



President's Message

I am looking forward to welcoming you all at our meeting in Calgary in May. Michael McGillion and colleagues have put together an excellent scientific program with a great balance of basic science and clinical presentations. In addition, you will see an increasing number of translational symposia and workshops discussing guidelines and initiatives to move evidence into practice and increasing access to pain care. This is a critical piece of the work that currently needs to take place in Canada.

I know I am not alone in the experience of sheer exasperation in seeing the impact that pain has on the lives of those suffering and their lack of access to treatment. Canada is not alone, this is a global problem and several nations are pursuing national strategies to solve it. I just returned from the Australian Pain Summit

(www.painsummit.org.au) (see photos in newsletter) where I was asked to present on the excellent initiatives we are pursuing in Canada (eg. NS Provincial Pain Services, The BC Pain Initiative, Quebec Centres of Excellence for Pain, Calgary Health Region Chronic Pain Centre and Ambassador Program).

Professor Michael Cousins is doing an excellent job in leading the Australian initiative and it is clear that scientific and economic arguments are not enough to lead to change in healthcare policy. What we need to shout more about is the moral perspective. This work was started in a big way as long ago as October 11, 2004 when IASP and the EFIC declared that pain treatment should be a human right. We know that many people living with pain are stigmatized,

Continued on Page 2

Editor's Note

Welcome to the **Spring Edition** of the CPS Newsletter. I'm writing this note in the lead up to the Annual Meeting in Calgary. As I pulled together information on upcoming events it made me realize how busy the next few months will be for all of us. It's hard to believe the WCP is almost here. It feels like only a few months ago that we were in Glasgow.

This edition of the newsletter contains our regular features - news from our President, information about trainee award recipients from our Trainee Representative, and an update on the Canadian Pain Coalition. In addition, there is lots of other news, including

information about two pain education programs, recent announcements, upcoming events, a book review, and an update from the Nursing Issues SIG.

The cross-country tour remained on the east coast for the Spring Newsletter. The *Summer Edition* continues westward, and members from **Quebec and Ontario** are encouraged to share with us news of what is happening in their provinces in relation to research, political/advocacy issues, teaching, clinical initiatives, or members making the news.

Continued on Page 2

Spring 2010

Inside this issue:

<i>President's Message</i>	1
<i>Editor's Note</i>	1
<i>Australian Pain Summit</i>	3
<i>Canadian Pain Coalition Update</i>	5
<i>Regional Focus—Nova Scotia</i>	7
<i>Nursing Issues—SIG Report</i>	7
<i>Up-Coming Pain Education Programs</i>	8
<i>In Memoriam</i>	9
<i>Winner 2010 Grawemeyer Award</i>	10
<i>Announcements</i>	11
<i>Book Review</i>	12
<i>Trainee Corner</i>	14
<i>Trainee's Perspective</i>	18
<i>Upcoming Events</i>	19
<i>Newsletter Deadlines</i>	21



President's Message (cont'd)

their suffering is denied and they are often blamed for having pain. Our own Canadian studies have identified the lack of access to care for chronic pain as compared to other chronic diseases. As we move forward it will be important to engage experts in bioethics and acknowledge this discrimination against people suffering with pain. Your executive supported the CPS National Task Force on Service Delivery at the November 2008 Executive Committee meeting. The second meeting of this task force will take place in Calgary in May. Our plan is to pursue a national strategy similar to what is being done in Australia, the UK and the US. We have also learned that IASP has approved an International Pain Summit to be held in Montreal this year on Friday, September 3 immediately following the World Congress. I suspect you will see a Canadian Pain Summit in 2011. Watch the website for updates on this.

It is gearing up to be a busy year and as always it is my pleasure to serve you. I encourage you to nab me at the meeting or email me or other executive members to tell us your view and share ideas.

Most Sincerely,

*Mary Lynch MD FRCPC
President, Canadian Pain Society*

Editor's Note (cont'd)

Members from other provinces are also encouraged to make submissions.

I hope everyone enjoys this edition of the newsletter. As always, please remember that the newsletter is here to serve you. If you have any suggestions for improvement, changes, or story ideas, please do not hesitate to get in touch with me – ev5@queensu.ca. We are still revising the CPS website, however you may soon see a change in how you receive the newsletter. I'm looking forward to receiving submissions from across Canada and in particular from **Quebec and Ontario** for our next Regional Focus.

Submission deadline: June 18, 2010

Sincerely,

*Elizabeth VanDenKerkhof
Editor*



Australian Pain Summit



Professor Michael Cousins kicking off the Australian Pain Summit



Dr. Mary Lynch speaks about Canadian initiatives and commends the Australian work on behalf of CPS



The Australian Pain Summit took place in the great room in Parliament buildings, Canberra



Australian Pain Summit (cont'd)



*Dr. Brenda Lau member CPS Task Force
on Service Delivery*



*Helen Owens who lives with pain is one of the first
speakers at the Summit*



*Kieren Perkins gold medal Olympian and hero in Australia speaks of
his wife's migraines and the stigmatization experienced by those
who suffer with pain*



Canadian Pain Coalition Update

Hello everyone. The first quarter of 2010 has been energizing for CPC. We have been extremely active in providing *THE National Voice of People with Pain* in media interviews and at meetings and conferences. Read on to see what we have been up to and for exciting news about *Pennies for Pain*.

Recent Work:

The National Voice of Canadians living in pain

Member of the Expert Panel, National Opioid Use Guideline Group (NOUGG)

In December 2009, CPC finished its work on the Expert Panel of the National Guidelines for the Prescribing of Opioids. Dr. Ann Gamsa, Mark Pitcher, Barry Ulmer and Lynn Cooper worked on CPC's NOUGG advisory team. The NOUGG has informed us of plans to publish the guidelines in a journal and release them in the spring.

