THE CALGARY PAIN CONFERENCE
25th Annual Conference - Looking Back and Moving Forward

Thursday–Friday, December 3–4, 2015
MacEwan Centre, University of Calgary, 2500 University Drive NW, Calgary, AB

COURSE OVERVIEW
The content of this conference covers advances in pain research and treatment, the prevention and management of acute and chronic pain and provides an overview of available programs and resources in Calgary. It will be of interest to all healthcare providers including physicians, nurses, pharmacists, physical therapists, occupational therapists, psychologists and social workers.

COURSE OBJECTIVES
The intent of the conference is for learners to:
- employ knowledge and skills for prevention and management of acute and chronic pain
- identify programs and services available for treatment of acute and chronic pain in Calgary
- describe knowledge of advances in pain research and emerging strategies for pain management

WHO SHOULD ATTEND
All healthcare providers including physicians, physician's assistants, nurse practitioners, registered nurses, licensed practical nurses, pharmacists, physical therapists, occupational therapists, psychologists, social workers, nutritionists, kinesiologists, pain researchers and students

CREDITS
MAINPRO-M1 – 11.5 credits (Thursday 6.0, Friday 5.5)
MOC Section 1 – 11.5 credits (Thursday 6.0, Friday 5.5)

REGISTRANT ON-LINE
cmeregistration.ucalgary.ca

PAPERLESS CONFERENCE
Access to handouts will be available prior to conference

ON-SITE REGISTRATION
Based on availability, is not guaranteed and a surcharge may be applied

Check the website for any program updates cumming.ucalgary.ca/cme/courses

ACCOMMODATION
Registrants must make their own accommodation arrangements.
We recommend:
Hotel Alma
169 University Gate NW
Calgary, AB T2N 1N4
Phone 403.220.2588
Toll Free 1.877.498.3203
Email stay@hotelalma.ca
hotelalma.ca
To obtain a University rate, please indicate the promotion code CAUBO and show your CME&PD course confirmation/receipt upon arrival.

cumming.ucalgary.ca/cme
Thursday, December 3

0800 Welcome
- Janice Rae

0810 Tribute / 25th Anniversary of The Calgary Pain Conference – Looking Back and Moving Forward
- Paul Taenzer

0845 **KEYNOTE 1**
Using Pain Self-Management in Prevention of Disability
- Michael Nicholas
  - summarize the concept of pain self-management
  - summarize the current evidence for the use of pain self-management strategies in preventing disability
  - identify the skills required by health professionals to teach pain self-management strategies to patients

0930 Break

1000 **KEYNOTE 2**
Role of Physiatry in Chronic Pain Management
- Evan Kwong
  - apply concepts from a Physiatrist’s medical approach to chronic pain
  - summarize the evidence for exercise in the prevention and treatment of chronic pain

1045 **KEYNOTE 3**
Rapid Hypnotic Techniques for Potentially Painful Procedures
- Elvira Lang
  - gain greater awareness of verbiage and behaviours common in everyday healthcare encounters that increase patients’ pain and anxiety
  - recognize the time sequence and dynamics of the pain experience during medical procedures
  - recognize with techniques of rapid rapport, relaxation and reframing to improve patient outcomes and satisfaction

1130 Lunch

1230 WORKSHOPS 1-4 (continue at 1430)

1400 Break

1430 WORKSHOPS 1-4 (continue from 1230)

1600 Adjournment

Friday, December 4

0830 Welcome
- Janice Rae

0845 **KEYNOTE 4**
The Year in Review: Advances in Pain Management for 2015
- John Pereira
  - review the year’s scientific advances in the treatment of acute pain
  - review the year’s scientific advances in the treatment of chronic, non-cancer pain (CNCP)
  - recognize the effects of sleep disruption on mood within a pain context

