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Michael G. DeGroot
INSTITUTE FOR PAIN RESEARCH AND CARE



Michael G. DeGroot
NATIONAL PAIN CENTRE

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2023 ANNUAL RESEARCH DAY - MAY 2023

The Rock Garden Bistro, part of Hamilton's Royal Botanical Gardens, served as the new location for this year's IPRC Annual Research Day.

Held on May 17, attendees were welcomed by Dr. Gurmit Singh, who gave opening remarks and introduced speakers. Subjects ranged from statin-based muscular pain research to corticomuscular coherence brain-computer interface to treat chronic neck pain.

Other presentations included: treatment of chronic temporomandibular pain disorders: a clinical guideline; Opioid Reduction in Orthopedic Surgery (OREOS): A feasibility randomized controlled trial in total knee replacements; and a Systematic review on postoperative pain and neurocognitive outcomes after non-cardiac surgery.

In addition to showcasing incredible and interesting projects based at McMaster, Research Day was a wonderful example of interdepartmental collaboration and the way that pain presents in a multitude of illnesses and following many procedures.

Our next Research Day will take place in February 2024.



Members of the Michael G. DeGroot Institute for Pain Research & Care and the National Pain Centre at the Canadian Pain Society's Annual Scientific Meeting, in Banff, Alberta.

CANADIAN PAIN SOCIETY ANNUAL SCIENTIFIC MEETING - MAY 2023

"When you put on the uniform, that means everything. There is a sense of pride that comes with that," said retired Captain H el ene Le Scelleur, at the Canadian Pain Society's Annual Scientific Meeting, as she discussed military culture and the sense of family and identity that military service can often provide. A retired captain with the Canadian Military, H el ene was one of three speakers representing the Chronic Pain Centre of Excellence for Canadian Veterans (CoE) at a panel session. Past Chair of the CoE's Veterans Advisory Council and host of The Most Painful Podcast, Tom Hoppe, and Leo Rautins, former professional basketball player and Canadian broadcaster, rounded out the speakers.

Held at the Fairmont Banff Spring over three days in May, the meeting returned to an in-person format with an incredible turnout. The Institute for Pain Research & Care (IPRC) and National Pain Centre (NPC) had great representation, with several members presenting posters and the IPRC's own Dr. Norm Buckley co-leading a breakfast session with Therese Lane, a CPN patient partner, discussing the accomplishments of the Chronic Pain Network and its new iteration, which focuses on knowledge mobilization.



Dr. Shirin Modarresi discusses improving conservative management options for people with knee osteoarthritis.

CANADIAN PAIN CARE FORUM - JUNE 2023

Our virtual Canadian Pain Care Forum (CPCF) has seen great attendance since we retired our in-person format due to the pandemic. Our most recent session was held on June 2 and featured presentations about the Power Over Pain Portal and the Circa Pain Research Project.

Ottawa Hospital's Dr. Patricia Poulin provided an overview of the Power Over Pain Portal, explaining that the portal was developed as an online resource for adults and youth. Developers included youth and adults living with pain, researchers and healthcare providers with the aim of bringing virtual resources to people, across their lifespan, living with pain in Canada. Collaborators on the project include people with lived experience, researchers, clinicians and policy makers from coast to coast and includes contributions from organizations such as CIHR, Alberta Children's Hospital Research Institute, The Hospital for Sick Children, the Chronic Pain Network, Solutions for Kids in Pain, Rare Disease Foundation, Cassie & Friends, The ILC Foundation, Caring for Kids and Pain BC.

Also presenting was Dr. Nader Ghasemlou, of Queen's University and the Ghasemlou Lab, discussing the Circa Pain project. "There's a link between shift work and chronic pain," said Nader, as he discussed the project. The Circa Project seeks to explain why some people have pain that fluctuates, whereas others have constant levels of pain intensity. By learning more about how individual pain experiences differ between individuals, the project looks to provide more effectively management in the future.

The next CPCF will take place on: September 22, 2023.



Rachel Couban celebrates 10 years with the National Pain Centre. "The Faculty and Staff of the NPC have always been supportive," says Rachel.

RACHEL COUBAN - CELEBRATING 10 YEARS WITH THE NATIONAL PAIN CENTRE

"It feels great to have been with the National Pain Centre for 10 years," said Rachel Couban, who reached the milestone this year and was one of just over 100 individuals honoured at this year's "10 Years of Service Breakfast" Celebration, hosted by McMaster Human Resources.