Canadian Drug Review (CDR) Asks for Patient Input

In December 2009, the CDR announced its plans to include patient input in the CDR drug review process. The CDR created an "input mechanism" and then requested online recommendations from patient organizations to assist in refining the process. In January, the CPC provided suggestions to make the process and related forms more transparent, inclusive and effective.

Education Working Group, College of Physicians and Surgeons of Ontario, Opioid Policy Project

CPC representative, Lynn Cooper, assisted with creating recommendations for professional and public education concerning the prescribing and safe use of opioids in Ontario. The complete recommendations from CPSO Opioid Policy Project are scheduled for release in the spring.

Ongoing work:

National Leadership for Changes to Pain Care

On November 30, 2009, CPC hosted a National Pain Consumer Advisory Group meeting in Toronto. At that meeting twelve representatives of Canadian health/pain consumer organizations agreed to focus on two issues for change in pain care and pain awareness under the CPC umbrella. This year, CPC established a working group to draft the plan of action surrounding the identified issues:

- Have pain recognized as a disease across Canada
- Access to services – specifically medications

The working group met in Toronto on March 23 - 24 to develop the draft plan which was then circulated to the larger group for direction and input. That process is currently ongoing. We anticipate hosting a second National Pain Consumer Advisory Group meeting and announcing the planned initiatives before the summer.



Canadian Pain Coalition Update (cont'd)

Member of CIHR, IMHA Partnerships and Knowledge Translations Committee

As a member of this committee, Lynn Cooper attended a stakeholder meeting about areas of research addressed by the Institute of Musculoskeletal Health and Arthritis. The meeting took place in Vancouver on March 7-8, 2010. Participants were given the task of making recommendations about building robust research partnerships. They also provided feedback on a draft Partnership Development Tool to assist non-governmental organizations (NGOs) in determining whether they could partner effectively on a research initiative. Knowledge Translation issues were integrated into the discussion.

Media Opportunities

CPC and CPS spokespersons have been speaking out this year about chronic pain and ways to reduce it as well as the issues surrounding the use of opioid medications in the treatment of pain. These interviews have been arranged through *Painexplained*.

Conference Attendance

CPS Chronic Pain Refresher Course, Montreal, February 19-21, 2010

CPC was pleased to participate as an exhibitor at the refresher course. Mark Pitcher, Ellen Maracle-Benton and Lynn Cooper were on hand to provide educational materials for attendees to take away for their clients. Our signature green note pads were popular too!

CPS Conference, Calgary, May 12-15

CPC will have our usual booth at the tradeshow. Please drop by to say hello.

Pennies for Pain

As always, raising funds to support operations and programs is a necessary and important activity for CPC.

Grab your running shoes! For a second year, CPC has entered a team in the Scotiabank Toronto Waterfront Marathon on Sunday, September 26, 2010. We hope that you will join us as we walk or run the 5K, or half/full marathon to raise funds for CPC. Think about entering a team as part of team **CPC Pennies for Pain**.

CPC is now registered as an official charity of the Marathon. This enables individuals and teams to register and pay for entry through the Marathon site under the CPC Team page. Anyone wishing to sponsor an individual or team can log onto the Marathon site to donate. Training support is also provided on the site. Team **CPC Pennies for Pain** also has the opportunity to compete with other registered organizations for cash prizes based on the amount that we raise. All in all, it should be a fun day. For more information please contact office@canadianpaincoalition.ca

Respectfully submitted,

*Lynn Cooper BES
President*



Regional Focus: News from Nova Scotia

Childkind International Launched

The *ChildKind International* initiative was launched at the 8th International Symposium on Pediatric Pain in Acapulco in March 2010. This is a world-wide program to certify hospitals who meet certain accreditation standards in children's pain assessment, prevention, and treatment. It has been endorsed by IASP, CPS, World Federation of Societies of Anaesthesiologists, National Association of Pediatric Nurse Practitioners, and is being developed in collaboration with WHO. Led by Neil Schechter (University of Connecticut) and Allen Finley (Dalhousie University), the core group is made up of 20 people from 15 countries, including Allen Finley, Paula Forgeron, and Martin Laycock from the Centre for Pediatric Pain Research at the IWK Health Centre and Dalhousie University, and Céleste Johnston (McGill University). To read more about the principles and plans for ChildKind, go to <http://childkindinternational.org>.

Submitted by:

*Allen Finley
Medical Director, Pediatric Pain Service
IWK Health Centre
Halifax, Nova Scotia*

Patrick McGrath Honoured

Patrick McGrath was honoured with the 1st *Mayday Fund Award and Lectureship for Outstanding Contributions to Pediatric Pain* at the 8th International Symposium on Pediatric Pain in Acapulco, Mexico. The Symposium is the regular congress of the Special Interest Group on Pain in Childhood of IASP. Dr. McGrath gave a brilliant presentation on "The Past and Future of Pediatric Pain" during his opening keynote lecture, which resulted in a standing ovation from the 400+ attendees in the audience.

Submitted by:

*Allen Finley
Medical Director, Pediatric Pain Service
IWK Health Centre
Halifax, Nova Scotia*

Nursing Issues – SIG Report

The Nursing Issues Special Interest Group (NI-SIG) is busy planning events for the upcoming CPS Annual Conference in Calgary. We invite you to stop by our booth to learn about the SIG, meet members, ask questions, and join us if you haven't already! The NI-SIG is intended for anyone interested in nursing issues - not just Nurses! We will be hosting an evening reception on Thursday May 13 from 6:00-8:30 PM for all NI-SIG members. Tickets will be issued in the conference packages to all members who indicate they wish to attend on their registration form. We will also hold our annual luncheon and general meeting on Friday, May 14 at 12:15 PM. Watch your email in April for more information about our upcoming events and our next newsletter.



