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Andrea Currie, Canadian Pain Task Force Secretariat, Health Canada, speaks to the Canadian Pain Care Forum on January 24th, 2020

CANADIAN PAIN CARE FORUM JANUARY 24TH, 2020 - ROYAL BOTANICAL GARDENS

The inaugural 2020 meeting of the Canadian Pain Care Forum (CPCF) was held on the morning of January 24th, 2020- in person at the Royal Botanical Gardens, Burlington, Ontario and from across the country online via Zoom. The keynote speaker was Andrea Currie, Canadian Pain Task Force Secretariat, Health Canada, who presented an update on the Canadian Pain Task Force (CPTF). Norm Buckley, Scientific Director of the Michael G. DeGroote Institute for Pain Research and Care (IPRC), welcomed everyone and emphasized the need to continue to engage and invite other participants in the country into our Forum. We are looking particularly to engage the labour movement. Andrea Currie spoke to the Forum about the Task Force mandate and work to date with updates related to what has been discovered thus far on best practice for pain management, the need for an integrated approach to pain care and access issues. She described the Task Force online public consultations, Federal actions on pain, and Federal policy levers that can be used to assist the government in implementing needed changes for pain care. A recurring emphasis is on the need for interprofessional or multidisciplinary teams for pain care as they are critical for improving patient outcomes. Following the presentation, CPCF members were engaged in a vigorous and interesting discussion with provide Andrea Currie about the work of the CPTF.

IPRC RESEARCH DAY

FEBRUARY 12, 2020 - ROYAL BOTANICAL GARDENS

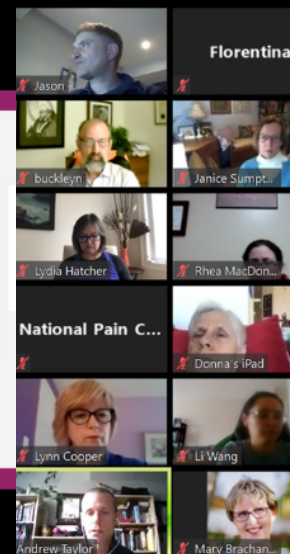
Our second annual IPRC Research Day was organized by Professor Gurmit Singh and Assistant Dean, Nursing Research Mike Mc Gillion. It took place on February 12th, 2020 at the Royal Botanical Gardens, Burlington, Ontario. After breakfast and networking, we had a jam-packed morning of research presentations from our esteemed pain researchers at McMaster University. The McMaster community with an interest in pain research was invited to attend. Dr. Mike McGillion, Assistant Dean, Research, School of Nursing, provided opening remarks and welcomed the group. Presenters included Dr. Emilie Belley-Cote, Population Health Research Institute, Dr. Li Wang, Department of Anesthesia, Dr. Premysl Bercik, Department of Medicine, Dr. Yasir Rehman, Michael G. DeGroote Institute for Pain Research and Care, Dr. Eleni Hapidou, Department of Psychiatry and Behavioural Neurosciences and Dr. Jason Busse, Department of Anesthesia. Respectively, from these investigators, we heard up-to-date research regarding a new perioperative division and program, persistent postsurgical pain after breast cancer surgery, chronic abdominal pain and the role for gut microbiota, the association of disability benefits and litigation on return to work after tibial fracture repair, pain management program outcomes in veterans with chronic pain and comparison with non-veterans, and also the research agenda for the Chronic Pain Centre of Excellence for Canadian Veterans. After the talks, time was left for the group to discuss with the presenting investigators and network with attendees around future research directions for the IPRC.



Annual IPRC Research Day
February 12, 2020

NATIONAL FACULTY MEETING MAY 8TH, 2020 – VIRTUAL MEETING

For the first time, due to COVID-19 social distancing measures, we successfully had our National Faculty meeting entirely online on May 8th, 2020. Every year, all National Faculty members are invited to attend and actively participate in our annual meeting. Norm Buckley welcomed all to the meeting and introduced Jason Busse as our new Director of the Michael G. DeGroot, National Pain Centre. Jason Busse was our first presenter and provided an overview of a new systematic review related to the management of acute, non-low back pain that will support a new American College of Physicians guideline on the treatment of this pain condition. The study will be shared once published. We also had the privilege of having Andrew Taylor, Canadian Pain Task Force Secretariat, Health Canada, to provide an update on the Canadian Pain Task Force for the National Faculty. He went over what the Task Force is, it's mandate related to chronic pain in Canada, themes discovered connected to opioid prescribing, online public consultations related to chronic pain in Canada, and the Federal actions that are currently happening regarding pain from several government groups. After presentations, the National Faculty reviewed its Logic Model for important updates and to solicit group feedback on changes needed. Strategies going forward for the Working Groups were also a key topic of discussion. Working Group Chairs are going to implement those strategies soon and will involve the National Faculty throughout the process and work needed for new projects that advance the goals of the National Pain Centre.