0930 Break

1000 **KEYNOTE 5**
An Introduction to the Integrated Systems Model for Assessment and Treatment of Complex Patients with Pelvic Girdle Pain
- Diane Lee
  - describe the “Integrated Systems Model” for assessment and treatment of complex patients with pelvic girdle pain
  - discuss how the Integrated Systems Model can help clinicians organize their knowledge and facilitate evidence-based (or informed) management of the – often complex – patient with pelvic pain and dysfunction

1045 **KEYNOTE 6**
Extension for Community Healthcare Outcomes (ECHO) Ontario – Chronic Pain and Opioid Stewardship
- Andrea Furlan, Paul Taenzer
  - discuss the core principles and strategies through which the ECHO model builds communities of practice to support primary care clinicians to provide specialist level care in their communities
  - cite the data supporting the effectiveness of the ECHO model for enhancing patient outcomes as well as provider engagement and satisfaction

1130 Lunch

1230 WORKSHOPS 5-8 (continue at 1430)

1400 Break

1430 WORKSHOPS 5-8 (continue from 1230)

1600 Adjournment

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL
1A Practical Hypnosis: Bodily Responses to Shifting Attention and Focus with Patients
   - Joel Roos
   • identify evidence-based use of hypnosis for treatment of pain and chronic pain
   • identify phenomenological-based patient responses to hypnosis through clinical observation
   • recognize the sequence and structure for the design of a hypnotic intervention for pain

1B Practical Hypnosis: Rapid Hypnotic Techniques for Potentially Painful Procedures
   - Elvira Lang
   • describe the basics of procedure hypnosis
   • recognize and experience rapid report as prerequisite for successful rapid interventions
   • discuss the use of scripts for acute pain management

1C Practical Hypnosis: Imagination and Language – The Power of Imagery and Words to Help Children Cope
   - Torie Carlson
   • employ practical ideas on how to work with children in pain to make the interventions meaningful and helpful
   • recognize the importance of language and activating imagination in working with children, adolescents and their parents including discussions to instill hope, create positive expectancy and utilize trance

2 Challenging Conversations Around Opioid Prescribing for Patients with Chronic Non-Cancer Pain and an Introduction to the Canadian Opioid Guideline and the Opioid Manager
   - Andrea Furlan
   • acquire knowledge and skills to communicate effectively with patients with chronic pain on opioids
   • comprehend and have an approach to using the Opioid Manager effectively in your practice
   • practice goal setting, communication skills in challenging conversations, setting limits and assertiveness

3 Pelvic Instability – What is It and Can We Diagnose It?
   - Diane Lee
   • summarize current clinical knowledge/expertise pertaining to pelvic instability
   • differentiate between two common system impairments (articular and neural) that can potentially create unstable conditions

4 Low Back Pain Update: To the Guidelines and Beyond
   - Ted Findlay, Paul Taenzer, Eileen Patterson
   • recognize the important clinical recommendations summarized in the TOP Alberta “Guideline for the Evidence Informed Primary Care Management of Low Back Pain” and online resources
   • cite the important changes and updates in the new release as compared to the 2011 update
   • review the implementation of Choosing Wisely recommendations, tools and resources relevant to the management of low back pain
   • identify some interesting new studies that were published after the TOP guideline literature review date

5 Mindfulness Meditation for Stress Relief
   - Phil Blustein
   • discuss what mindfulness is and how to do it
   • review the science of meditation
   • learn and use breathing, meditation and mindfulness for stress relief
     - practice the ABCDE of Breathing
     - practice how to meditate
   • recognize how meditation “DOES YOU”

6 Adapting Pain Self-Management
   - Michael Nicholas
   • identify several key skills for teaching pain self-management to patients
   • perform and explain to a patient a basic case formulation
   • assist a patient identify their pain management goals and to pace their steps towards these goals
   • assist a patient manage a pain flare-up using self-management skills

7A Optimizing Care for Senior’s Chronic Pain
   - David Hogan
   • describe the importance of age-associated changes to the presentation and management of chronic non-malignant pain
   • describe an approach to the assessment of chronic non-malignant pain in an older person
   • describe the importance of a multidisciplinary team approach to the management of chronic non-malignant pain
   • describe the use of opioids in the management of severe chronic non-malignant pain in an older person