Up-Coming Pain Education Programs

Certificate in Pain Management

The Faculty of Rehabilitation Medicine at the University of Alberta is offering of an interprofessional graduate level Certificate in Pain Management. The aim of this program is to provide advanced education in collaborative pain management for healthcare professionals. The first course in the series, REHAB 535: the Nature of Pain will be delivered for the first time in May 2010. It will be available as online, distance learning in 2011. Applications for this program are currently being accepted. The certificate is granted upon successful completion of three required graduate-level courses, as follows:

The Nature of Pain (REHAB 535)

Assessment and Management of Pain (REHAB 536)

Integrating and Implementing Pain Management Models (REHAB 537)

The Course Director is Dr. Judith Hunter, Assistant Professor in the Department of Physical Therapy at the University of Alberta and University of Toronto, and a member of the University of Toronto Centre for the Study of Pain. Guest Faculty will include leaders in pain research, management and education from across Canada. The program is intended for professionals from medicine, nursing, occupational therapy, physical therapy, pharmacy, psychology, social work and other related disciplines.

For information and registration contact: Shawn Drefs, Phone: 780-492-1587, E-mail: sdrefs@ualberta.ca.

Submitted by:

*Shawn Drefs
Certificates Coordinator
Faculty of Rehabilitation Medicine*

Chronic Pain Self-Management Program

The Bloomberg Centre for Advanced Studies in Professional Practice is offering the Chronic Pain Self-Management Program (CPSMP). This program aims to improve coping strategies and quality of life for people who have a primary or secondary diagnosis of chronic pain. The CPSMP was developed by Sandra LeFort, PhD, MN, RN in 1996 at McGill University in Montreal and later updated at Memorial University, St. John's, Newfoundland, Canada with Lisa (Cardas) Sulyok, RN of Toronto, Ontario. It was developed in conjunction with Dr. Kate Lorig of the Patient Education Research Centre, Stanford University, Palo Alto, California and derived from Stanford's Arthritis Self-Management Program and the Chronic Diseases Self-Management program. It was revised in 2008 and a new Chronic Pain Workbook was written to accompany the program.

The CPSMP has been rigorously evaluated in two randomized clinical trials funded by Health Canada and the Canadian Institutes of Health Research (CIHR), and also been evaluated in 10 pain clinics across Ontario, Canada. The program has been delivered to over 800 individuals with chronic pain across Canada and was found to improve participants' coping skills, education, and overall quality of life.

Continued on Page 9



Up-Coming Pain Education Programs (cont'd)

The Centre for Advanced Studies in Professional Practice is offering the following courses:

Master Training: Monday, May 17 - Thursday, May 20, 2010 (4 day course)

Expert leaders: Sandra LeFort, PhD, MN, RN & Lisa (Cardas) Sulyok, RN

Cross-Training: Monday, October 18 - Tuesday, October 19, 2010 (2 day course)

Expert leaders: Sandra LeFort, PhD, MN, RN & Lisa (Cardas) Sulyok, RN

For information and registration contact: Dr. Judy Watt-Watson j.watt.watson@utoronto.ca

Submitted by:

*Dr. Judy Watt-Watson
University of Toronto*

In Memoriam

James P. Lund, Dean of Dentistry at McGill from 1995 to 2008 died peacefully in his sleep on December 8, 2009. Among Jim's many achievements was his creation of the Alan Edwards Centre for Research on Pain at McGill University. When Jim became Dean, he had in mind that he would build McGill into the world leader in pain research. Ron Melzack was known internationally for his Gate Control Theory, but as he neared retirement, only a few members of the McGill community were working in the area. Jim was determined to change that. He partnered with Franco Carli, then Director of the Anesthesia Department, and together they began hiring top senior pain researchers from around the world, including Gary Bennett, Terence Coderre and Fernando Cervero. Jim worked with the Psychology Department to help recruit Jeff Mogil as the E.P. Taylor Chair after Ron Melzack became Professor Emeritus. Next he started working with Alan Edwards and Franco Carli to recruit a new Director for the Montreal General Hospital Pain Clinic, which treats patients with chronic non-malignant pain and addresses clinical research problems. Jim's infectious enthusiasm tipped the scales for a hesitant Israeli, Dr. Yoram Shir, to make the move to Montreal. Today, this treatment and clinical research centre is thriving. With the recruitment of these pain researchers, Jim felt that we needed to formalize the process and form a University-based centre. This centre was formed in 2002, and now it has more than 50 members and hundreds of trainees. The centre sponsors international lectures, journal clubs, public lectures and myriad other activities. Jim partnered with AstraZeneca R&D Montreal in a multi-million dollar project that provided research space and funds to the McGill pain community and allowed us to recruit outstanding junior faculty members and international post-doctoral fellows. The pain community at McGill and across Canada will greatly miss one of our most steadfast supporters.

Submitted by:

*M. Catherine Bushnell
Harold Griffith Professor of Anesthesia
Canada Research Chair, Faculty of Dentistry*



Scientist who helps explain pain wins 2010 Grawemeyer Award



Ronald Melzack:

A scientist who broadened the understanding of how we experience pain – and ways we can control and relieve it – has won the 2010 University of Louisville *Grawemeyer Award for Psychology*.

Ronald Melzack, psychology professor emeritus at McGill University in Montreal, was selected for the award from among 24 nominations.

