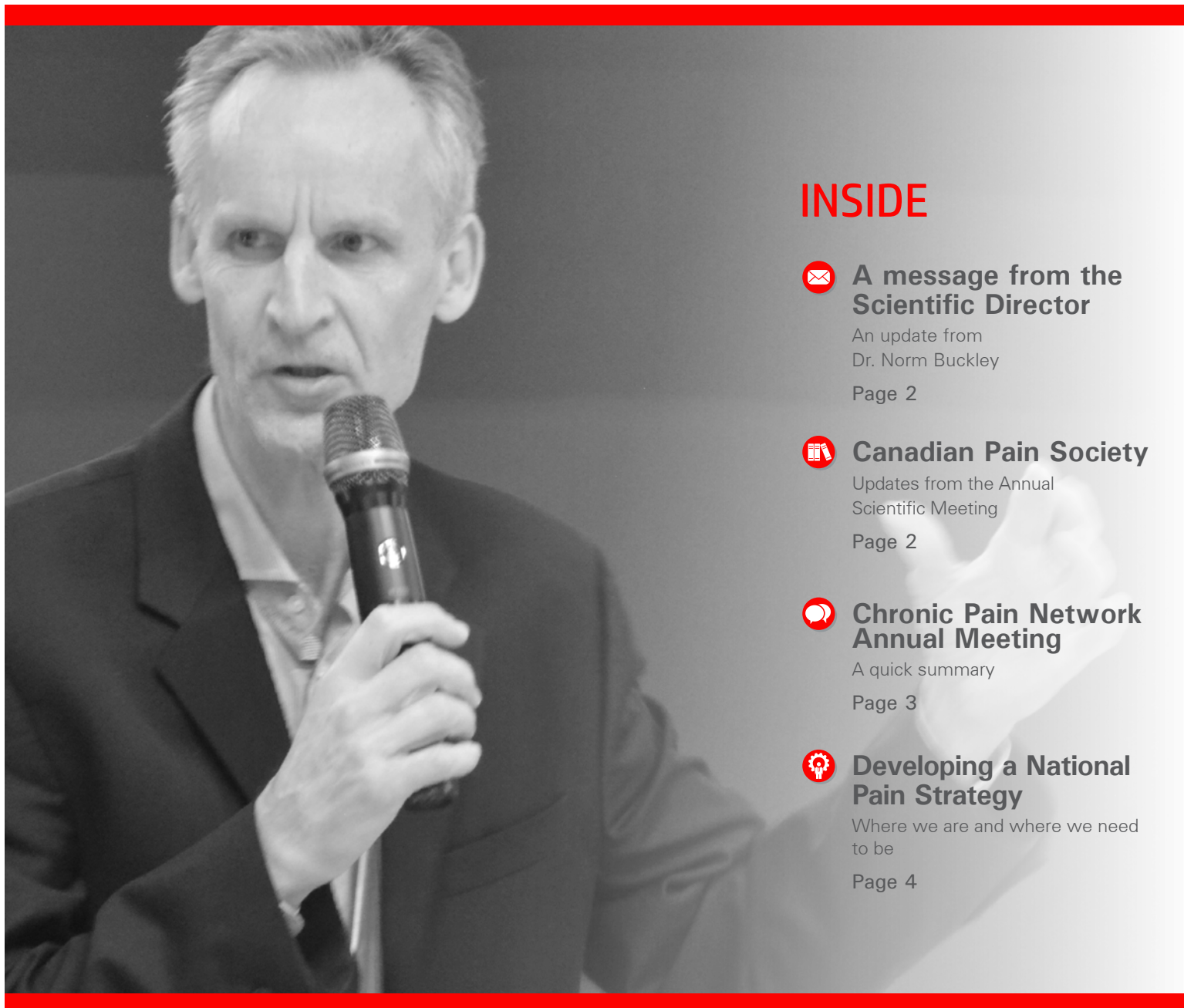


NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE



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A message from the Scientific Director

Network updates from Dr. Norman Buckley



It was a busy spring. In April, the Network held its second Annual Meeting, in Hamilton, Ontario (more detail below). In particular we were pleased that CIHR was represented once again, by Dr Karim Khan, newly appointed as Director of the Institute for Musculoskeletal Health and Arthritis. In May, at the Canadian Pain Society's Annual Scientific Meeting in Montreal, Québec there were posters, Symposia and a trainee event arising from the activities of the Network, and discussions have begun about how to integrate the CPN-CPS Annual meetings. Finally, in June we completed the reporting required by CIHR for Year Two of the Strategy for Patient Oriented Research (SPOR) grant.

