



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Taccardi, D., Gowdy, H.G.M., Singer, L., Daly-Cyr, J., Zacharias, A.M., Lu, Z., Choinière, M., Pagé, M.G., Ghasemlou, N. **Longitudinal multisite study of the chronobiological control of chronic pain: the CircaHealth CircaPain study protocol.** *BMJ open*, 14(6), e086801. <https://bmjopen.bmj.com/content/14/6/e086801>

## Key insights from the study:

- **Understanding Pain Patterns:** The study explores how pain levels can change throughout the day and night, influenced by the body's internal clock. This knowledge could lead to customized pain management plans that align better with each person's daily pain patterns.
- **Holistic Approach to Pain:** This research considers not just the physical aspects of pain but also how individuals' feelings and social environments can affect their pain experiences. This complete view helps to understand the various factors that contribute to changes in pain.
- **Advanced Data Gathering:** Through the use of online surveys and real-time data tracking, and biomarker assessment, the study will gather detailed information on how people experience pain throughout their day and its associated immune response. This approach allows researchers to collect information right when experiences happen, providing a clearer picture of pain dynamics.



**Full Protocol Link:** <https://bmjopen.bmj.com/content/14/6/e086801.long>

## What happened?

Participants across Canada will complete a series of assessments including baseline questionnaires and a 10-day electronic diary three times over a year to monitor changes in pain intensity, mood, sleep, and fatigue. Additionally, blood samples will be collected from some participants to identify molecular patterns related to pain rhythmicity.

## Why is it important?

Understanding the circadian patterns of pain can lead to breakthroughs in how chronic pain is managed on an individual basis. This research could potentially identify new, non-pharmacological methods and personalized treatment plans based on the biological clock of patients.

## What now?

As the study progresses, findings will be disseminated through scientific journals, conferences, and webinars, aiming to influence future chronic pain management protocols and policy. Continuous engagement with the community and direct data sharing with participants will enhance the translational impact of the research.

**Learn more at** <https://circapain.ca/>



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