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Dr. Nora Bakaa discusses patient centred pre-surgical rehabilitation for lumbar spinal stenosis at the Persistent Post-Surgical Pain Symposium.



Dr. Jason Busse presenting at the Medical Cannabis and Cannabinoids for Chronic Pain panel at the Canadian Pain Society's 42 Annual Scientific Meeting.

THE PERSISTENT POST-SURGICAL PAIN SYMPOSIUM MAKES A TRIUMPHANT RETURN

After a two-year hiatus due to COVID-19, April 9 saw clinicians, researchers and trainees from around the world gather at McMaster's University Club to learn about predictors of persistent pain following surgery.

Though the easing of restrictions saw participants able to gather, once more, in person, the symposium made use of technology to allow speakers from out of province (and, in one case, out of the continent) to participate remotely.

Keynote speaker Brice Gaudilliere from Stanford University described his lab's use of biomarker analysis to predict recovery after surgery including the occurrence of pain. Other highlights include talks looking at risk assessment of patients undergoing surgery; reducing hospital stays and complications with enhanced recovery programs; mechanisms of, and interventions for, chronic pain after surgery; and patient-centred pre-surgical rehabilitation for lumbar spinal stenosis.

McMaster's own Gurmit Singh kicked off the afternoon sessions with a look at chronic pain as an autoimmune disease. "There is sexual dimorphism in pain perception," said Singh. "Our data suggests that pain is differentially regulated in males and females through the immune system. Immune modulation in males is dampened by testosterone and heightened in females due to a more robust immune system and the X chromosome."

Presentations are available for attendees to review at mcmaster.ca/persistentpain. The password provided in the registration package is required to view these files.

CANADIAN PAIN SOCIETY ANNUAL SCIENTIFIC MEETING

The Canadian Pain Society returned in person to the Hotel Bonaventure, in Montreal, Québec, to host its 42nd Annual Scientific Meeting.

Dr. Jason Busse, Scientific Director of the National Pain Centre, was one of three panelists discussing medical cannabis and cannabinoids for chronic pain. Busse, along with Hance Clarke (CPS President Elect) provided a scientific perspective on medical cannabis and cannabinoids for chronic pain and examined guideline recommendations.

Veteran John Brown provided a lived experience perspective, discussed the impact that medical cannabis had on his life. Brown recalled his dismay at the relief he experienced, and how medical cannabis had allowed him to return to doing the things he thought were lost to him, like riding his bicycle or taking his children to Canada's Wonderland.

Institute for Pain Research & Care members presented scientific posters each day of the meeting, covering topics such as predictors of persistent post-surgical pain following total knee arthroplasty; medical cannabis and cannabinoids for chronic pain; and risk and protective factors in predicting pediatric acute post-surgical pain.



Dr. Katie Birnie discusses the structure and distribution of the Solutions for Kids in Pain Network at the May 6 Canadian Pain Care Forum.

CANADIAN PAIN CARE FORUM - MAY 6, 2022

"In Ontario, we have just over 1,000 registered midwives. We also have just over 30 Aboriginal midwives. Some people will work in solo practices. Most people work in midwifery practice groups. There are a few of us that work within family healthcare teams. And Aboriginal midwives can work out of Aboriginal health Access Centres," said Kate Demers, Assistant Professor in the Department of Obstetrics & Gynecology at McMaster University. Demers was one of two presenters at the Canadian Pain Care Forum's May 6th meeting. Demers provided an overview of midwifery education, as well as both non-pharmacological and pharmacological approaches to pain management in midwifery. Learn more about the midwifery division of McMaster's Department of Obstetrics & Gynecology at: obs gyn.mcmaster.ca/divisions/division/midwifery

The second speaker of the day was Dr. Katie Birnie, Assistant Professor in the Departments of Anesthesiology, Perioperative and Pain Medicine and Community Health Sciences at the University of Calgary and Associate Scientific Director for the Solutions for Kids in Pain Network (SKIP). "Canada is a world leader in children's pain research," said Birnie. "We really hit above our belt internationally in terms of producing quality pain science around children's pain, but a number of research studies, epidemiological studies have shown that a lot of this knowledge is not being put into practice."

