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Michael G. DeGroot

INSTITUTE FOR PAIN RESEARCH AND CARE



Michael G. DeGroot
NATIONAL PAIN CENTRE



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Drs Tara Packham and Lisa Carlesso, of the IMPRinT Lab, discuss understanding movement to optimize rehabilitation for musculoskeletal disorders.

National Pain Awareness Week

is November 6 - 12, 2022

Help us spread the word.
#NPAW2022 #PrioritizePain



National Pain Awareness Week takes place the first full week of November each year. It is an opportunity to raise awareness for those living with pain.

2022 ANNUAL RESEARCH DAY

Humans are born with an innate need for physical touch, but what happens when that touch triggers physical pain? "A patient once told me, 'It's hard to maintain personal relationships when it hurts to be hugged,'" said Dr. Tara Packham, discussing the functional consequences of allodynia. Dr. Packham was just one presenter amongst many at the Michael G. DeGrootte National Pain Centre's Annual Research Day.

Returning with its in-person format, the Annual Research Day was held in an afternoon session, at the Royal Botanical Gardens in Burlington, Ontario. Coinciding with National Pain Awareness Week, the afternoon highlighted up-and-coming research and initiatives, across several disciplines, with the common theme of pain.

In addition to Dr. Packham, among the presenters were Dr. Parminder Raina, of the Canadian Longitudinal Study on Aging (CLSA), who discussed building a population-based platform for research on aging and the opportunities for pain research within CSLA; Dr. Fei Geng, who discussed who is susceptible to developing CPSP; Dr. Yong Fang Zhu and Peter Kan of McMaster's Singh Lab, who looked at computational analysis and modeling for neuropathic pain; Dr. PJ Devereaux, who provided an overview of the PVC-RAM-1 Trial and potential to improve post-hospital discharge pain after surgery; and Drs Tara Packham and Lisa Carlesso, providing an overview of the IMPRinT Lab.

The 2023 Michael G. DeGrootte Pain Research & Care Research Day will take place in Spring 2023, and planning is already underway.

NATIONAL PAIN AWARENESS WEEK

One in five Canadians lives with chronic pain. Our experience of pain is influenced by biological, psychological, spiritual, environmental and social factors. Untreated pain results in poor outcomes for individuals, families and communities. National Pain Awareness Week (NPAW) seeks to raise awareness about the challenges faced by those living with pain, including barriers they experience in accessing resources and treatments.

Since it began at the call of Senate in 2004, NPAW has continued to gain momentum. This year, the IPRC and NPC focused their NPAW initiatives on a social media campaign using Twitter. A series of graphics was created utilizing key findings from the May 2022 Canadian Pain Task Force report. Twitter was selected due to ease of use and the scope of its audience.

Our 12 posts, over the course of seven days, received nearly 7,000 impressions, 400 engagements and had an average engagement rate of 5.5%. Utilizing the hashtags #PrioritizePain and #NPAW2022, the IPRC and NPC were just a few organizations amongst many. PainCanada took the lead in organizing the initiative, reaching out to its many partners and collaborators and providing them with quick facts and graphics to share across their channels.

CANADIAN PAIN CARE FORUM - SEPTEMBER 2022

September's Canadian Pain Care Forum featured updates from PainCanada's Maria Hudspith and from JF Leroux of Health Canada, discussing the federal response to recommendations from the Canadian Pain Task Force.

"PainCanada is a national action network. It is a platform to bring diverse people together - individuals and organizations, but also different perspectives and interests," said Hudspith. Launched in May 2022, PainCanada is made up of people living with pain and pain organizations from across the country. It seeks to create new opportunities by connecting organizations and resources, as well as building capacity throughout Canada in order to work towards the common goal of dramatically improving systems of care and support for people with pain.

"It provides a springboard from which people all across Canada can advocate and organize around issues related to pain," explained Hudspith. "It really is a vehicle to move forward some of the bottom-up work outlined in the action plan."

The action plan, which JF Leroux outlined in his presentation, provided more than 150 recommendations on priority actions to ensure that people with pain are recognized and supported, and that pain is understood, prevented and effectively treated throughout Canada. You can learn more about the recommendations and view the full report on the Health Canada website.

The next Canadian Pain Care Forum will take place via Zoom on February 3rd, 2023.

