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CHRONIC POST-SURGICAL PAIN SYMPOSIUM

"Opioid-related deaths in Canada have been increasing," said Dr. Jason Busse, discussing predictors of overdose following opioid prescription for Chronic Pain. "96% of opioid-related deaths from January to September 2020 were accidental." Jason identified the absolute risk of both fatal (1/1,000) and non-fatal (2/1,000) overdose after prescription for chronic pain, as well as risk factors that increase the risk of overdose.

In addition to Busse, the day's presenters included Dr. Kristin Schreiber, who joined us from the Department of Anesthesiology, Perioperative and Pain Medicine at Brigham and Women's Hospital/Harvard Medical School. Schreiber provided an overview of chronic post-surgical pain and how to measure it, considering a biopsychosocial model and patient phenotyping. She described preoperative tests to systematically define patient phenotyping and the potential it has to improve prediction of an individual's risk of chronic post-surgical pain.

Dr. Shirin Modarresi discussed informed movement for people with knee osteoarthritis. Modarresi looked at current gaps in treatment of knee osteoarthritis (OA) and an innovative management strategy.

Dr. Peter Emary looked at the Impact of Chiropractic Care on Opioid Use for Non-Cancer Spinal Pain, as well as understanding the collaborative role chiropractors can play in reducing opioid use.

Dr. Maram Khaled examined Pain and Postoperative Cognitive Dysfunction after Non-cardiac Surgery, looking at the different types of neurocognitive outcomes following surgery, potential mechanisms of the role of postoperative pain in neurocognitive events and exploring the methods and progress of the Co-TELE-SURGE study.

Our next Chronic Pain Symposium will take place in November 2024.



Dr. Jason Busse discusses opioid-related deaths in Canada while presenting about predictors of overdose following opioid prescription for chronic pain.

Atlantic Mentorship Network

Newfoundland & Labrador



David Flusk discusses the Atlantic Mentorship Network. The Network was conceived as a way to bring pain and addiction care from the ivory tower to the community.

CANADIAN PAIN CARE FORUM - SEPTEMBER 2023

Treating pain successfully often involves a multidisciplinary approach.

Clinical Associate Professor and PhD student Julie Masse and Professor and the Director of Occupational Therapy Program at University of Montreal, Dr. Joanne Higgins spoke at our September Canadian Pain Care Forum about the role of Occupational Therapists in pain management. "The Canadian Association of Occupational Therapy published a position statement in 2012 stating that OTs have the knowledge, skills and expertise to address pain management at the individual client level, as well as in the community and at the policy level," said Higgins.

OTs focus on enhancing the patients' abilities to take part in the activities of day-to-day life, implementing activity pacing personalized task adaptations, environmental modifications and therapeutic education.

Dr. David Flusk, Medical Director of the Atlantic Mentorship Network (AMN) for Pain Addictions in Newfoundland and Labrador, wrapped up the session with a presentation on the AMN's role in chronic pain, substance use and mental health care. Created in Nova Scotia before expanding through funds provided by a SUAP grant, the Network aims to address the Canadian Pain Task Force's goals by building capacity and improving access to care in the Maritime provinces. AMN focuses on interprofessional communities of practice, offering accredited continuing education activities, conferences, webinars and mentorship programs. Their membership includes nurse practitioners, physicians, physiotherapists and more.

NATIONAL PAIN AWARENESS WEEK 2023

National Pain Awareness Week is the first full week of November. This year, it spanned the 5th to the 11th. The national initiative, now led by Pain Canada, seeks to draw attention to the issues facing those living with chronic pain and the barriers to treatment many Canadians still encounter.

The campaign as a whole saw more than 7.6 million impressions on social media, with a reach of 2.2 million. More than 400 individuals and organizations helped spread the word by using the hashtags #NPAW2023 and #SNSD2023.

The Institute for Pain Research and Care (IPRC) and National Pain Centre (NPC) took part in the campaign by sharing promotional materials prepared and distributed by Pain Canada, in addition to creating original graphics and videos. One of this year's top performing posts was an informational video about the state of pain in Canada that received more than 1,100 views, 16 likes and eight re-tweets.

McMaster IPRC and NPC posts saw more than 3,000 impressions and 170 engagements.

Public Commentary

Draft versions of the guidelines will be posted for one month in order to gain insight from those wishing to provide feedback.

