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- Pain is common. One in five Canadians suffer from chronic pain. It accounts for 10 – 16% of emergency departments visits.
  - Pain is expensive. Chronic pain is the most common cause of disability and costs
- The total economic cost associated with chronic pain totaled \$38.3 to \$40.4 billion in 2019 Canadian Pain Task Force October 2020**
- Pain is not well-treated. Limited pharmacological treatments are available, and optimal physical and psychological strategies are often not covered.
  - Pain is not well-understood. Less than 1% of the CIHR budget is dedicated to pain research.



Dr. Norm Buckley

**Education and Training Standards in Pain Care for Psychologists in Canada**

Canadian Pain Care Forum (Virtual)  
April 23, 2021

Karen R. Cohen Ph.D., C. Psych.  
Chief Executive Officer  
Canadian Psychological Association



Dr. Karen Cohen

Dr. Karen Cohen and Dr. Norm Buckley present at our April 2021 CPCF Meeting.

## THE CANADIAN PAIN CARE FORUM (CPCF) – ENGAGING MEETINGS AND A GROWING MEMBERSHIP

The CPCF has hosted two virtual and well attended meetings, on January 22, 2021 and April 23, 2021. Both were focused on understanding current pain education and curriculum standards and future reforms for various health professions in Canada. For our first meeting of the year, we had Dr. Lisa Graves and Fran Kirby speak about the Association of Faculties of Medicine of Canada (AFMC) update on Canadian Medical Schools Response to the Opioid Crisis: Best Evidence Training for the Next Generation of Canadian Physicians on Pain Management, Opioid Stewardship & Substance Use Disorder. Dr. Dave Walton, from Western University, then spoke about Initiatives related to broad-based curriculum reform in Physiotherapy programs across Canada, and Western University’s new competency-based Masters degree program in interprofessional pain management.

In April, we continued with understanding the health professional pain education landscape in the country. Dr. Karen Cohen, CEO of the Canadian Psychological Association and Alida Bowman, Assistant Professor at McMaster’s School of Nursing, presented on the Psychology Graduate Training in Pain Care and Education, and Training Standards in Pain Care for Nurses, respectively. These two CPCF meetings were enlightening about the current state in Canada with education for the next generation of health care professionals regarding best pain treatment and care practices and gaps to be filled.

Our membership continues to grow. We are now at over 121 members, representing 86 organizations, and we are always looking for new members to represent our various stakeholders. We are especially excited to see our membership grow to include more people with lived and living experience of chronic pain. Our next meeting will be planned for October 2021.

## CANADIAN PAIN SOCIETY (CPS) 2021 ANNUAL SCIENTIFIC MEETING – IPRC PARTICIPATION WITH VIRTUAL BOOTH.

There was plenty of MGD IPRC and CPN representation at the Canadian Pain Society’s 2021 Annual Scientific meeting, held April 28-30, 2021.

As a sponsor, the MGD IPRC had a virtual booth showcasing the work it has done over the past year and the MGD IPRC team was on hand to answer any questions. We also had representation from our research members where they presented posters and engaged in meeting discussions.

Dr. Karen Davis, CPS President and CPN Principal Applicant, welcomed all attendees to the meeting. The momentum continued with updates from Dr. Fiona Campbell and Maria Hudspith, co-chairs of the Canadian Pain Task Force, as well as a message from the Federal Minister of Health, The Honourable Patty Hajdu.

If you attended the meeting but missed any of these sessions, they are still available for viewing online on the event website.

The 2022 CPS Annual Scientific Meeting will take place in Montreal.

You can visit the Canadian Pain Society website to learn more: <http://canadianpainsociety.ca>



The MGD IPRC once again supported the 2021 Canadian Pain Society Annual Scientific Meeting, held April 28-30, 2021.



## AN ACTION PLAN FOR PAIN IN CANADA

The Canadian Pain Task Force's Third Report, May 2021

### IPRC AND NPC SUPPORTS THE #PRIORITIZE PAIN CAMPAIGN

On May 5th, 2021 the Honourable Patty Hajdu, Minister of Health, announced the release of the Canadian Pain Task Force's third report – An Action Plan for Pain in Canada. The plan is built from a deep involvement with, and engagement of, people with pain. Drawing from the last two years of work undertaken by the Task Force, it considers an evaluation of different forms of evidence, national consultations, and strategic discussions with a range of stakeholder groups. Six key areas outline a way forward that seeks to transform how chronic pain is understood, prevented, and treated:

1. Enable coordination, collaboration, and leadership across Canada;
2. Improve access to timely, equitable, and patient-centred pain care;
3. Increase awareness, education, and specialized training in pain;
4. Support pain research and strengthen related infrastructure;
5. Monitor population health and health system quality; and
6. Ensure equitable approaches for populations disproportionately impacted by pain.