As the third year begins we are beginning to see new ideas arise from the Network and the influence of the Network brought to bear

on the strategy towards a Canadian Pain Strategy.

Recall that in 2012, the CPS led by Mary Lynch and John Clarke had presented its Pain Strategy at Parliament Hill. It was not widely supported, at the time, but over the ensuing years the importance of pain has been more recognized in such areas as the response to the Opioid Crisis. From the Canadian Centre on Substance Abuse and Addiction 'First Do No Harm' Strategy, a group called the Canadian Pain Care Forum (CPCF) has grown to bring together on a minimal budget a growing cast of individuals and organizations with a common interest in establishing a Canadian Pain Strategy. In December of 2017, the CPN along with the CPCF hosted a deliberative dialogue held at McMaster University through the McMaster Health Forum. (Similar Dialogues were key in framing some of the issues which supported the need for the CPN) Patient pain perspective partners from the Chronic Pain Network, as well as patient advocacy groups, joined in the discussion along with representation from the CCSA, the Neighbourhood Pharmacy Association of Canada, the Assembly of First Nations, and the Mental Health Commission of Canada, to name a few.

At the dialogue, five key features of the problem were identified, and four next

steps were agreed upon. A summary of key points from the day, as well as a series of tools created as a result of the dialogue, can be accessed here, via the McMaster Health Forum. At the time of this newsletter, a presentation has been made at Health Canada to initiate discussion towards the strategy within the Federal bureaucracy.

In addition to progress on a National Pain Strategy, we are preparing for a SPOR Summit, to be held this November in Ottawa. The summit will include representatives from all five networks in chronic disease, the provincial SPOR SUPPORT units, recipients of SPOR collaboration grants, as well as other key stakeholders. In the coming weeks, we will be submitting abstracts for both posters and panel presentations for relevant CPN initiatives.

At the CPN Annual meeting we became aware that a number of researchers are tracking varying biomarkers associated with pain conditions. We have decided to host a Canadian Conference on Biomarkers in Pain Research, tentatively scheduled for the late fall. If you have an interest and are engaged in this research please be sure to let us know, we are working to create the invitation list and plan the meeting. Our aim is to create support for establishment of a biobank to support Canadian pain research.

Canadian Pain Society Annual Scientific Meeting

With seven posters on display and 17 panel presentations featuring Network members, the Chronic Pain Network had a strong presence this year, in Montreal, at the Canadian Pain Society's Annual Scientific meeting.

Topics ranged from fibromyalgia to the development of a national pain strategy, but perhaps the most interesting session, for those involved with the SPOR initiative at least, was Thomas Hadjistavropoulos, Mary Brachaniec and Jennifer Stinson's talk: "Doing What Needs to be Done: Moving

Research into Non-Traditional Areas in Order to Achieve Effective, Wide Spread and Irreversible Change in Pain Care."

The panel reflected on the shifting role of patients, and other stakeholders, in patient oriented research, and how diversifying and incorporating different stakeholders can provide new insights and help with the implementation of widespread and permanent clinical change.

Both Dr. Hadjistavropoulos and Mary discussed her involvement in his CPN-funded project, Pain in Older Adults, and the impact

it has had on his research, while Dr. Stinson discussed moving outside of one's comfort zone to create innovating and exciting ways to engage patients.

The CPS trainee session, supported by the CPN's Training & Mentoring committee, was well attended and featured talks by CPN patient perspective partner Karen Smith, as well as CPN Principal Applicant Dr. Karen Davis.

To learn more about the Canadian Pain Society's Annual Scientific Meeting, visit canadianpainsociety.ca

Chronic Pain Network Annual Meeting:

A brief summary



Patient Perspective Partner Curtis May and Primary Investigator Dave Walton, at the Chronic Pain Network's 2018 Annual Meeting, discuss their experiences working together to enhance patient engagement on a Network project.

Patient involvement in choosing the course of their own treatment is still a relatively new concept in medicine. This was one of the many points that Dr. Karim Khan, Scientific Director of the Institute for Musculoskeletal Health and Arthritis at the Canadian Institutes for Health Research (CIHR), touched upon during his keynote address at the Chronic Pain Network's (CPN) Annual Meeting, held this past April in Hamilton, Ontario.

Though the Annual Meeting technically started on Tuesday, April 24, many Network members arrived a day earlier in order to participate in face-to-face Network committee meetings.

