



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

Victoria Ballroom, Chateau Lake Louise

Thursday October 15, 2020

0800 – 1700hrs

Course Facilitators

Dr. Rob Tanguay MD FRCPC CISAM CCSAM, Course Chair

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

Keith King RN BScN MPH CPSO

Taylor James Laviolette RMT

Dr. John Pereira MD CM CCFP CIME CEDIR VI

Course Day

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| 0800 – 0810h | Welcome and Introductions <i>Dr. Rob Tanguay</i> |
| 0810 – 0815h | Small Group of 3-5 people with a facilitator: Epidemiology of Pain |
| 0815 – 0825h | Epidemiology of Pain |
| 0825 – 0830h | Small Group of 3-5 people with a facilitator: Science of Pain |
| 0830 – 0840h | Science of Pain |
| 0840 – 0845h | Small Group of 3-5 people with a facilitator: The Pain Assessment |
| 0845 – 0855h | Interview, Exam, and Screening |
| 0855 – 0900h | The Pain Assessment - Interview, Exam, and Screening Q&A <i>Dr. Rob Tanguay</i> |
| 0900 – 0905h | Small Group of 3-5 people with a facilitator: Chronic Pain Management |
| 0905 – 0950h | Medications |
| 0950 – 1000h | Chronic Pain Management Medications Q&A <i>Dr. Rob Tanguay</i> |
| 1000 – 1015h | Wellness and Refreshment Break |
| 1015 – 1025h | Small Group of 3-5 people with a facilitator: Cannabis |
| 1025 – 1105h | Cannabis |
| 1105 – 1115h | Q&A <i>Dr. John Pereira</i> |



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| 1115 – 1120h | Small Group of 3-5 people with a facilitator: Physiotherapy, Manual Therapy, and Kinesiology |
| 1120 – 1200h | Manual Therapies |
| 1200 - 1215h | Q&A |
| | <i>Taylor James Laviolette</i> |
| 1215 – 1300h | Lunch |
| 1300 – 1305h | Small Group of 3-5 people with a facilitator: Neuropsychological Therapy- CBT, ACT, Mindfulness |
| 1305 – 1350h | Neuropsychological Therapy - CBT, ACT, Mindfulness |
| 1350 – 1400h | Q&A |
| | <i>Dr. Rob Tanguay</i> |
| 1400 – 1405h | Small Group of 3-5 people with a facilitator: Depressive Disorders, Anxiety Disorders, and PTSD |
| 1405 – 1425h | Depressive Disorders, Anxiety Disorders, and PTSD |
| 1420 – 1430h | Q&A |
| | <i>Dr. Rob Tanguay</i> |
| 1430 – 1445h | Wellness Break |
| 1445 – 1450h | Small Group of 3-5 people with a facilitator: Opioid Use Disorder |
| 1450 – 1520h | Opioid Use Disorder |
| 1520 – 1530h | Q&A |
| | <i>Dr. Monty Ghosh</i> |
| 1530 – 1535h | Small Group of 3-5 people with a facilitator: Opioid Deprescribing and Motivational Interviewing |
| 1535 – 1600h | Opioid Deprescribing and Motivational Interviewing |
| 1600 - 1615h | Motivational Interviewing: Small Group Practice |
| 1615 – 1620h | Case Review |
| 1620 – 1635h | Small Group Assess and Score Pain the Catastrophizing Scale Psychometrics |
| 1635 – 1645h | Case Review |
| 1645 – 1715h | Q&A |
| | <i>Dr. Rob Tanguay, Keith King</i> |