During her time with the National Pain Centre, Rachel has been proud to qualify for the Medical Library Association Academy of Health Information Professionals (AHIP) and has enjoyed doing a year-long career growth opportunity with the Health Sciences Library.

"The Faculty and staff at the NPC have always been supportive," said Rachel, "and I am working with other health information professionals on campus to organize a new Knowledge Synthesis Community of Practice."

Prior to joining the NPC, Rachel worked at the Institute for Work & Health. It was the opportunity to support a variety of projects and to participate in the teaching and learning mission of a university that appealed to her when joining the NPC. "One of my favourite things about working at the NPC is the opportunity to support students," she said. "I'm particularly proud of our work on the Opioid Guideline which is getting ready to be renewed this year. It has been a pleasure working with the National Faculty and learning about the Guideline Development Process."

Thank you so much for all of your hard work and dedication, Rachel.

Power Over Pain Portal
Implementation at TOH Pain Clinic
(TOHAMO-Funded)

8 weeks of implementation

Orientation Sessions

- 45 Completed
- 9 Declined Orientation
- 7 Patients Not Reachable

Reasons to decline:

- Pat 1 Pain has improved
- Pat 4 No time
- Pat 2 Too unwell
- Pat 3 Language barrier

100% Interested in using the Portal

4 Week Follow-Up Sessions

- 40 Completed
- 4 Unreachable
- 1 Cancelled

100% Used the Portal

100% Would recommend others to use Portal while waiting for 1st pain clinic appointment

80% Planned to continue using the Portal

POWER OVER PAIN PORTAL

Interested in replicating in your clinic?
Contact: poweroverpain@ohri.ca

MEET IPRC GRAD STUDENTSHIP RECIPIENT NORA BAKAA

Nora Bakaa grew up in the small town of Leamington, Ontario before she moved to Hamilton to complete her undergraduate degree at McMaster University.

Growing up, Nora was drawn to art and reading. "I loved getting lost in the world of books, immersing myself in different stories, and learning about new ideas and perspectives," said Nora. While she still enjoys her childhood hobbies, she's now drawn to more outdoor activities. "There's something about being out in nature, surrounded by fresh air and beautiful scenery, that brings me a sense of peace and fulfillment."

Nora joined the IPRC in 2021, as the recipient of a graduate studentship. "One thing that really interested me about the IPRC program was their focus on building a community of leaders in evidence-based medicine," said Nora. "McMaster has a long-standing reputation for being at the forefront of evidence-based medicine, and their commitment to this approach is evident in their educational programs."

Pain research is an area that she has found especially fascinating because of the scope of its potential impact, as well as the collaboration it inspires. "It draws on a wide range of disciplines, including rehabilitation, psychology,



pharmacology, and clinical medicine, among many others."

Over the course of her research, Nora has found the process of developing and testing new rehabilitation interventions incredibly rewarding. "Through my work, I have been able to explore different approaches to pain management and develop innovative interventions that can help patients improve their quality of life."

Her tips for those considering a position with the IPRC? "Take advantage of the community that the institute provides and to focus on building your network. Working with an organization like this can provide many opportunities for collaboration, professional development, and knowledge sharing. To make the most of these opportunities, it is important to actively engage with the community and seek out opportunities to connect with others who share your interests and goals."

Upcoming Events

Chronic Pain Centre of Excellence for Canadian Veterans Funding Competition Deadline
August 28, 2023

For more information, visit:
<https://www.veteranschronicpain.ca/funding>
Or email: research@vcp-vdc.ca

17th Annual Pain Society of Alberta Conference

October 13-14, 2023

Taking place at The Westin Edmonton, this two-day conference will be full of meaningful, evidence-informed, up-to-date pain education topics.

To register or learn more, visit :
<https://t.co/KMYjsQIFnR>

Chronic Post-Surgical Pain Symposium
Saturday, November 11, 2023

For more information or to register, visit:
bit.ly/MacCPD-CPSP23

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

**2023 CHRONIC POST-SURGICAL
PAIN SYMPOSIUM**

**November 11, 2023
University Club, McMaster University**

Visit bit.ly/MacCPD-CPSP23
to learn more or to register.

TARGET AUDIENCE

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