People feel pain not at the point of injury but instead in their brain through a pathway that travels through the spine, Melzack proposed. His “gate control” theory of pain suggests people can change or control their suffering by using emotional and personal processes to block, increase or decrease the feeling of pain.

Building on that 1965 theory, he concluded that pain is subjective and multidimensional because several parts of the brain contribute to it at the same time.

Melzack’s studies have led to innovative treatments for people who feel chronic, incessant pain. Patients now are taught to manage pain by redirecting their focus through techniques such as meditation and distraction.

“His work produced a major change in how scientists and physicians think about pain and made psychology an integral part of pain research and therapy,” said Woody Petry, a UofL psychological and brain sciences professor who directs the psychology award.

Melzack also examined the “phantom limb” pain often experienced by amputees. He found that the neural network we are born with generates our perception of body, self and experience – even that of pain in the absence of injury.

In another project, Melzack and a colleague developed the McGill Pain Questionnaire which measures the sensory and emotional aspects of pain rather than merely assigning a number to how badly it hurts. The questionnaire’s short form has been translated into 57 languages and is widely used in clinical research.

Five Grawemeyer Awards are presented annually for outstanding works in music composition, ideas improving world order, psychology, education and religion.

About Ronald Melzack

Ronald Melzack, a professor emeritus of psychology at Montreal’s McGill University, has devoted his life to the study of pain.

He began teaching at McGill University in 1963. Before achieving emeritus status in 1999, he was McGill’s E.P. Taylor professor of pain studies in psychology. Previously, he taught psychology at Massachusetts Institute of Technology from 1959 to 1963 and at University of London from 1957 to 1958.

While at McGill, he also co-founded and was research director of what is now the McGill-Montreal General Hospital Pain Centre and was a consulting specialist in that hospital’s neurosurgery division. At Royal Victoria Hospital, he co-founded its Pain Clinic and was an associate member of its anesthesiology department and a medical scientist for its psychiatry department.

Continued on Page 11



Scientist who helps explain pain wins 2010 Grawemeyer Award (cont'd)

Melzack wrote "The Puzzle of Pain" and co-wrote "The Challenge of Pain," both of which have been reprinted and translated into several languages. He also edited or co-edited several texts including "Pain Measurement and Assessment," "Textbook of Pain," "Handbook of Pain Assessment" and "Handbook of Pain Management."

The Montreal native received his doctoral, master's and undergraduate degrees from McGill. He has honorary doctorates from University of Waterloo and Dalhousie University.

This year he was inducted into the Canadian Medical Hall of Fame after winning numerous awards from groups including the Canadian Psychological Association, Canadian Pain Society, Canada Council for the Arts, American Academy of Pain Management and American Society of Regional Anesthesia.

Melzack is also a fellow of the American Psychological Association, Canadian Psychological Association and American Association for the Advancement of Science.

He has served on the editorial boards of many academic journals, including Pain, Experimental Neurology, Journal of Behavioral Medicine, American Journal of Chinese Medicine, Journal of Pain & Symptom Management, and Regional Anesthesia.

*Reprinted with permission
from the CPS website.*

Announcements

Centre for the Study of Pain University of Toronto

The University of Toronto Centre for the Study of Pain is proud to announce that Professor Bonnie Stevens of The Faculties of Nursing and Medicine has been appointed Director of the UTCSP, replacing Dr. Michael Salter who has completed his second term. Dr. Stevens assumed the Directorship on January 1, 2010. Dr. Stevens profile can be viewed at: <http://www.sickkids.ca/aboutsickkids/directory/people/s/bonnie-stevens-staff-profile.html>

*Reprinted from:
<http://www.utoronto.ca/pain/>*



Book Review

HEADACHES THAT PERSIST

HEADACHES, MIGRAINES & RARE HEADACHES



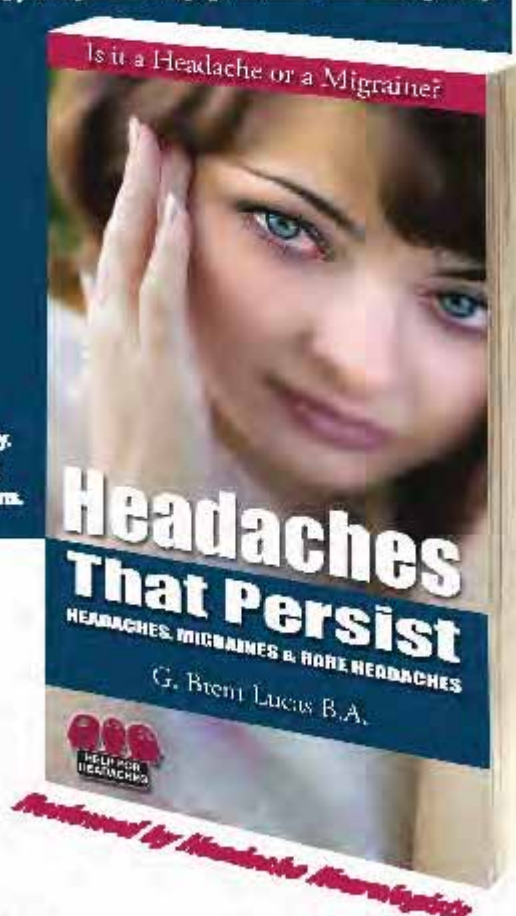
Headaches That Persist is written for headache sufferers, and the professionals that treat them.

Headaches, for some unfortunate, are part of our everyday lifestyle, but can often be minimized and even sometimes prevented. In their chronic form, they extract hundreds of millions of dollars from our society.

Our belief is that through education - resources become apparent, silent suffering can be eliminated, and awareness can foster treatment directions.

