, PT, PhD**

Dr. Susan Tupper is a Strategy Consultant for Pain Quality Improvement & Research with the Saskatchewan Health Authority. She is a licensed physical therapist with a PhD in Community Health and Epidemiology. Susan's role with the health authority includes applied research to support strategic planning, writing clinical standards, and education for healthcare providers, trainees, and the public. Her patient-engaged research examines clinical interactions about pain for those with chronic health conditions, virtual reality, and graphic medicine to challenge stigma. Susan is Chair of the Board of Directors of the Saskatchewan Pain Society, SaskPain, a non-profit charity that aims to improve pain management in Saskatchewan.

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

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