7B Addressing Pain in the Presence of Dementia
   - Mollie Cole
   • assess patients for pain in the presence of dementia
   • discuss how pain is missed
   • describe the impact of missing the pain – what happens to geriatric patients with dementia who have undiagnosed pain? ... the answer is not nice
   • describe the Antipsychotic Dementia project and the learnings/implications

8A HealthChange® Methodology
   - Kathryn Coutts
   • recognize the benefits of embedding a systematic approach to behaviour change support into their practice, in order to enhance the client’s self-management of pain
   • state the key elements of the HealthChange® Behavior Change Pathway, and it’s relevance to their work with pain
   • analyze where a client is located on that Pathway, using the RICk Principle and related skills

8B PANEL – Approaches to Facilitating Behaviour Change: Perspectives from the Community
   MODERATOR – Kathryn Coutts
   - June Bergman, Shannon Beavis, Rita Wall, Evan Kwong, Diane Roylance, Colleen Miller
   • apply principles of behaviour change in several pain patient case studies (each from the perspective of a different multidisciplinary team member)
KEYNOTE SPEAKERS

Michael Nicholas MAPS
KEYNOTE 1: Using Pain Self-Management in Prevention of Disability
Professor Michael Nicholas is a clinical psychologist and the Director of Pain Education and Pain Management Programs at the Pain Management and Research Centre, University of Sydney and Royal North Shore Hospital in Sydney, Australia. He has an interest in disability prevention through pain self-management.

Evan Kwong MD FRCPC
KEYNOTE 2: Role of Physiatry in Chronic Pain Management
Evan Kwong is a consultant in Physical Medicine and Rehabilitation at Providence Health Care and Vancouver Coastal Health in Vancouver, BC and a Clinical Instructor in the UBC Division of Physical Medicine and Rehabilitation. His current clinical practice includes neuro-rehabilitation, spasticity management, electromyography and the diagnosis and treatment of musculoskeletal disorders.

Elvira Lang MD FSIR FSCEH
KEYNOTE 3: Rapid Hypnotic Techniques for Potentially Painful Procedures
Dr Elvira Lang is the Founder and President of Hypnalgesics, LLC and the Creator of Comfort Talk®, a method of non-pharmaceutical patient sedation using hypnotic language. She is an interventional radiologist, a former Associate Professor of Radiology at Harvard Medical School, a pioneer and leading world expert in the use of hypnosis during medical procedures and the author of the book “Patient Sedation without Medication”.

John Pereira MD CCFP
KEYNOTE 4: The Year in Review: What was New, Innovative and Interesting in Pain Management in 2015
Dr John Xavier Pereira is a past Ronald Melzack Fellow of the McGill Pain Center and more recently was a Pfizer Canada Scholar in Persistent and Neuropathic Pain. He is a Master Teacher at the Faculty of Medicine and received teaching awards from the medical school classes of 2012, 2013 and 2014. He represented Western Canada on the committee of physicians who wrote our country’s national guidelines for the diagnosis and treatment of fibromyalgia published in 2013.

Diane Lee BSR FCAMT CGIMS RYT200
KEYNOTE 5: An Introduction to the Integrated Systems Model for Assessment and Treatment of Complex Patients with Pelvic Girdle Pain
Diane Lee is the owner, director, educator and clinical consultant at Diane Lee & Associates – Consultants in Physiotherapy. She is a physiotherapist and has completed advanced training in manual therapy, a certification in intramuscular stimulation and is a registered Hatha Yoga instructor. She is known both nationally and internationally for her clinical work on thoracic, lumbar and pelvic disability and pain.

Andrea Furlan MD PhD
KEYNOTE 6: Extension for Community Healthcare Outcomes (ECHO) Ontario – Chronic Pain and Opioid Stewardship
Dr Andrea Furlan is an Associate Professor in the Department of Medicine at the University of Toronto and staff physician and scientist at the Toronto Rehabilitation Institute. She was the leader of the research team that developed the Canadian Opioid Guidelines. “Extension for Community Healthcare Outcomes (ECHO)” uses an innovative “learning by doing model” to support primary care providers with expertise and guidance from chronic pain specialists.