Topics covered in this book:

- What causes a headache • Headache categories
- Acute medicines • Over-the-counter remedies
- How a headache is treated • Botox
- Alternative treatments • Self-help strategies
- Disability concerns
- Headache triggers • Hormones in women
- Tests • Headaches in the emergency room
- Chronic daily headache • Fibromyalgia
- Headaches in children • Adolescents • Over 50
- Travel • Stress • Environment



Order now at www.headache-help.org





Book Review

Headaches that Persist: Headaches, Migraines and Rare Headaches

Author: G. Brent Lucas, B.A.

Reviewed by:

Irene Worthington, R.Ph, B.Sc.PhM,

Pharmacist, Sunnybrook Health Sciences Centre & Headache Network Canada

Headaches that Persist is written in every day language for the most part (although a few sections use more complex terminology). Although the title implies that the book is about chronic headaches, it actually discusses all types of headaches, including episodic migraine, cluster headache, and other rare types of headaches. As stated in the preface, "Headache is one of the most common complaints to mankind, yet little is known about its complexity". "Headache is a valid biological disorder", that is often "misunderstood and inaccurately diagnosed", and can significantly affect the quality of life of sufferers and their families. By becoming more educated about headaches and their management, the sufferer will become more empowered, and better able to manage and cope with their disorder. This book will help empower headache sufferers.

The book includes topics such as headache categories, neurotransmitters involved in migraine, acute medications, preventative medications, alternative therapy, self-help techniques, headache triggers, diagnostic tests for headache, online headache tests, headaches in the emergency room, headaches due to head injuries and neck problems, chronic daily headache, fibromyalgia/chronic fatigue and headache, women's issues (e.g., menstrual migraines, pregnancy and headaches, oral contraceptives), headaches in children, adolescents and people over 50, travel, stress, and environment. It also includes a chapter on how to prepare for your physician visit, diaries and record keeping, and headache-related disability. The information has been reviewed by headache neurologists or pain experts. There is also a final chapter listing headache resources in Canada, the U.S. and internationally, as well as how to use the internet to locate headache information/research.

I would recommend the book to headache sufferers, their families, employers, and health professionals that deal with individuals with headaches. I would have liked to see more detailed information about the various medications used in headache management. There are a few minor inaccuracies – for example a statement that "feverfew is the only herbal remedy studied in double blind fashion". Overall, feverfew may only have a small benefit in some patients. Butterbur, has also been studied in a double-blind fashion and shown to be efficacious in migraine prevention.

Headaches that Persist is **not** available in bookstores and must be purchased through the *Help for Headaches* website – www.headache-help.org. The book was totally reviewed and contributed to by over 30 headache neurologists, pain experts and a pharmacist. It was also recently featured in the Toronto Star (Dec 30, 2009).

Help for Headaches is a registered Canadian charity that serves Ontario, and some outlining regions via the internet. The charity is in its 15th year and provides free educational programs about various types of headaches, as well as articles on their treatment as suggested by headache neurologists. The charity is run by volunteers and is a member of the World Headache Alliance and the Canadian Pain Society. *Help for Headaches* is supported by the national headache organization – Headache Network Canada (www.headachenetwork.ca). Although *Help for Headaches* is intended for lay persons, many scientists and health professionals will find the information on the website useful. Most information and contact is provided through the website (www.headache-help.org), which also lists the table of contents for *Headaches that Persist*, as well as a link to the order page.



Trainee Corner

Three CPS Trainee Research Award Recipients

In this spring edition of the Trainee Corner, I am pleased to congratulate and introduce to you our three CPS Trainee Research Award recipients for 2010, **Melanie Noel, Shu-Liu Guo and Maral Tajerian.**



Melanie Noel is delighted to be a recipient of the CPS Trainee Research Award (clinical category) and is no stranger to the Canadian Pain Society. She was the trainee representative on the CPS executive from 2007-2009 and continues to act as the secretary for the CPS Task Force on Service Delivery.

Melanie is a 3rd year PhD Student in Clinical Psychology at

Dalhousie University and is supervised by Dr. Christine Chambers. She received her Honours Bachelor of Science degree in Psychology and a Master's Degree in Experimental Developmental Psychology from Memorial University of Newfoundland. Prior to starting her PhD, Melanie was involved in research examining the early narrative abilities of economically disadvantaged preschoolers and children's memories of injuries and hospital experiences. Upon entering the clinical psychology doctoral program at Dalhousie University, Melanie quickly began conducting research in the area of children's memories for painful experiences. Melanie stated, "I have always been fascinated with children's memories because of their constructive and reconstructive nature and their importance for children's experiences with pain and health care into adulthood. Pain isn't over when the physical sensation ceases. How children (even infants) remember painful experiences can follow them over time. There is some suggestion that these memories may even be linked to chronic pain syndromes later in life".

As part of the unique structure of the Clinical Psychology PhD program at Dalhousie, students complete 3 comprehensive research projects with different supervisors, in addition to their dissertation research, in order to give a breadth of experience. Melanie's first comprehensive project, supervised by Dr. Christine Chambers and in collaboration with Meghan McMurtry and Dr. Patrick McGrath, examined the influence of adult behaviors on children's memories of needles and was recently published in the *Journal of Pediatric Psychology*. Her second project, supervised by Drs. Sherry Stewart and Roisin O'Connor examined the cross-cultural validity and cut-points of an alcohol assessment measure among groups of First Nations Mi'kmaq and non-Aboriginal adolescents from rural Nova Scotia and was recently published in the *International Journal of Mental Health and Addiction*. Finally, Melanie is currently completing a research project supervised by Drs. Sherry Stewart and Tracy Taylor-Helmick examining the effects of attention on directed forgetting among individuals with different levels of anxiety sensitivity. Melanie told me, "The comp structure of the clinical psychology program at Dalhousie has given me fantastic opportunities to collaborate with brilliant researchers and publish in different areas of psychology, and it has inspired my own research directions".

