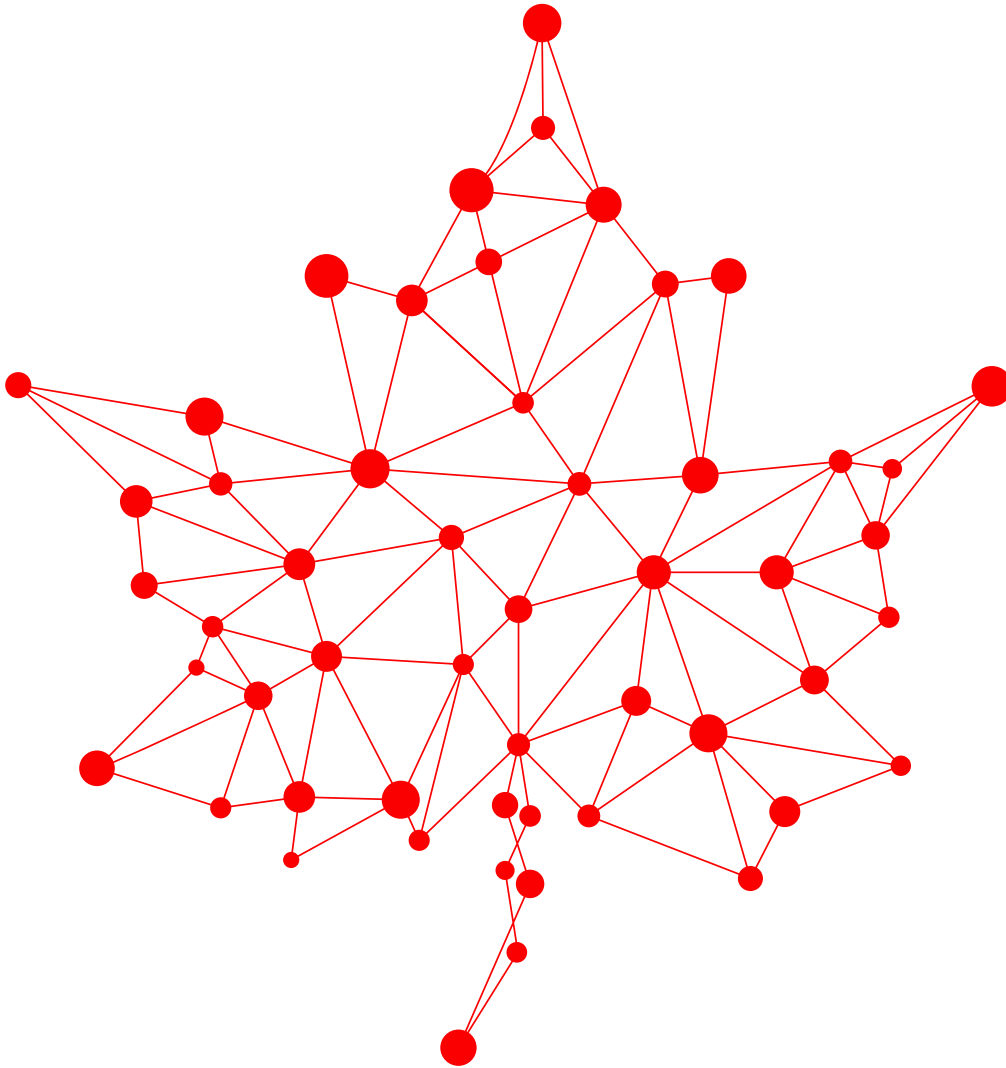


NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE



INSIDE

A Message from the Scientific Director

An update from
Dr. Norm Buckley

Page 2

Utilizing Social Media to Spread Awareness for Chronic Pain

National Pain Awareness Week Sees
Great Success

Page 2

New Study Explores How Time of Day Can Affect Chronic Pain

Learn about the Circa Pain Study

Page 3

Chronic Pain Network Final Annual Report Released

Read about report highlights and
where to find it

Page 4

Strategy for Patient-Oriented Research



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A message from the Scientific Director

Network updates from Dr. Norman Buckley



It was the Greek philosopher Heraclitus who said “change is the only constant in life.” A time of change is now upon the Chronic Pain Network. With the application for the SPOR Networks Knowledge Mobilization and Implementation Science grant now submitted, our focus is wrapping up the current Network activities and putting in place the components necessary to transition as seamlessly as possible into this next stage, should the

application be successful.

The next few months will see the departure of our Coordinating team, who have worked diligently over the last six years to ensure funds were disbursed to projects, payments made to patient perspective partners, contracts signed, reports submitted to CIHR, meetings planned and executed, among and other equally critical tasks. We wish them well in their future endeavours and express our sincere gratitude for the time and energy they put in to make the Network run smoothly, even in times of unprecedented challenges.

The vision for this next phase sees knowledge mobilization experts situated at partnering sites across Canada, working on the common mission to see the work of the Network to date turned into action-for patients and the public, educators, clinicians, organizations, researchers and at the policy level.

Our annual meeting is now just a week

away. The meeting will once again be hosted virtually and will feature discussions with representatives from the committees in the Network’s governance structure, updates from the recipients of the Network’s Knowledge Translation grants, as well as a panel discussion on innovations in Knowledge Translation in pain research.

The Network’s final annual report is also now available on our website (a link will be right here). The report gives a great overview of Network activities over the years, and we encourage you to take a look.

As this first embodiment of the Network comes to a close, we thank you all for your continued support over the years. This Network has seen an unparalleled level of collaboration amongst people with lived experience, researchers and healthcare professions. We hope the momentum gained will continue going forward.