MCMASTER UNIVERSITY'S DEPARTMENT OF ANESTHESIA TURNS 50 YEARS OLD

"I am very proud of two things in particular," said Dr. Norm Buckley, when reflecting on his 12 years as Chair of McMaster University's Department of Anesthesia. "One was the fact that we were able to introduce simulation based-learning, not just in anesthesia teaching but medical teaching in general, to the faculty at a time when there wasn't a lot of interest from leadership. The other thing I'm very proud of is our national leadership in pain research."

Dr. Buckley was one of three past Chairs to take part in a video retrospective, compiled by Dr. Anne Wong, celebrating the achievements of the Department over the last 50 years. Distinguished Visiting Professors Drs. Alexandra Harvey and Stephen Ttendo discussed outreach programs in Guyana and Uganda. "In 2000, there were only 10 anesthesiologists in Uganda," said Dr. Ttendo, Head of Anesthesia & Critical Care at Mbarara University, in Mbarara Uganda. The country now has close to 70 actively practicing anesthesiologists.

Other highlights from the day included sessions on the history and future of clinical practice and education in Hamilton, by Drs. Joel Hamstra and Phil Chan; critical care medicine, by Drs. Fred Baxter and John Hewson; 50 years of research in anesthesia, pain and critical care, by Dr. Jason Busse; competency by design in anesthesia, by Dr. Mike Parrish; equity, diversity and inclusion, with Dr. Saroo Sharda (who has since become the Inaugural Associate Dean of Equity and Inclusion in the Faculty of Health Sciences); and the history of Indigenous people and medicine in Canada, with Dr. Patricia Farrugia.

The day's festivities wrapped up with a gala event, held at LIUNA Station. It featured a performance by the Weston Silver Band and entertainment by the Debaters', hosted by CBC's Steve Patterson.



A national action network and platform for the gathering of diverse people, organizations, perspectives, and interests related to pain.

Pain Canada will work to improve the lives of those living with pain by connecting people, ideas, organizations, and resources from coast to coast.



MEET IPRC FELLOW CHERYL CHOW

"What I love about McMaster is the people," says Cheryl Chow, a fellow with the Michael G. DeGroote Institute for Pain Research and Care since 2019,

Born in Hong Kong, Cheryl's family moved to Toronto when she was 12 years old. "I had a lot of different interests growing up - from singing to ballet, to painting," but it was ultimately the sciences that captured her heart.

"I find pain such a fascinating topic because it's such a complex and multidimensional phenomenon, affecting so many," says Cheryl. Her fellowship stemmed from a collaboration between the Departments of Psychology and Anesthesia for her PhD project.

Together, they developed a research program aimed at reducing pediatric anxiety for children undergoing surgery, "While doing my research, it became apparent that the topic of postoperative pain remains under explored in the pediatric population. I decided to expand on my research to investigate the risk and protective factors predicting pediatric preoperative anxiety and postoperative pain," she explains.



Her IPRC fellowship has provided her the financial support to continue her research, as well as the opportunity to be mentored by experts in the field. "It is my goal to not only find ways to treat acute postoperative pain but to prevent or slow the progression of the development of chronic pain in children," she shares.

Her advice for those interested in a fellowship with the IPRC? "Keep pursuing your passion in research and feel free to reach out about your interests and potential research ideas! There are lots of opportunities to collaborate. This amazing opportunity has allowed me to pursue my passion in pediatric pain research. Through this research, I hope to continue to help more children and families in the future."

Upcoming IPRC & NPC Meeting Dates

Canadian Pain Care Forum

Friday, February 3, 2023

Be sure to register for the upcoming Canadian Pain Care Forum. There will be updates from Andrea Furlan on the ECHO project, as well as updates from Norm Buckley on the progress of CPN-KMIS.

2023 Institute for Pain Research & Care Research Day

Spring 2023

More details to come.

Chronic Post-Surgical Pain Symposium

Saturday, November 11, 2023

More details to come.

MICHAEL G. DEGROOTE
INSTITUTE FOR PAIN
RESEARCH & CARE

**2023 INSTITUTE FOR PAIN
RESEARCH & CARE
RESEARCH DAY**

Spring 2023
Stay tuned for more details.

TARGET AUDIENCE

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