Melanie's dissertation research will systematically examine the effect of state anxiety on children's memories of painful experiences. It will also examine how these memories affect children's coping and distress during subsequent exposure to the same painful stimulus. Using innovative lab-based methodology and an experimental research design, Melanie will extend previous research and answer novel research questions that are important to the field of pediatric pain. According to Melanie, "We know that children are often anxious and afraid when they undergo painful medical procedures and we know that anxiety and pain are often closely intertwined. However, research to date has not systematically examined the impact of state anxiety on the development of children's memories for pain. Furthermore, although it has been suggested that children's memories for pain affect their coping during subsequent painful experiences, all but one study have failed to directly examine the impact of pain memories

Continued on Page 15



Trainee Corner (cont'd)

on subsequent painful episodes. By examining these questions in a controlled laboratory setting and by using a painful stimulus that the children have never experienced before, we will be able to examine the *effect* of state anxiety on the development of children's memories of pain from their inception as well as how these memories affect how children cope with pain the next time. Ultimately, if we are able to identify how anxiety contributes to the development of negatively exaggerated memories, we would be able to design individualized interventions aimed at reducing child anxiety and distress during medical procedures. If the present findings suggest that positively framed memories are linked to more optimal coping during subsequent painful experiences, interventions aimed at positively reframing children's memories could also be developed. This would improve not only the experience of children undergoing painful medical procedures, but also their health outcomes into adulthood".

In addition to the generous support from the CPS Trainee Research Award, Melanie has been awarded funding for her dissertation study through an IWK Category A Grant as well as a Marion and Donald Routh Award from the Society of Pediatric Psychology, Division 54 of the American Psychological Association. She has received funding to support her graduate studies from the Nova Scotia Health Research Foundation (NSHRF) and currently holds a Frederick Banting and Charles Best Canada Graduate Scholarship Doctoral Award from the Canadian Institutes of Health Research. Melanie is also a member of the Pain and Child Health (PICH) training consortium, a CIHR-funded Strategic Training program. Melanie feels very fortunate to be involved with PICH: "it really has been a wonderful and integral part of my training. It has provided me with outstanding mentorship, training workshops, a lab visit to Drs. Carl von Baeyer and Tammy Marche (and the Child Health Research Group at University of Saskatchewan), funding to support my attendance at international pain conferences like the International Symposium on Pediatric Pain in Acapulco Mexico, and important networking opportunities in the area of pediatric pain".

In terms of clinical work, Melanie is primarily interested in the areas of pediatric (health) psychology and child/adolescent mental health. However, she

aims to get as many diverse clinical experiences as possible during her training. To help foster her clinical skills, she has completed several interesting practica to date in the areas of pediatric health psychology (feeding and nutrition), preschool/child assessment, neuropsychology, a parenting group for children with recurrent abdominal pain, and cognitive behavioral therapy for adults with gambling problems. Melanie strongly believes in evidence-based treatment and the importance of balancing her research experiences with clinical work in order to further develop her skills as a scientist-practitioner.



Shun-Liu Gao is thrilled to be one of the CPS Trainee Research Award recipients in the clinical category. Shu-Liu is in her third year of doctoral studies at the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto and is

supervised by Drs. Doris Howell and Judy Watt-Watson. Shu-Liu is an international student from Taiwan. She received her BSc in Nursing from the National Taipei College Nursing (NTCN) in 1997, and a Master's of Nursing from Taipei Medical University (TMU), Taiwan, in 2002. Prior to beginning her international PhD, Shu-Liu was involved in research under the direction of Dr. Lai Y.H where she conducted a preliminary study-*Pain education and relaxation training intervention for patients with cancer-related pain*. Results have been published in *Support Care in Cancer Journal* in 2004. Working with Dr. Lai Y.H's research team, Shu-Liu was co-investigator on a study entitled: *Gender differences in cancer pain: The Taiwanese experience* and presented these results at the International Association for the Study of Pain (IASP) Research Symposium in Chicago, 2009. In addition, Shu-Liu has co-authored a study that examined the feasibility and psychometric characteristics of the Multidimensional Pain Inventory-Screening Tool- Chinese version (MPI-sC)

Continued on Page 16



Trainee Corner (cont'd)

for cancer patients receiving palliative care. The results have been published in the *Support Care in Cancer Journal* in 2009.

Through the generous support of the CPS trainee award Shu-Liu will be able to conduct a pilot study testing the Illness Perception Questionnaire-Cancer Pain Chinese Version (IPQ-CaPC) in the Taiwanese cancer population. Shu-Liu stated, "previous studies suggest that pain intensity may be related to patients' beliefs about cancer pain and pain medication. Most measures examine cancer patients' beliefs and have mainly focused on barriers to pain management. The IPQ-R has not been used to explore Taiwanese patients' beliefs about cancer pain that may influence pain perception and health behaviours". This pilot study will examine the validity and feasibility of the PIQ-CaPC. Converting the English version of the IPQ-CaPC into Chinese will be evaluated for relevance to Taiwanese cancer patients by 5 oncology pain experts. Content validity will be measured using a 4-point scale. The translated IPQ-CaPC will also be examined for its face feasibility by 10 cancer patients in Taiwan. Those same patients will be asked to repeat the IPQ-CaPC after three days for test-retest reliability. "The intention of this pilot study is to provide data about the relevance and feasibility of the IPQ-CaCP in a sample of Taiwanese Cancer patients. It is the first phase of my dissertation research that will explore relationships associated with cancer-related pain management and determine the prevalence of side effects related to analgesic medication prescribed for patients with colorectal or lung cancer. In addition, it will examine the associated beliefs about cancer pain and analgesics, and the relationship between patient's behaviors, medication adherence and patients' perceptions surrounding cancer pain and its treatment".