OPEN FOR COMMENTARY: REVISIONS TO 2017 OPIOID GUIDELINE AND CANNABIS GUIDELINE NOW POSTED PUBLICLY

The Michael G. DeGroote National Pain Centre has posted two draft recommendations for public commentary: the Canadian guideline on Cannabis for Medical Purposes and Chronic Cancer and Non-Cancer Pain, and an update of the 2017 Canadian guideline on Opioids for Chronic Non-Cancer Pain. The aim of these recommendations is to provide evidence-based guidance for healthcare providers, patients, caregivers and policymakers.

Draft recommendations will be posted for one month in order to gain input prior to finalization of the guidelines. Comments are welcome from anyone wishing to provide feedback, including health care professionals, researchers, policymakers, representatives of industry and insurance companies, people with lived experience, caregivers of people with lived experience and members of the public.

The guideline groups will review and consider all comments received during this period prior to finalizing the guideline.

We will accept comments via an online survey (link below) until 12pm ET February 29, 2024. The survey should take no more than 20 minutes to complete.

Canadian guideline on Cannabis for Medical Purposes and Chronic Cancer and Non-Cancer Pain (English):

<https://www.surveymonkey.com/r/DQLT6GL>

Canadian guideline on Cannabis for Medical Purposes and Chronic Cancer and Non-Cancer Pain (French):

<https://www.surveymonkey.com/r/263HLWN>

Revisions to the 2017 Canadian guideline on Opioids for Chronic Non-Cancer Pain (English):

<https://www.surveymonkey.com/r/96325BX>

Revisions to the 2017 Canadian guideline on Opioids for Chronic Non-Cancer Pain (French):

<https://www.surveymonkey.com/r/FTW5YY5>

Did you know?

20%
of Canadians

of people



The NPC created a video about chronic pain in Canada. The video received more than 1,000 views and more than 50 engagements.

MEET IPRC GRAD STUDENTSHIP RECIPIENT MARAM KHALED

Maram Khaled grew up in Alexandria - the second largest city in Egypt and the largest city on the Mediterranean coast. Growing up, she enjoyed reading, writing poetry, and playing tennis and volleyball. "I still enjoy reading," said Khaled. These days, she also finds herself playing squash and serving as a spectator while her children play basketball.

It was McMaster's reputation as one of the top-ranked institutions for research in Canada, and the world, that attracted Khaled to the university: "The IPRC, in particular, brings together a network of highly experienced researchers in the field of chronic and postsurgical pain." Khaled credits her IPRC studentship with providing the support necessary to conduct her doctoral thesis research, as well as the opportunity to interact with and present her work to world-class pain researchers. "It's really enriched my graduate experience and has motivated me to become a high-impact pain researcher."

As a pain clinician, Khaled had the opportunity to interact directly with acute and chronic pain patients. "I specifically felt the limitations of current pain management strategies and saw



the need for continued research to improve outcomes for pain patients through increasing efficacy and minimizing side effects by emphasizing the use of multimodal analgesia," she explained.

Her studentship with the IPRC has taught her that all research is valuable, even when research studies do not yield the findings we are expecting or looking for. "Every piece of information gained is important in clarifying misconceptions and eventually improving practice. I enjoy every part of my role as a researcher," said Khaled. "Especially during the design stages and study conceptualization," she added.

Her advice to students and trainees interested in working with the IPRC? "Keenly make use of every opportunity to learn from the IPRC network of researchers and to seek guidance whenever possible."

Upcoming Events

Canadian Pain Care Forum

February 16, 2024

For more information, visit:

<https://pain-institute.healthsci.mcmaster.ca/about-us/canadian-pain-care-forum/>

Or email: npc@mcmaster.ca

Save the Date:

Michael G. DeGroot Annual Research Day

April 24, 2024

Where: Gas Works

141 Park Street North
Hamilton, ON

Time: 11:30 am to 4 pm

For more information or to register, visit:

bit.ly/2024IPRCResearchDay

Canadian Pain Society Annual Scientific Meeting

April 27 - 30, 2024

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

To register or learn more, visit :

www.canadianpainsociety.ca/annualmeeting

AbSPORU's Collaborative Forum

May 23 - 24, 2024

Where: Calgary, AB

Registration: Coming Soon

MICHAEL G. DEGROOTE
INSTITUTE FOR PAIN
RESEARCH & CARE

2024 RESEARCH DAY

APRIL 24, 2024

The Gas Works

11:30 am to 4 pm

141 Park St. N., Hamilton

Visit pain-institute.healthsci.mcmaster.ca

TARGET AUDIENCE

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