

# CPN

CHRONIC PAIN NETWORK

SEPTEMBER  
2021

# NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE

INSIDE



Strategy for Patient-Oriented Research

# SPOR

Putting Patients First 



**CIHR IRSC**  
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

**FOLLOW US ON SOCIAL**  
SEE NETWORK NEWS AS IT HAPPENS



@cpn\_rdc



@cpn.rdc

# A message from the Scientific Director

## Network updates from Dr. Norman Buckley



The world is a chaotic place; the last two years have certainly shown us that. With our country, and the world, in various states of re-opening, often quickly followed by the re-implementation of restrictions, we

have learned a lot about ourselves, our neighbours and humanity. We have also learned a lot about the gaps in our social services - whether it be education, support such as social housing, and healthcare.

Identifying gaps in healthcare related to pain and its treatment has been one of the areas of focus of the Chronic Pain Network over the last five years. In fact, the Strategy for Patient Oriented Research itself was created to involve people with lived experience in all aspects of research to ensure that the questions and results are relevant and that they are implemented appropriately.

The second phase of the SPOR chronic diseases initiative now presents us with an opportunity to focus on filling gaps in pain care, research, education and policy.

The call is for the mobilization of knowledge surrounding health research and the implementation into every day practice and policy.

The Network has already made some strides in this area through its work with the McMaster Health Forum, holding a deliberative dialogue in 2017 to lay the groundwork for the development of a national pain strategy. But this is only scratching the surface of what needs to be done to address the treatment of Chronic Pain in Canada.

With the opportunity to seek additional funding for CPN 2.0, going forward, our focus moves towards the implementation of results into action and disseminating knowledge to a wider population.

---

## Chronic Pain Network Principal Applicants and Co-Applicant recognized for outstanding contributions in their fields

In the last few months, three Chronic Pain Network members have been recognized for their outstanding contributions in their fields.

In May 2021, Joy MacDemid was awarded a Canadian Physiotherapy Association Centenary Medal of Distinction. The medals were created to mark the Association's 100th Anniversary and recognize individuals who have had an impact on physiotherapy from 1920 to 2020. They recognize leaders, role models, and innovators ranging from those who are making impactful contributions early in their career to those who have made decades worth of contribution.

June saw Jason Busse named as the new Canada Research Chair in

Prevention & Management of Chronic Pain (Tier 2). Jason's research focuses on the prevention and management of chronic pain, with particular attention on persistent post-surgical pain.

In July, Melanie Noel was named the first-ever recipient of the Killam Memorial Emerging Leader Chair, one of the most prestigious research chairs at the University of Calgary. The five-year chair was created to help accelerate the career and research of University of Calgary faculty members who have made outstanding contributions to their research field at an early stage of their career.

**Photos:** Joy MacDemid (top right), Jason Busse (middle right) and Melanie Noel (bottom right)



# New Social Media Campaign Highlights CPN Members

If you've been paying attention to the Chronic Pain Network's Twitter account over the last few weeks, you may have noticed the first few posts in our new "Have you met...?" social media campaign.

The aim of the campaign is to create greater awareness about the pain researchers and people with lived experience who are changing the landscape of pain research in Canada.

This series of animated GIFs introduce the public to researchers and patient perspective partners involved with the Network, providing a brief bio on each one of them, an overview of the research and other pain-related initiatives they're involved with and an explanation of why their work is important and the impact it will have. So far, the campaign has been well-



## Have you met... Mary?

### Who is Mary Brachaniec?

Mary is a former physiotherapist from New Brunswick who has served as a volunteer with The Arthritis Society, a Research Ambassador with the IMHA Knowledge Exchange Task Force and was an active Cochrane Consumer Network member.



Mary Brachaniec is the first patient perspective partner featured in the series. Stay tuned to the Network's Twitter account over the next several months to meet more Network researchers and patient perspective partners.

received, with our top tweet to date in the series receiving more than 3,000 earned impressions.

The campaign will run for the next several months, linking back to the Network's project pages to provide a

more complete overview of current research initiatives and progress made.

**Follow the Chronic Pain Network on Twitter at:** [twitter.com/cpn\\_rdc](https://twitter.com/cpn_rdc)

## Pain Education Interprofessional Resource (PEIR): Growing pain education in Canada and around the world

PEIR is a pain focused educational program developed with a strong focus on educational theories, enabling students to gradually build on knowledge and receive instant feedback on progress. The Chronic Pain Network Training and mentoring Committee provided financial support to expand the program for use in other countries. A pilot implementation was run at the University of Iceland, under the guidance of Dr. Sigridur Zoega.

The PEIR pilot was conducted in the beginning of 2021, in collaboration with faculty and postgraduate students at McMaster University and the University of Toronto.

Teaching in Iceland, at the undergraduate level, in most instances, is done in Icelandic. However, books and other reading materials are typically in English. Even so,

language still proved to be a barrier for some students, as they found some concepts complicated and hard to understand in English. Lack of fluency also meant many materials took longer for students to go through. Despite these challenges, students still expressed high satisfaction with the variety of teaching methods.

An application to the University of Iceland Academic Affairs Fund for a grant of one million Icelandic krona (approx. \$9,815 CAD) was awarded on March 3rd, 2021.