Some of what we've heard so far

- Virtual networks/tools and mentorship improve capacity and access – **heavy focus on opioid prescribing**
- Interprofessional/multidisciplinary teams / training initiatives enable better care – **clarify non-opioid options**
- No silver bullet – **build many tools** for the toolbox
- Stakeholders need mechanism(s) for **sharing best practices**
- Awareness and capacity needs to be built among public, patients, and clinicians – **resources need to be compiled and communicated**
- Investments must be made in **prevention and early intervention** in high priority areas
- Peer and professional run **support groups** need to be supported
- **Care pathways** must involve strengthened primary care and community-based services

Screenshot of National Faculty Meeting
May 8th, 2020 – Virtual Meeting



Screenshot of Canadian Pain Care Forum Meeting
May 1st, 2020 – Virtual Meeting

CANADIAN PAIN CARE FORUM MEETING MAY 1ST, 2020 – VIRTUAL MEETING

The Canadian Pain Care Forum (CPCF) reconvened in the Spring on May 1st, 2020 as an entirely virtual meeting courtesy of COVID 19. We heard from Patient Partners Lynn Cooper, Jacques Laliberté and Billie Jo Bogden. Lynn is Pain Research and Education Advisor, Canadian Injured Workers' Alliance; Jacques is Founding President and CEO of l'Association québécoise de la douleur chronique (AQDC) also known as the Quebec Pain Patient Association and Billie Jo is CEO, and Co-Founder of the PEOPLE Centre in Ottawa, Ontario and a former civil servant. They described the impact of COVID-19 on people living with chronic pain. Norm Buckley, Scientific Director of the Michael G. DeGroot Institute for Pain Research and Care (IPRC) welcomed everyone and reminded members of the research outlining patient derived pain research priorities that can help inform research submissions. Teams were led by Patricia Poulin (adult) and Katie Birnie (pediatric). Referencing these priorities can enhance applications for pain research funding and pain advocacy. Lynn Cooper spoke on the perspectives on COVID-19 from Injured Workers (IW) living with pain, emphasizing that COVID-19 has heightened the issues experienced by injured workers including access to chronic pain supports and rehabilitation healthcare. Jacques Laliberté spoke on the Quebec perspective, applauding that despite challenges, Quebec has done well with coordinating prescriptions between physicians and pharmacists and that pain research is also very active in Quebec, especially related to COVID-19. Billie Jo Bogden provided a holistic Canadian perspective for those living with pain, delivering a current public environmental analysis on the situation, challenges and opportunities, and a way for us forward.

Projects with our Members

- **Chronic Pain and COVID-19 Study, Online Survey**
 - Led by Manon Choinière, Gabrielle Pagé, Lise Dassieu, Anaïs Lacasse, and Aurélie Janelle-Montcalm
 - Online survey about the impacts of the COVID-19 pandemic on Canadians who live with chronic pain
 - Please inform members in your surroundings who suffer from chronic pain or patients in your pain clinic/research setting about this survey and have them respond.
 - <https://fr.surveymonkey.com/r/covid19-pain>

Michael G. DeGroot
NATIONAL PAIN CENTRE

McMaster University



LAUNCH OF THE CHRONIC PAIN CENTRE OF EXCELLENCE FOR CANADIAN VETERANS

APRIL 1ST, 2020

The Chronic Pain Centre of Excellence for Canadian Veterans, based at McMaster University, officially launched on April 1st, 2020. Ramesh Zacharias will serve as its President and Medical Director and Norm Buckley will serve as its Scientific Director. With funding from Veterans Affairs Canada (VAC), the Centre of Excellence's mission is to create a national network of interdisciplinary pain management centers using research and evidence-based strategies to care for military veterans with chronic pain and their families. Its vision is to improve the well-being of military veterans and their

families suffering from chronic pain by partnering with veterans and their families to set the research agenda, design pain management therapies, and help veterans access care that is closer to home. With this research, the Centre of Excellence is building a national network of pain clinics, researchers, patients, and VAC case managers to improve the lives of veterans and their families suffering from chronic pain.

Recipients of the IPRC Awards for 2020

Seed Awards - \$30,000 per year

- (1) **Principal Investigator:** Dr. Jason Busse
Co-Investigators: Norm Buckley, Ian Gilron & James Khan
Title: Persistent Post-Surgical Pain Survey
- (2) **Principal Investigator:** Dr. Gurmit Singh
Title: A Temporal Evaluation of Cannabidiolic Acid-Methyl Ester Administration: Can Post-Surgically Induced Neuropathic Pain be Blunted by Early Intervention in a Preclinical Rat Model?

These grants provide principal investigators with an opportunity 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

Principal Investigator: Pasqualina Santaguida (Department of Health Research Methods, Evidence and Impact)

Co-Investigators: Qiyin Fang (Engineering) and Stuart Philips (Sciences)
Title: Feasibility Study to Assess the Added Value of Integrated Musculoskeletal BioFeedback Device (IMBED) Combined with Neuromuscular Exercise and Education (GLA-Dtm) to Decrease Chronic Pain in Older Adults with Osteoarthritis

This co-funded grant with the McMaster Institute for Research on Aging, supports projects that stimulate new collaborations and allow 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