



## IN THIS EDITION

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Symposium  
on Persistent  
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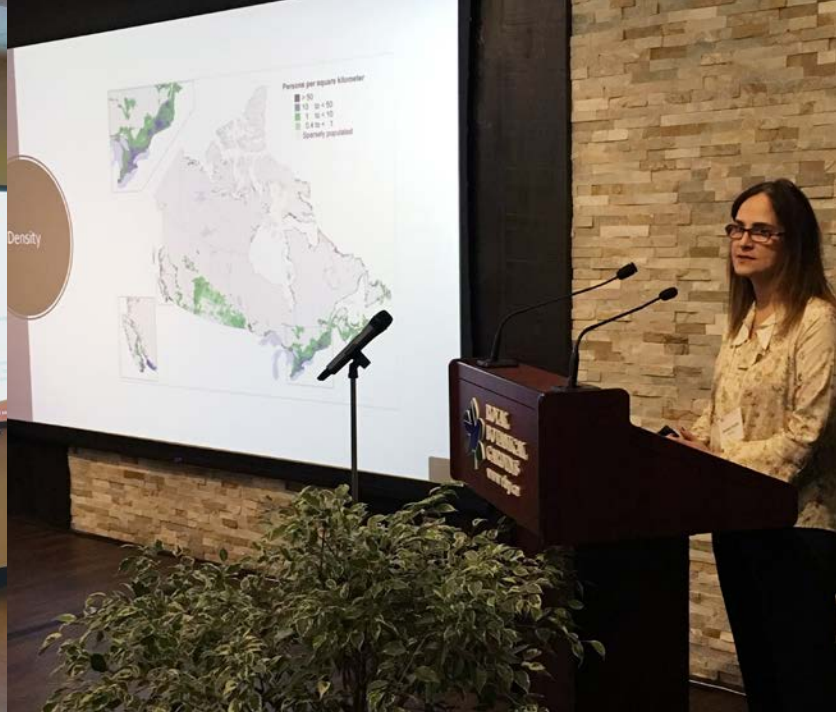
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Dr. Norm Buckley, giving the Welcoming Address and 2019 update at the National Faculty, held in Hamilton, Ontario, on July 12, 2019.



Dr. Andrea Furlan, presenting her work with ECHO Ontario, at the Canadian Pain Care Forum on September 6, 2019.

## 2019 NATIONAL FACULTY MEETING

Dr. Norm Buckley, Scientific Director of the Institute for Pain Research and Care (IPRC), welcomed participants to the 2019 National Faculty Meeting at McMaster University on July 12th, 2019. Key updates regarding the NPC, the PainHQ website, the 2019 IPRC Symposium, the Canadian Pain Task Force (CPTF), the Chronic Pain Network (CPN), the 2017 Canadian Guideline for Opioid Therapy and Chronic Non-Cancer Pain and the Canadian Pain Care Forum (CPCF) were shared. Both Dr. Jason Busse, Associate Professor at McMaster University and Dr. Beth Sproule, Assistant Professor in the Faculty of Pharmacy and the Department of Psychiatry at the University of Toronto were keynote speakers.

Dr. Busse spoke on the rational for using cannabis as an analgesic and highlighted that there is very little evidence to support its effectiveness. Dr. Sproule also spoke to the group about the state of Prescription Monitoring Programs (PMPs) in Canada and the strides the programs have made to characterize the problem of drug misuse and diversion. Later on, the larger group reconvened after being in their working group to discuss the logic model that was used to setup the NPC and the National Faculty, and see how far we have come. It was decided that the six working groups with the NPC have evolved in such a way that they can be combined into three consolidated groups. With the release of the 2017 Opioid Guideline, it's important to have continued knowledge translation (KT) and dissemination, in addition to building on the work previously undertaken. We hope that individuals will continue to be involved and collaborate in the KT process.

## CANADIAN PAIN CARE FORUM

On September 6th, 2019, the Canadian Pain Care Forum (CPCF) members met and were welcomed by Dr. Norm Buckley at the Royal Botanical Gardens in Burlington, Ontario. The CPCF meets quarterly to provide an exchange of information among its members as an active knowledge translation forum. Members are given the opportunity to exchange information about what's happening in pain care and research in Canada, and discuss and make plans about what is needed for the future of pain care and treatment. The group has been growing for a little over three years. Keynote speakers for this morning event were Dr. Andrea Furlan, Co-Chair, ECHO Ontario, and Dr. Fiona Campbell and Maria Hudspith, Co-Chairs of the Canadian Pain Task Force (CPTF).

Dr. Furlan presented her work with ECHO Ontario and spoke about the demonopolization of knowledge from pain experts to clinicians practicing in underserved, rural and remote areas using ECHO and the success the program has been having with helping those living with chronic pain. ECHO is expanding in Canada, after having originally started in New Mexico, US. Maria Hudspith then spoke to the group providing key updates on the Canadian Pain Task Force (CPTF). In June 2020, CPTF plan on submitting a report on best practices and elements of an improved approach to pain care. Dr. Buckley then concluded the morning by encouraging members to forward him contacts of groups or individuals to invite to the Forum who could bring new perspectives and give valuable input to our work.