Along with support from the CPS Trainee Research Award, Shu-Liu has been awarded funding for her PhD by the Lawrence S. Bloomberg, Faculty of Nursing at the University of Toronto. She is the recipient of the University of Toronto Fellowship, the Helen Maude Carpenter Graduate in Nursing Fellowship and the Ruth Amiel Gallop Nursing Fellowship. Shu-Liu is an active trainee of the Canadian Pain Society as a member of the Neuropathic Pain Special Interest Group and the Nursing Special Interest Group. Shu-Liu is also an active member of the International Association for the Study of Pain (IASP) as a trainee member in the Nursing Special discipline, and a member of the Oncology Nursing Society of Taiwan. When asked about her involvement with the

CPS, she said that, "the CPS has provided me with unsurpassed mentorship and the ability to join a network of national and international forums, and to build up collegial relationships with pain experts across many disciplines. In addition, it has provided many learning and networking opportunities".

Shu-Liu is currently completing her research proposal and is expected to begin her pilot study this summer.



It is my pleasure to introduce to you CPS Trainee Research Award Recipient in the basic science category **Maral Tajerian**. Maral is a 2nd year doctoral student in the department of neurology and neurosurgery at McGill University in Montreal under the supervision of Dr. Laura Stone. She received an honors Bachelor of Science degree in Biology with

a minor in psychology from the American University of Beirut. She received her Master's Degree in neurobiology from McGill University. Prior to pursuing pain research Maral was studying the neuronal correlates of courtship and copulation in the snail using electrophysiological methods. Maral stated, "It was a big change to go from snail sex research to pain research. What motivated me the most was the fact that I would be helping people with a debilitating condition such as chronic pain. I've been in the pain field for over 2 years now and I find it more fascinating every day".

The main focus of Maral's research is the study of low back pain (LBP) in a mouse model. Maral explained, "LBP is a continuum of painful conditions including both axial (spontaneous or movement- evoked discomfort or pain confined to the spine and low back region) and non -axial or radicular (pain radiating to one or both legs)

Continued on Page 17



Trainee Corner (cont'd)

components. Current diagnostic and therapeutic approaches to chronic back pain are limited, however, by our narrow understanding of the underlying biological mechanisms. As a consequence, treatment is not always effective and individuals may suffer for years without relief. A major cause of chronic back pain is the breakdown of intervertebral discs, a condition called degenerative disc disease. The relationships between disc degeneration, axial and non-axial LBP are not well understood, and a mismatch exists between the severity of disc degeneration and chronic pain. A thorough study of both disc anatomy and pain behavior is needed in order to clarify this mismatch and to improve diagnostic measures”.

In the mouse model, the SPARC gene is inactivated, and the mice show accelerated disc degeneration as they age. Maral stated, “We have already validated the SPARC-null mouse as a model for pain due to DDD and have demonstrated that they show signs of both axial and non-axial pain as they age. My recent work has focused on characterizing the pharmacological profile of axial and radicular pain in the SPARC-null mouse, in addition to studying the anatomy of their intervertebral discs”. In terms of future work Maral plans to study the modulatory interactions between sensory neurons and chondrocytes (resident cells in discs).

Along with the support from the CPS Trainee Research Award, Maral has been awarded funding for her dissertation study through the Graduate Program in Neuroscience at McGill University. She is the recipient of the bone research network graduate scholarship, Lucy Kasparian graduate scholarship and the Agnes Missirian graduate scholarship.

Maral expressed her appreciation to the Canadian Pain Society for the generous award and their constant endorsement of trainees undertaking pain research. She feels extremely fortunate to be conducting research in such an excellent environment as the Alan Edward Center for Research on Pain. “It is a first rate facility with state of the art scientific equipment and a very helpful staff. I would also like to express my gratitude to my supervisor, Dr. Laura Stone, for her constant encouragement and support; and for Dr. Magali Millecamps for teaching me many of the laboratory techniques that I use for my research”.

Once again, congratulations to all of the trainees for their success in the CPS Trainee Research Award competition and thank you to Melanie, Shu-Liu and Maral for sharing their exciting and important areas of pain research with us. We look forward to hearing about the results at the CPS annual conference in the future.

CPS Conference Trainee Workshop

The CPS Conference Trainee Workshop brings together Canadian Pain Society's Editor-in-Chief, Dr. Ken Craig and Canada's Research Chair in Pain and Child Health, Dr. Christine Chambers to work with us to help navigate **SUCCESS IN SCIENTIFIC MANUSCRIPT PUBLICATION: PEARLS AND PERILS OF PUBLISHING**. There are approximately 3000 doctoral and post doctoral students in Canada. Less than half of those are actively engaged in competitive, peer-reviewed scientific manuscript writing, a recognized benchmark of success, and still fewer who specialize in pain research. Many graduate students find it a challenge to be successful in publishing while doing course work and completing academic and scientific research. We hope that this interactive workshop will provide the ability to navigate and strategize for successful manuscript publication.

We look forward to an important and informative workshop and hope that this will be useful in furthering your success in scientific publication. I look forward to seeing you all in Calgary!

