

NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE



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A joint effort between three CPN committees, this webinar series is geared towards trainees and focuses on Patient Engagement.

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A message from the Scientific Director

Network updates from Dr. Norman Buckley



It is safe to say that life today is very different than how it was this time last year. Even the most simple of tasks, like going to the grocery store, can require a great deal of planning. An outing that previously would have taken half of an hour to complete

now, easily, takes twice as long and is exponentially more frustrating and leaves many feeling exhausted.

For those living with a chronic illness, this is nothing new. A simple outing has never been that simple at all and can often require factoring in added time to account for challenges caused by accessibility issues, the timing of medications and general levels of energy. These are issues that many have. With the added COVID-19 measures, these every day challenges have become even more daunting. Not only do those who are immunocompromised run a greater risk for contracting the illness itself, but there is also increased concern over access to medication and treatments that make managing their conditions tolerable.

Manon Choinière (Chronic Pain

Network Primary Applicant) and her team at the University of Montreal have just completed an online survey to help determine the impacts of COVID-19 on Canadians living with chronic pain. Meanwhile, Renée El-Gabalawy (Network Co-Applicant) is performing an online survey examining the risk and resilience to post-COVID-19 stress and growth. Jennifer Stinson (Network Primary Applicant) also has a study in the works to develop recommendations on best practices in virtual care (remote and online) using pediatric and adult COVID-19 surveys.

Chronic Pain Centre of Excellence for Canadian Veterans Officially Launches to Warm Reception

The venue changed dramatically, and there were no crowds! But the Chronic Pain Centre of Excellence for Canadian Veterans received a warm reception when its launch on May 14, 2020, was included in the nationally-televised COVID-19 daily briefing from the Prime Minister, Justin Trudeau.

More than 40% of Canadian Veterans suffer from chronic pain - double the rate of the civilian population. More than half of Veterans living with chronic pain have had their pain interfere with their work activities every month. Many Veterans living with chronic pain that the Centre has worked with have 20-30 years of life ahead of them, but their chronic pain hinders their potential to start new careers in their civilian life.

"This Centre will focus on national

research, training and education to provide veterans with the support they deserve," said the Prime Minister in his address. "No one, least of all those who have worn the maple leaf, should be without the care they need."

The Centre adheres to the principles of Patient Engagement in research, and will provide national leadership for research co-designed with veterans and their families. It will support the implementation of this research with a national network of clinics to help veterans and their families manage their pain and reconnect with life.

You can learn more about the Centre of Excellence by visiting:

www.veteranschronicpain.ca



Prime Minister Justin Trudeau announces the launch of the Chronic Pain Centre of Excellence for Canadian Veterans, on May 14, 2020.

Network Profile: Patients as Partners

Meet Therese Lane

It was ultimately a trip to the gym that led to Therese Lane becoming involved with the Chronic Pain Network, though you could say her life had been leading her towards a path of helping others for much longer.

Born and raised in Wales, UK, she graduated school as a registered nurse but decided to take a year off to travel, which ultimately brought her to Canada, in 1981, to work as a nanny. She settled in Toronto, became a mother to a beautiful little boy, and then made the choice to go back to school, when he was three, to complete her BSc in Nursing in order to be able to work as a nurse in Canada.

Life, however, does not always go according to plan. Having been diagnosed with Bipolar Disorder, Obsessive Compulsive Disorder and Childhood Arthritis at the age of 13, Therese experienced a period of depression that ultimately resulted in the need to leave nursing and have her parents take on the care of her son. The devastation of these losses caused her to further spiral into depression, and she ended up spending the next five years living on the street, resorting to the use of illegal drugs to mask her physical and emotional pain.

Later in life, her previous drug use would be a major obstacle in getting adequate treatment for her worsening conditions. "I was fortunate to finally find a doctor who validated me as a person, and didn't see me as a just former addict who wanted medication to take away my problems," said Therese.

She started on a Methadone pain regime and was introduced to mindful meditation and began exercising every day. Therese didn't just want pain relief, she wanted to live a productive life. For her, daily exercise and developing a



Therese Lane speaks at the Chronic Pain Networks 2019 Annual Meeting, in Toronto, Ontario.

routine helped her to do this. Through joining a gym, she met more people and began to try new approaches.

It was a trip to the gym that led to her meeting Jennifer Stinson, a Principal Applicant with the Chronic Pain Network, known internationally for her innovative work in child and adolescent pain research. A casual conversation saw Therese mention the challenges of living with chronic pain, and the rest is history. Jennifer's passion and inclusion of patients in her work drew Therese in and inspired her. She, too, wanted to contribute to a solution, which is how she found herself involved with the Chronic Pain Network.

"Since becoming involved with the Chronic Pain Network, I have met some of the greatest minds in pain research and some of the most dedicated and determined people living with pain," said Therese. And Therese knows a thing or two about great minds - she happens to be a member of MENSA. "Together, these groups are capable of achieving

any goal possible. I may be biased," she added, "but I think that the Chronic Pain Network is a major pioneer in Patient Engagement in research."

Therese sits on the Chronic Pain Network's Patient Engagement committee. "Being a part of the Chronic Pain Network has been a positive learning experience," she said. "I have gained confidence in myself and have been inspired beyond my imagination by the strength and conviction from the members of the Network."

"I think it's vital, going forward, that the work achieved so far continues to grow so that it can inspire more researchers and people with lived experience in pain to continue to step outside of their comfort zones," said Therese. "Researchers have the scientific expertise and 'patients' have expertise in lived experience. Pain research can only benefit when these two areas come together and share ideas."

New CPN Webinar Series & Launch of Patient Engagement Committee Page



The Patient Engagement committee during a brainstorming session at the Patient Engagement in-person meeting in Toronto, September 2019.

If you've visited the Chronic Pain Network's website recently, you may have noticed the new page dedicated to Patient Engagement and the work of the Network's Patient Engagement committee.

The committee's mandate is to ensure meaningful patient engagement within the Chronic Pain Network as well as contribute to knowledge translation on patient engagement to a multitude of external stakeholders. The new webpage features resources developed by the committee, as well as past webinars.

The committee's most recent initiative is an upcoming Patient Engagement, Training & Mentoring and Knowledge

Translation committees' joint webinar series entitled Patient EngagEment in Research (PEER).

The webinars, geared towards trainees, will address a multitude of subjects, including What is Patient Engagement and Patient Oriented Research - A Patient Perspective; Plain Language Summaries and Knowledge Translation; and An Introduction to Working with Indigenous Communities - just to name a few. The first webinar will take place in July and registration will be open shortly. Our goal is to record each webinar and make it available on the Chronic Pain Network website for convenient viewing.

Coming Events

Who: PainBC
What: Gentle Movement @ Home
When: Friday, June 19, 2020
Time: 4 PM ET
Where: Online

To register or learn more, visit: www.painbc.ca/gentle-movement-at-home

Who: Chronic Pain Network
What: Patient EngagEment in Research (PEER) Webinar Series
When: July 30, 2020
Time: 1 PM ET
Where: Online

The first PEER webinar will be An Introduction to Patient Engagement in Research, hosted and presented by CPN Patient Perspective Partners Janet Gunderson and Therese Lane. These webinars are geared towards trainees, but all are welcome to attend.

Visit: cpn-rdc.ca/PEER-Registration to register today.

Who: IASP
What: IASP World Congress
When: June 27 - July 1, 2021
Where: Amsterdam

For additional details visit: <https://www.iaspworldcongress.org/attend/registration-rates>

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