Sigridur Zoega and Brynja Ingadottir, in the Faculty of Nursing, will lead the project, in collaboration with faculty and staff at the University of Toronto and McMaster University in Canada. Emphasis will be placed on working across faculties within the School of Health Sciences and including teachers



Sigridur Zoega is an Associate Professor with the School of Health Sciences, Faculty of Nursing at the University of Iceland. With a research and teaching focus on pain management

from outside of the nursing faculty. The study is planned to take place in the beginning of 2022. Results will be presented in conferences and peer-reviewed journals.

# The Chronic Pain Network: Version 2.0

On July 22, 2021, the Canadian Institutes of Health Research made a pre-announcement regarding the next phase of the Strategy for Patient Oriented Research - Knowledge Mobilization and Implementation Science grants available to the five networks in Chronic Disease funded in 2016.

Phase one of SPOR initiatives focused on capacity development in patient-oriented research, knowledge generation and early impacts on knowledge mobilization, practice change and public policy.

According to the announcement, "the aim of this funding opportunity is to mobilize and apply the knowledge generated in Phase 1 to improve healthcare systems and practices, to conduct research with a focus on implementation science, to support patient-oriented research capacity building and partnerships, and, ultimately, contribute to equitable health outcomes."

The maximum CIHR contribution per grant is \$3,750,000 over four years. Applicants

must secure partner contributions from non-federal sources to match the total CIHR contribution at a minimum of a 1:1 ratio.

Dawn Richards, who was the project coordinator for the initial CPN application and provided support to the PE Committee throughout CPN version 1, has been engaged once again to assist in building the application for this next iteration of the CPN. At the same time, following the recommendations of the Canadian Pain Task Force, we are also preparing submissions for the CPTF Secretariat outlining a future for the legacy structures of the CPN including the network infrastructure itself, the Clinical Research Network, the Registry (adult and pediatric) projects, the biomarker initiative, as well as a mechanism for enhancing the activities of the Patient Engagement Committee and people with lived experience in pain related policy, education and care. With a clear call on the table, the Executive and Steering Committees are now setting out the workplans.

## Coming Events

**Who:** Pain Society of Alberta  
**What:** World Pain Summit  
**When:** October 15-17, 2021  
**Where:** Online

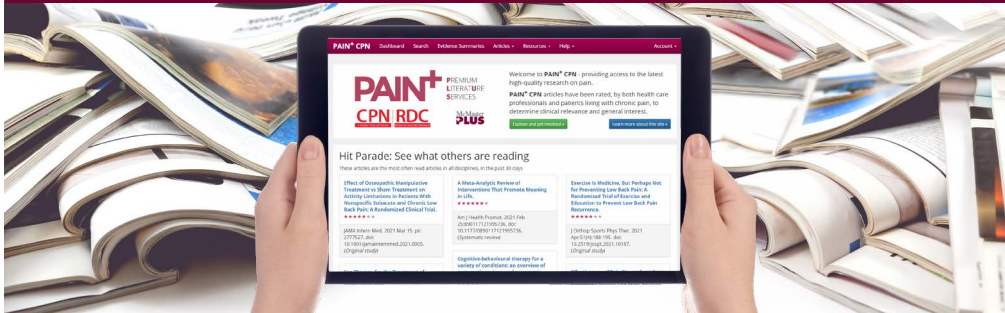
The Pain Society of Alberta invites you to share and learn a wealth of knowledge and become inspired to effectuate change for those living with pain.

To register today, visit:  
<https://www.painab.ca/wps21>

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

For additional details visit:  
[canadianpainsociety.ca/](http://canadianpainsociety.ca/)

## HUNDREDS OF JOURNALS AT YOUR FINGERTIPS.



Simultaneously search all of your favourite texts and PLUS for current best evidence – **fast, convenient and reliable!**

Choose your areas of interest to help tailor what articles you receive.

**PAIN+CPN**  
PREMIUM LITERATURE SERVICES

Register online at [painpluscpn.ca](http://painpluscpn.ca) to search and receive your personalized email alerts.

## Chronic Pain Network National Coordinating Centre Contacts

**Dr. Norman Buckley**  
Scientific Director  
905-525-9140, Ext 22413  
[buckleyn@mcmaster.ca](mailto:buckleyn@mcmaster.ca)

**Kimberly Begley**  
Managing Director  
905-525-9140, Ext 22959  
[begley@mcmaster.ca](mailto:begley@mcmaster.ca)

**Megan Groves**  
Communications Coordinator  
905-525-9140, Ext 27724  
[grovem2@mcmaster.ca](mailto:grovem2@mcmaster.ca)

**Donna Marfisi**  
Administrative Assistant  
905-525-9140, Ext 27359  
[marfisi@mcmaster.ca](mailto:marfisi@mcmaster.ca)

**Mailing Address**  
MDCL-2101, McMaster University,  
1280 Main Street West,  
Hamilton, Ontario L8S 4K1

Email: [cpn@mcmaster.ca](mailto:cpn@mcmaster.ca)  
Website: [cpn-rdc.ca](http://cpn-rdc.ca)