## 2019 SYMPOSIUM ON PERSISTENT POST-SURGICAL PAIN: A CONCEPTUAL MODEL FOR THE STUDY OF CHRONIC PAIN

The IPRC focuses on research into chronic pain and uses persistent post-surgical pain as a conceptual model for the study of chronic pain. Every year, we have the annual IPRC sponsored symposium titled the Michael G. DeGroote Institute for Pain Research and Care (IPRC) Symposium on Persistent Post-Surgical Pain - A Conceptual Model for the study of Chronic Pain. All are welcomed to attend our full day event. This year, we had our meeting on Saturday, November 2, 2019 at McMaster University, with 11 engaging speakers. Our keynote speakers were Dr. Karen Davis from the Krembil Research Institute at University of Toronto and Dr. Jennifer Rabbitts from the University of Washington, School of Medicine, Children's Hospital in Seattle. Dr. Davis's interests are in

using functional MRI to understand brain states in pain and the ethics of using this technology for research and pain diagnoses. Her talk focused on whether brain imaging can be used to predict chronic pain relief after treatment. Dr. Rabbitts's interests are in pediatric post-surgical pain and her talk focused on the mechanism of transition from acute to chronic post-surgical pain. We also had the privilege of welcoming Dr. Manon Choinière from the University of Montreal and Dr. Mark Lema, from the University of Buffalo. Dr. Choinière came to speak to us about the important issue of exploring other clinical research avenues other than RCTs to help improve pain management and Dr. Lema gave us a comprehensive and engaging talk on new developments in chronic pain pathophysiology.

*Please see our detailed list of speakers for the event.*

Manon Choinière, PhD	Exploring Clinical Research Avenues Other than RCTs to Improve Pain Management: A Priority
Mark Lema, MD, PhD	What's New In Chronic Pain Pathophysiology
Karen Davis, PhD, FCAHS – Keynote	Can Brain Imaging Be Used to Predict Chronic Pain Relief after Treatment?
Jennifer Rabbitts, MD - Keynote	Mechanisms of transition from acute to chronic postsurgical pain
Vahid Ashoorion, MD, MSc, PhD	Predictors of persistent pain following total knee arthroplasty: a systematic review and meta-analysis
Katja Linher-Melville, PhD	The effect of gonadectomy on cannabidiol-mediated amelioration of nociception in a preclinical model of post-surgical neuropathic pain
Cheryl Chow, MS, PhD	Managing pediatric postsurgical pain
Chad Brown, BHC, MSc	Investigating the effects of THC/CBD on ASD-risk genes with pain comorbidities
Carley Ouellette, RN, BScN	In-Process Monitoring Evaluation of SMArTVIEW: A Remote Automated Monitoring and Virtual Hospital-to-Home Recovery Support program to Improve Surgical Outcomes
Gurmit Singh, PhD	Role of Cannabidiolic Acid - Methyl Ester (CBDA-ME) in Preclinical Model of Peripheral Neuropathy
Luciana Macedo, PT, PhD	Predictors of outcomes post lumbar spinal stenosis surgery.

## Coming Events

### Canadian Pain Care Forum

January 24, 2020  
8:30 to 11 am  
Royal Botanical Gardens  
Burlington, Ontario  
In-person and through teleconference.

### IPRC Research Day

February 12, 2020  
Royal Botanical Gardens  
Burlington, Ontario  
An in-person event.