Utilizing Social Media to Spread Awareness for Chronic Pain

National Pain Awareness Week Sees Great Success

November 7 to 13, 2021 was National Pain Awareness Week (NPAW) in Canada. The initiative began in 2004, led by the now disbanded Canadian Pain Coalition, and has seen a steady increase in reach since then.

With the guidance of PainBC, recent years have seen many new organizations taking part in this collaborative effort to spread the word about the challenges facing those living with chronic pain.

According to data gathered by the team at PainBC, this year’s campaign saw more than 2.3 million impressions, a reach of over 1 million people and 499 unique participants.

The Network’s own NPAW yielded record results as well, with 17.6K impressions on Twitter over the course of the campaign. The top performing social media post, a quick video about chronic pain in Canada, saw 10,959 impressions, 61 likes and 49 retweets. The same post received more than 6,000 impressions and 715 ThruPlays on Facebook during the campaign.

Participating organizations in NPAW were encouraged to use the hashtags #PrioritizePain and #NPAW



The CPN’s highest performing tweet was a video identifying key facts about the state of pain and pain research in Canada.

to amplify the message.

NPAW 2022 will take place November 6 to 12.

New Study Explores How Time of Day Can Affect Chronic Pain

A cross-Canada research team, funded by the Chronic Pain Network, has launched the CircaPain Study to learn why chronic pain might fluctuate throughout the day

Everyone feels pain differently, and most research studies have worked to understand where, why, and how it happens. However, there is surprisingly little data about when pain happens. Regardless of pain severity, some people experience constant pain while others experience pain that changes from day to day or fluctuates within the day. For example, some people may feel more pain in the morning than in the evening, while others have more pain in the winter than in summer.

A research team from Queen's University and the Université de Montréal are working together to find out how and why these patterns occur with the launch of the CircaPain Study. This new CPN-funded study is seeking help from Canadians living with chronic pain to better understand changes in their pain throughout the course of each day. Pain fluctuations, or lack thereof, could be related to the type of pain condition, sleep habits, or even where people live. For this study to be successful, the team needs as many people as possible to take part in the study.

The study's website, www.CircaPain.ca, provides a one-stop resource for people living with chronic pain to participate in the study and learn more about chronic pain research through the CircaPain Blog and interactive study dashboard, both of which were made possible with the CPN Knowledge Translation Award. The study is recruiting now and can be accessed via the study website. It consists of two parts: the first



You can learn more about the Circa Pain Study by visiting www.circapain.ca, or by following @CircaPain on Twitter.

is an online survey to understand study participants' pain experience and daily habits (e.g., sleep/wake, coffee intake, etc.). Travel history and geographic location will also help the team learn whether daylight hours might play a role in pain. In the second part of the study, participants complete a 7-day electronic diary that collects data on their pain, mood, and other factors at three time points per day (8am, 2pm, and 8pm). Once completed, the participants can be sent a digital copy of their diary data to help them and their health care team understand when and why they experienced changes in pain.

This project is co-led by Drs. Etienne Bisson, Nader Ghasemlou (Queen's University), and Manon Choinière (Université de Montréal), as well as CPN patient partners Mary Brachaniec, Jennifer Daly-Cyr, and Lesley Norris Singer. The team also includes Drs. Ian Gilron, Zihang Lu (Queen's) and Gabrielle Pagé (UdeM).

The CircaPain team hopes that the

data collected in this study will provide individuals with a better understanding of their own pain, and in the process shed new light on how day/night changes might contribute to chronic pain. "We have the potential here to change how we think about pain, and spur the development of new personalized treatments across pain conditions," said lead researcher, Nader Ghasemlou.

Chronic Pain Network Releases Final Annual Report

This month saw the release of the Chronic Pain Network's final annual report for its initial Strategy for Patient Oriented Research Network in Chronic Disease funding.

In addition to providing an overview of highlights from the Network's six years, the report includes committee activities, updates on the Registry Working Group and Clinical

Research Network, and spotlights the Network's social media activities and collaborations with other institutions.

The report can now be found on the Network's website and will be available shortly in French.

To view the annual report, please visit: bit.ly/2021CPNAnnualReport

Annual Meeting: Just Around the Corner

The Chronic Pain Network's final annual meeting is just around the corner. Taking place virtually, on February 23rd and 24th, the meeting's aim is to examine the accomplishments of the Network over the last six years and look at ways to further advance pain research and the role of patient engagement in Canada, especially in relation to knowledge mobilization.

The meeting will feature guest speakers from the Canadian Pain Task Force, the Canadian Institutes of Health Research, and people with lived experience, as well as updates from the recipients of the Network's Knowledge Translation grants. If you are interested in attending the annual meeting but have not received a registration invitation, please contact cpn@mcmaster.ca

Coming Events

Who: Chronic Pain Network
What: Annual Meeting
When: February 23 - 24, 2022
Where: Virtual

For additional details visit:
cpn-rdc.ca/

Who: Institute for Pain Research & Care
What: Post-Surgical Pain Symposium
When: April 9, 2022
Time: 8 am - 3 pm ET
Where: Hamilton, Ontario

To register, visit:
<https://chse.mcmaster.ca/events/event-details/2022/04/09/default-calendar/persistent-post-surgical-pain-2022>

Who: Canadian Pain Society
What: Annual Scientific Meeting
When: May 10 - 13, 2022
Where: Montreal, Quebec

For additional details visit:
canadianpainsociety.ca/

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