SKIP is a national network, committed to making sure that the best solutions to prevent and manage children's pain are put into practice. With four regional hubs across Canada, SKIP collaborates with children's hospitals and other groups to spread solutions and ensure that children get the best possible care. To learn more about skip, visit: kidsinpain.ca.

The next Canadian Pain Care Forum will take place Friday, September 9, 2022. It will feature updates from #PainCanada (Maria Hudspith) and Health Canada (JF Leroux) about the Canadian Pain Strategy. There will be opportunity for questions and discussion of plans for going forward.

OPIOID GUIDELINE FOR NON-CANCER CHRONIC PAIN REVISION

Health Canada's Substance Use and Addictions Program (SUAP) has awarded the National Pain Centre \$545,977, over the course of 18 months, to update the 2017 Canadian Guideline on the use of opioids for non-cancer pain, incorporating new evidence and adopting new knowledge synthesis methods, as well as incorporating information from stakeholder feedback. The updated guideline will provide essential information to people living with chronic pain, and physicians, nurse practitioners, and pharmacists involved in their care.

Canadians are the second highest users per capita of opioids in the world. The 2017 Canadian Guideline for Opioid for Chronic Non-Cancer Pain was developed to optimize evidence-based prescribing of opioids for chronic non-cancer pain and recommendations for clinical practice were developed by an international team of clinicians, researchers and patients.

Work on the revised guideline has already begun and will be completed in 2023.

**MEET IPRC GRADUATE
STUDENTSHIP RECIPIENT
CHAD BROWN**



"I was drawn to McMaster for expansive research topics. What interested me most was the amount of stem cell labs McMaster had, with some focusing on neurological disorders," Chad Brown says, when asked what interested him in a studentship at McMaster. "The studentship tied into this because, in some neurodevelopmental disorders, there are often reports of pain comorbidities that are understudied."

Growing up in Hamilton, Ontario, Chad was interested in things like piano, basket ball and playing video games. While his interest in piano remains, his interests and hobbies have diversified to include the stock market, hiking and CRISPR clinical trials.

It is the implications of genetic variants giving rise to pain phenotypes, and how varying patients perceive pain because of these variants that interests Brown in particular, when it comes to research. "There are many mechanisms that pain can arise from. However, genetic variants can affect a majority of the mechanisms," he says.

Working with the Institute has allowed him the opportunity to collaborate with researchers across

many fields, "as long as the core of the project really focuses on enhancing treatment for patients," he explains. "This could include advancing the knowledge of understudied areas in certain pain syndromes, or using human cellular models to generate applicable funding."

His advice to others interested in pursuing a studentship would be to reach out to the Institute with their research questions to see if your goals may overlap. "The IPRC is always willing to provide assistance in your ventures through your collaboration - even after the research is completed. They also provide opportunities for trainees to present their research at conferences, as well as publish. It's a great opportunity."

Upcoming IPRC & NPC Meeting Dates

Canadian Pain Care Forum

Friday, September 9, 2022

Be sure to register for the upcoming Canadian Pain Care Forum. Maria Hudspith, Executive Director of PainBC, will present an update on #PainCanada and Jean-Francois Leroux, Manager of the Chronic Pain Policy Team at Health Canada, will provide an update from Health Canada.

IPRC Half Research Day

Wednesday, November 9, 2022

More details to come.

**MICHAEL G. DEGROOTE
INSTITUTE FOR PAIN
RESEARCH & CARE**

**2022 INSTITUTE FOR PAIN
RESEARCH & CARE
HALF RESEARCH DAY**

Wednesday, November 9, 2022
Stay tuned for more details.

TARGET AUDIENCE

Clinicians, researchers and trainees interested in pain research, biological and behavioural topics, basic and clinical science.