The day began with John R. Sylliboy, National Community Engagement & Research Coordinator on the Aboriginal Children's Hurt & Healing Initiative (ACHH) and member of CPN's Indigenous Health Research Advisory committee, leading attendees in an acknowledgment of the land on which we gathered.

After a quick introduction from CPN Scientific Director, Norm Buckley, Dr. Khan gave an overview of CIHR, its different Institutes and recent changes, the future of the SPOR initiative, and the shift in attitude in terms of recognizing chronic pain as a disease on its own.

A well-received addition to this year's agenda was the Project Blitz session. The session saw primary investigators and project coordinators giving a quick overview of their research projects. Presenters were asked to give a three-minute presentation using one slide, with two minutes for questions at the end. Nine projects were presented in all: the CADENCE project, Pain in Older Adults, the ACHH Initiative, the SYMBIOME project, the Circadian Control of Chronic Pain, Proteomic Analysis of Chronic Pain to Identify New Therapeutic Targets and Biomarkers, the Role of Parent Mental Health in Pediatric Chronic Pain, Cancer-Induced Pain Biomarkers and Strategic Approaches to Personalized Diagnosis and Treatment in Chronic Pain.

The meeting also featured Patient Engagement components on the agenda. The session saw researchers, clinicians and patient perspective partners converging in order to work on a series of case studies, surrounding strategizing ways to meaningfully integrate patients in each step of the research process. In working together, participants were able to approach the scenarios presented from diverse perspectives, utilizing their own unique perspective, as well as those of their group members, in coming up with solutions to the issues being addressed.

The meeting concluded with updates on Network initiatives, such as the Clinical Research Network (CRN), National Registry, National Biobank, Integrated Knowledge Translation, and the activities of the Indigenous Health Research Advisory and Training & Mentoring committees.

A meeting for members of the CRN was held on April 25. Presentations were made by leads of current CRN projects and specialized training was provided for CRN site coordinators.

Miss the Annual Meeting?

Check it out Online!

Video of recorded sessions will be available on the Network's website (cpn-rdc.ca) in the coming months. While you're there, you can also view past Network webinars, read through current and archived newsletters and learn about Network projects.

cpn-rdc.ca

Developing a National Pain Strategy:

Where we are and where we need to be



Patient Perspective Partner Billie Jo Bogden shares her story with attendees at the Canadian Pain Society's Annual Scientific Meeting, held in Montreal in May 2018.

"Chronic pain is not well understood by physicians, patients or the public," said Dr. Owen Williamson at the Canadian Pain Society's Annual Scientific Meeting during a symposium on developing a National Pain Strategy.

Moderated by CPN Scientific Director, Norm Buckley, the session began with the emotional retelling of CPN patient perspective partner Billie Jo Bogden's journey through pain and the obstacles she encountered each step of the way, from simply getting an appointment to see a specialist to living with the stigma associated with taking opioids as a course of treatment.

Providing highlights on the history of pain management and a Canadian Pain Strategy was Dr. Mary Lynch. From the work of Drs John Bonica and Ronald Melzack to the movement to view the treatment of pain as a human right, Dr. Lynch's overview provided a look at the history of

pain management on both a national and international scale.

The panel concluded with a talk by Dr. Owen Williamson on work towards the development of a pain strategy in Canada, using key lessons learned from other countries - Australia in particular. He also drew on other successful Canadian Strategies such as the Partnership Against Cancer and the Mental Health Strategy.

Dr. Williamson identified key tasks that must first be accomplished before a national strategy can be successfully implemented. One such task was bringing those with a vested interest into the conversation.

"One of the things I've learned from many years of working with patient advocates," said Dr. Williamson, "is that the best ideas come from patient advocates." Well said, Dr. Williamson.

Coming Events

Who: Pain BC & Work Wellness and Disability Prevention Institute
What: Factors Affecting Return to Work After Injury or Illness webinar
When: August 9, 2018
Visit PainBC.ca for details.

Who: Work Wellness and Disability Prevention Institute
What: Work Experiences and Adaptations Made by Employees with Arthritis webinar
When: August 15, 2018, 2 p.m. EST
Visit www.wwdpi.org for details.

Who: European Society of Regional Anaesthesia & Pain Therapy
What: 37th Annual ESRA Congress
When: September 12-15, 2018
Where: Dublin, Ireland

An opportunity to join experts from around the world in Dublin to discuss all aspects of regional anaesthesia and pain therapy under one roof, offering courses, workshops, lectures and networking opportunities.
Visit esraeurope.org for details.

Chronic Pain Network

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