Paul Taenzer PhD
KEYNOTE 6: Extension for Community Healthcare Outcomes (ECHO) Ontario – Chronic Pain and Opioid Stewardship
Dr Paul Taenzer has a PhD in clinical psychology and was the chair of the planning committee for The Calgary Pain Conference from 1990 to 2010. He has been part of the guideline development committee for the Toward Optimized Practice Alberta Low Back Pain Guidelines. Dr Taenzer will also be presenting on his reflections on pain management over the last two and a half decades, as 2015 marks the 25th anniversary of The Calgary Pain Conference.
PLANNING COMMITTEE

Janice Rae RN MN Course Chair
Penny Barnes RN BN
Connie Burkart RN MCE
Eloise Carr BSc (Hons) RN PGCEA RNT MSc PhD
Joyce Côté BSc Pharm ACPR
Arlene Cox PhD R Psych
Ted Findlay BSc DO CCFP FCFP
Adrian Gretton MD FCFP CIME
Arun Gupta MD FRCPC
Yolanda Martens-Vanhilst RN
Michele Moon BScOT(C) MSc
Irene O’Callaghan RN
Diane Roylance BSc PT
Geoff Schultz PhD R Psych
Chris Spanswick MB ChB FRCA FFPMRCA
Brian Stewart MD CCFP FRCPC
Diane Simpson PhD MDE CME Representative

VISITING FACULTY

Andrea Furlan MD PhD
Evan Kwong MD FRCPC
Elvira Lang MD FSIR FSCEH
Diane Lee BSR FCAMT CGIMS RYT200
Michael Nicholas MAPS
Paul Taenzer PhD

LOCAL FACULTY

Shannon Beavis RN
June Bergman MD CCFP FCFP
Phil Blustein MD FRCPC
Torie Carlson PhD
Mollie Cole RN MN GNC
Kathryn Coutts BSc.OT
Ted Findlay BSc DO CCFP FCFP
David Hogan MD FRCPC
Colleen Miller PhD R Psych
Eileen Patterson MCE PMP
John Pereira MD CCFP
Joel Roos MA RPsych
Diane Roylance BSc PT
Rita Wall MSW RSW

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker’s presentation.
ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Canadian Medical Schools (CACMS).

STUDY CREDITS

CFPC

MAINPRO–M1

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited by the University of Calgary Office of Continuing Medical Education and Professional Development for up to 11.5 MAINPRO-M1 credits (Thursday 6.0, Friday 5.5).

GUIDELINES FOR THE AMERICAN ACADEMY OF FAMILY PHYSICIANS

Members of the American Academy of Family Physicians are eligible to receive up to 11.5 prescribed credits for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.

RCPSC

MOC SECTION 1

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. Participants may claim up to a maximum of 11.5 credits (Thursday 6.0, Friday 5.5).

AMA-PRA CATEGORY 1 CREDIT

Through an agreement between the Royal College of Physicians and Surgeons of Canada and The American Medical Association, physicians may convert Royal College MOC credits to AMA credit. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme

ADDITIONAL PROGRAM INFORMATION

DRESS

Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

MEALS

In general, each course offers a light breakfast, nutrition break(s) and lunch. We are sensitive to dietary requirements (for example, gluten free, peanut allergies) and do our best to offer a variety of options; however we are unable to guarantee that all dietary needs can be accommodated.

SCENT FREE

To ensure the comfort of everyone attending this event, please do not wear scented products.

CONFIRMATION OF REGISTRATION

On-line registration confirmation is automatic after registering on-line. A tax receipt will be sent approximately 2 weeks after registering.

For all other methods of registration (mail, fax), confirmation will be in the form of a tax receipt. No other confirmation will be sent. Please allow 2 weeks for registration processing.