The report calls on governments, provincial and regional health authorities, educational institutions, non-profit organizations, and other stakeholder groups to take action. While Health Canada considers next steps, pain organizations across the country have collaborated to promote the action plan and consider how best to start this important work.

For more information, please visit [PainCanada.ca](http://PainCanada.ca).

### IPRC AND NPC SUPPORTS THE CHRONIC PAIN NETWORK'S 2021 VIRTUAL ANNUAL MEETING

The Chronic Pain Network's 2021 Annual Meeting meeting was a great success. On March 22 and 23, attendees spent a cumulative eight hours, over those two days, catching up virtually on Network activities through a mix of live and pre-recorded sessions. The MGD IPRC team was also in attendance to support the exciting work being done through the CPN.

Highlights from Day One of the meeting include the Project Blitz sessions from each Network-funded project, discussing the implications of their research for Canadians and the impact the Network had on their project.

Day Two of the meeting examined the impact the Network has had on partnering organizations and the creation of new initiatives, with representatives from the Canadian Pain Task Force, Global Alliance of Partners for Pain Advocacy and the Chronic Pain Centre of Excellence for Canadian Veterans discussing the influence of the Network on their organizations.

Recordings of the session are available on the Network's website at: <http://cpn-rdc.ca/2021-annual-meeting>

## 2021 ANNUAL CPN MEETING



Jacques Laliberté



Norm Buckley Scientific Director, Chronic Pain Network

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The Chronic Pain Network's 2021 Virtual Annual Meeting

## THE NATIONAL FACULTY MEMBERS CONTRIBUTE TO THE MEDICINAL CANNABIS AND CHRONIC PAIN GUIDELINE MEETING

The virtual National Faculty Meeting (NFM) held on Feb 25th, 2021, included both National Faculty members and those belonging to the guideline group for the next Medicinal Cannabis and Chronic Pain Guideline led by Dr. Jason Busse. Attendees were given an overview presentation by Dr. Busse on the focus of the new guideline and its development process

and were then put into breakout groups to help generate questions the guideline will address. Breakout groups were led by clinical experts and methodologists, and included patient partners and other key stakeholders, to facilitate discussion and document the questions generated.

## NEW MGD IPRC AND NPC RESOURCES!

We are excited to share two new resources we have created for your use:

- Inventory of Canadian Pain and Addiction Education Programs, Tools and Resources for Prescribers, and
- Listing of Canadian Pain Clinics

These resources will be updated on a monthly basis as new information becomes available.

To access these resources, please visit: <https://healthsci.mcmaster.ca/npc/resources>

**Documents**



[Click here to view Pain and Addiction Education Programs, Tools and Resources for Prescribers \(April 2021\)](#)



[Click here to view a listing of Canadian Pain Clinics \(April 2021\)](#)

## CONGRATULATIONS TO DR. JASON BUSSE!

MGD National Pain Centre Director Jason Busse is one of ten new Canada Research Chairs, a prestigious honour created to promote Canada's world class research and development. Dr. Jason Busse, associate professor in the Faculty of Health Sciences, is the new Canada Research Chair in Prevention & Management of Chronic Pain (Tier 2). His research focuses on the prevention and management of chronic pain, with particular attention on persistent post-surgical pain, opioids, medical cannabis, and Veterans.



## Upcoming IPRC & NPC Meeting Dates

### Canadian Pain Care Forum

October 1, 2021

Further details to be announced

### National Faculty Meeting

October 22, 2021

Further details to be announced

### IPRC Annual Symposium

November 6, 2021

Further details to be announced

## Recipients of the IPRC Awards for 2021

We would like to congratulate our awardees this year! The MGD IPRC supports annual pain fellowships, graduate studentships, and seed and catalyst grants to help advance knowledge that will allow us to better understand and treat chronic pain.

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

- (1) **Principal Investigator:** Harsha Shanthanna  
**Title:** Pilot Study of Association of BIOMarkers and Neuropathic Pain with Intercostobrachial Nerves Sparing in breast surgery to improve Persistent post-surgical pain-an International RandomizEd controlled trial (BIO-INSPIRE)
- (2) **Principal Investigator:** Fei Geng  
**Title:** Who is susceptible to developing CPSP? A high-throughput clinical proteomics-based approach for the prediction of susceptibility

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

**Principal Investigator:** Maura Marcucci  
**Title:** Persistent Post-surgical Pain, Postoperative Cognitive Dysfunction, and Resilience in older people undergoing elective knee surgery: a mixed method project to explore associations and underlying mechanisms.

### Graduate Studentship - \$20,000 per year

Nora Bakaa, PhD candidate

**Supervisor:** Luciana Macedo

**Title:** Prehabilitation Program for Lumbar Spinal Stenosis

### For more information visit:

<https://healthsci.mcmaster.ca/pain-institute/awards>