### Canadian Pain Society Annual Scientific Meeting

May 19 - 22, 2020  
Hyatt Regency Calgary  
Calgary, Alberta

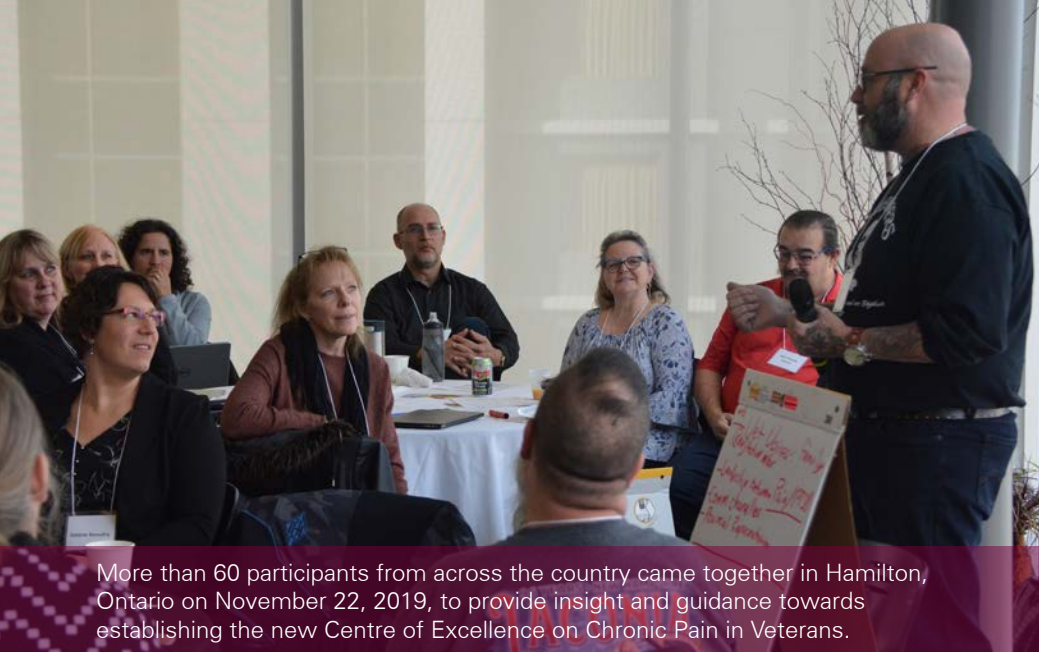
### National Faculty Meeting

July 2020  
Exact date to be announced

### IPRC Symposium

November 14, 2020  
McMaster University





More than 60 participants from across the country came together in Hamilton, Ontario on November 22, 2019, to provide insight and guidance towards establishing the new Centre of Excellence on Chronic Pain in Veterans.

## CHRONIC PAIN CENTRE OF EXCELLENCE FOR CANADIAN VETERANS STRATEGIC PLANNING RETREAT

The future Canadian Veterans Chronic Pain Centre of Excellence held a strategic planning retreat at the David Braley Health Sciences Centre in Hamilton, Ontario on November 22nd, 2019. Dr. Ramesh Zacharias, CEO of the newly formed centre, opened the day by welcoming participants and acknowledging the veterans in the room. Stakeholders from across the country including Canadian veterans and those with chronic pain were present to help begin the development

process for a three-year strategic plan for the Centre of Excellence. The objective of this retreat was for stakeholders to share and develop the centre's vision, mission and values, collect feedback on potential names and logos for the centre, and develop strategic plan elements by collecting feedback on goals, priorities and measures of success. The meeting had a great turnout with 60 participants contributing to the future success of the centre.

## NEW STUDY FROM THE INSTITUTE FOR PAIN RESEARCH & CARE

*Findings from a prospective study suggests that patient beliefs about their pain and recovery post-surgery appear to have a powerful effect on their outcomes.*

Our group previously developed and validated the Somatic Pre-Occupation and Coping (SPOC) Questionnaire to identify unhelpful illness beliefs. In a prospective study of 1,560 patients undergoing surgical fixation for an extremity fracture from 41 clinical sites in the USA, Canada, Australia, Norway, and India, patients with high SPOC scores at 6-weeks post-surgery were 6 times more likely to report moderate-to-extreme persistent pain

and at least moderate levels of pain interference at 1-year post-surgery compared to patients with low SPOC scores.<sup>(1)</sup> These findings suggest beliefs that patients hold about their pain and recovery process appear to have a powerful effect on outcome and suggest the possibility that fracture patients who exhibit unhelpful illness beliefs after surgery can be identified and targeted for concurrent therapy to modify such cognitions and improve prognosis.

1. Busse JW, Heels-Ansdell D, Makosso-Kallyth S, Petrisor B, Jeray K, Tufescu T, Laflamme Y, McKay P, McCabe RE, Le Manach Y, Bhandari M; Fluid Lavage of Open Wounds Investigators. Patient coping and expectations predict recovery after major orthopaedic trauma. *Br J Anaesth.* 2019; 122: 51-59.

## 2020 IPRC Awards Competition

2020 Awards available.

**Graduate Studentships - \$20,000 per year**

**Deadline to apply:** January 2, 2020

**Funding available:** 1 award available

Designed for candidates who have an exemplary academic record and are interested in pain research within the Michael G. DeGroot Institute for Pain Research and Care (IPRC). This program is funded by an endowment through the generosity of Mr. Michael G. DeGroot.

**Pain Fellowship - \$60,000 per year**

**Deadline to apply:** January 2, 2020

**Funding available:** 1 award available

These fellowships aim to encourage and support pain research training and provide salary support to individuals with an exceptional background and an interest in a career path related to pain. Successful candidates of these awards will have the opportunity to work with faculty who are conducting innovative research and are considered among the best in their field.

**Seed Awards - \$30,000 per year**

**Deadline to apply:** January 2, 2020

**Funding available:** 3 awards available

These grants will provide principal investigators with an opportunity to apply for funds to pursue leading-edge research in pain, following the model of using persistent post-surgical pain to understand chronic pain. The objective is that it will lead to and support grant applications for other major external funding competitions.

**Catalyst Grant IPRC-MIRA - per year \$60,000**

**Deadline to apply:** January 2, 2020

**Funding available:** 1 grant available

A co-funded grant with the McMaster Institute for Research on Aging, supporting a project that stimulates new collaborations and allows the collection of preliminary data on research that considers pain and aging as central themes. Interdisciplinary teams, involving researchers from at least three different McMaster Faculties, are invited to submit proposals that have clear potential benefits for older adults. A matching contribution of at least \$10,000 (at least \$5,000 cash, up to \$5,000 may be in-kind) is required.

**For more information visit:**

[fhs.mcmaster.ca/paininstitute/awards.html](https://fhs.mcmaster.ca/paininstitute/awards.html)