COURSE CANCELLATION POLICY

The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY

A registration refund will be made upon written request if made at least 2 weeks before the start of the program. However $50 will be retained for administrative costs. No refunds will be available for cancellations made within 2 weeks of the start of the program and thereafter. NOTE: Refunds are processed only on the return of original receipt. All receipts must be returned within 30 days after program date.

REIMBURSEMENT OF REGISTRATION FEES

Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION

Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT

Lauren MacLellan
Phone 403.220.6493
Email lauren.maclellan2@ucalgary.ca

ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca
REGISTRATION FORM

Part 1

PROFESSION

PHYSICIAN

OTHER HEALTHCARE PROFESSIONAL - PLEASE SPECIFY

STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY)

FIRST NAME

PAYMENT BY

EXPIRY DATE

LAST NAME

ADDRESS

CITY

AREA CODE

PHONE

EXT

AREA CODE

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PAYMENT BY

CHEQ

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EXPIRY DATE

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Yes, I wish to subscribe to the CME monthly electronic newsletter

REGISTRATION FEE

PLUS 5% GST - UCalgary GST Registration #108102864RT0001

ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE on or before October 22, 2015

Physician

$600.00 BOTH DAYS

$300.00 ONE DAY - Thu Dec 3

$300.00 ONE DAY - Fri Dec 4

Other Healthcare Professional

$500.00 BOTH DAYS

$250.00 ONE DAY - Thu Dec 3

$250.00 ONE DAY - Fri Dec 4

REGULAR RATE after October 22, 2015

Physician

$650.00 BOTH DAYS

$325.00 ONE DAY - Thu Dec 3

$325.00 ONE DAY - Fri Dec 4

Other Healthcare Professional

$525.00 BOTH DAYS

$265.00 ONE DAY - Thu Dec 3

$265.00 ONE DAY - Fri Dec 4

ON-SITE RATE (Based on availability and not guaranteed)

Physician

$685.00 BOTH DAYS

$350.00 ONE DAY - Thu Dec 3

$350.00 ONE DAY - Fri Dec 4

Other Healthcare Professional

$575.00 BOTH DAYS

$300.00 ONE DAY - Thu Dec 3

$300.00 ONE DAY - Fri Dec 4

STUDENT / RESIDENT >> EARLY, REGULAR, ON-SITE RATE

(FULL-TIME STUDENTS ONLY) (ON-SITE RATE based on availability and not guaranteed)

$273.00 BOTH DAYS

$140.00 ONE DAY - Thu Dec 3

$140.00 ONE DAY - Fri Dec 4

REGISTRATION SERVICES

Phone 403.220.7032
Email cmereg@ucalgary.ca

COMPLETE REGISTRATION FORM

Part 2 >>

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.4251 if you have questions about the collection or use of this information.

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Phone 403.220.7032
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WORKSHOP SELECTIONS

**Thursday, December 3**
SELECT 4 – Number in order of preference with 1 being the most important

- □ 1A Practical Hypnosis: Bodily Responses to Shifting Attention and Focus with Patients
- □ 1B Practical Hypnosis: Rapid Hypnotic Techniques for Potentially Painful Procedures
- □ 1C Practical Hypnosis: Imagination and Language – The Power of Imagery and Words to Help Children Cope
- □ 2 Challenging Conversations Around Opioid Prescribing for Patients with Chronic Non-Cancer Pain and an Introduction to the Canadian Opioid Guideline and the Opioid Manager
- □ 3 Pelvic Instability – What is It and Can We Diagnose It?
- □ 4 Low Back Pain Update: To the Guidelines and Beyond

**Friday, December 4**
SELECT 4 – Number in order of preference with 1 being the most important

- □ 5 Mindfulness Meditation for Stress Relief
- □ 6 Adapting Pain Self-Management
- □ 7A Optimizing Care for Senior’s Chronic Pain
- □ 7B Addressing Pain in the Presence of Dementia
- □ 8A HealthChange® Methodology
- □ 8B PANEL – Approaches to Facilitating Behaviour Change: Perspectives from the Community