Warm Regards,

*Sheila O'Keefe-McCarthy RN, PhD student
CPS Trainee Representative
Lawrence. S. Bloomberg, Faculty of Nursing,
University of Toronto*



Trainee's Perspective

One Trainee's Perspective on the 8th International Symposium on Pediatric Pain



The 8th International Symposium on Pediatric Pain was held in Acapulco, Mexico from March 7-11, 2010. Over 600 researchers, clinicians, and trainees from around the world met to share knowledge on recent research and advances, with a specific focus on advancing services in

developing countries. For the first time, more than one third of the delegates were from developing nations, which was of particular importance as the overarching theme of the meeting was to share knowledge of pediatric pain with all cultures.



In addition to being held in tropical Mexico, plenary sessions, workshops and posters explored topics in pain ranging from infancy to adolescence. Delegates had the opportunity to engage in the transfer of basic and transdisciplinary clinical knowledge with the goal of improving health care practices and policy.

The meeting also saw the official launch of *ChildKind International*, a global initiative to improve the quality of pain control for children in healthcare facilities worldwide. The organization intends to establish global standards of children's pain management by awarding special designations and accreditations to institutions that follow specific policies to promote pain relief. Although the management of infant, childhood and adolescent pain is considered a priority in many cultures, assessment and management of pain is inadequate, if not absent, in many countries. Through its network of leading researchers and policy makers, *ChildKind International* aims to improve pain relief for children around the globe.

During the opening ceremony, an indigenous group performed a cultural ritual to help bring knowledge from "all four corners" of the globe to the delegates of the meeting. As a result of the tremendous hospitality of the local organizing committee and the scientific committee, the meeting was truly successful in promoting the exchange of knowledge and research related to childhood pain between nations around the world.

As my first international conference as a graduate student, this was an unprecedented opportunity for enrichment of knowledge in pediatric pain. I would like to extend my most sincere thanks to the *Pain in Child Health Strategic Training Initiative* that sponsored several international trainees to take part in this event.

Submitted by:

Nicole M. Racine, BSc.
Master's Student,
Clinical Developmental Psychology
OUCH Lab, York University
Toronto, ON, Canada



Upcoming Events

Moving the Pain Education Agenda Forward: Innovative Models

Official Satellite Symposium of the 13th World Congress on Pain
August 26-27, 2010
Toronto, Ontario

This program meets the continuing education criteria for accreditation as established by the Royal College of Physicians and Surgeons of Canada, the American Medical Association Physician's Recognition Award (AMA PRA), and the European Accreditation Council for Continuing Medical Education (EACCME).
Sponsored by the Faculty of Medicine, University of Toronto.

Contact:

Judy Watt-Watson, paineducationsymposium@utoronto.ca
<http://Bloomberg.nursing.utoronto.ca/PainSymposium.htm>

2010 International Chronic Pelvic Pain Symposium & Workshop

August 27, 2010
Kingston, Ontario

This is a multidisciplinary international conference featuring leading experts in chronic pelvic pain management.

Contact: Jane Dauncey, jane.dauncey@queensu.ca,
613-533-2875
<http://www.painday2010.com>

Honouring Dr. Ronald Melzack

August 28, 2010
World Congress on Pain
Montréal, Québec

A reception honouring Ronald Melzack for his contribution to the science of pain, including a presentation by *Professor Emeritus John Loeser* is being held in Montréal on *Saturday August 28, 2010*.

Contact: Ellen Maracle-Benton, Events In Sync, Inc., 905-404-9545, ellen@eventsinsync.com

Cannabinoids and Pain Symposium

August 28, 2010
Montréal, Québec

Official Satellite Symposium of the 13th World Congress on Pain
Information: <https://www.surveymonkey.com/s/TRGKNLX>

Continued on Page 20



Upcoming Events (cont'd)

Musculoskeletal Disorders & Chronic Pain: Evidence-based approaches for clinical care, disability prevention and claims management

February 10 - 12, 2011

Century Plaza Hotel, Los Angeles, California

Deadline for Early Bird Abstract Submission (Eligible for Cash Prizes) July 15, 2010

Deadline for late breaking papers and posters October 1, 2010

Information: <http://www.cirpd.org/conference2011>

Featured Co-Sponsor: Canadian Pain Society

Call for Applications: IASP Trainee Fellowships

Application Deadline: July 1, 2010

- IASP International Trainee Fellowship
- IASP John J. Bonica Trainee Fellowship (offered for the 1st time as a 2-year grant)

Information: www.iasp-pain.org/Grants

Chronic Pain Support Group

A Chronic Pain Support Group may be coming to a city near you. The Chronic Pain Association of Canada (CPAC) has the opportunity to establish pain support groups in many Canadian cities. Most services for individuals with pain are dependent upon where they live. Over 7 Million Canadians take pain medication on a regular basis, however many still suffer from pain. Chronic Pain is complex and requires a multidisciplinary approach involving several healthcare professionals. A Pain Support Group can aid in coping strategies for those struggling with pain on a daily basis. Support groups offer education and support to the sufferer and/or loved one. Pain Support Groups meet on a monthly basis, and include guest speakers, workshops and/or discussions. They provide a positive environment with a focus on understanding and developing coping skills. CPAC provides meeting material, direction and support for Groups. Pain Support Groups from Victoria to St John's participate in the National Pain Awareness Week in November. Pain professionals can make a real difference in a patient's pain program, by telling them about CPAC and the services that are available.

Submitted by:

Terry Bremner
National Support Group Coordinator
CPAC
tmbremner@eastlink.ca
902-449-7246



the CANADIAN PAIN SOCIETY
la SOCIÉTÉ CANADIENNE de la DOULEUR

OFFICE

Attn: Ellen Maracle-Benton
1143 Wentworth St. W., Suite 202
Oshawa, ON L1J 8P7
Telephone: 905-404-9545
Fax: 905-404-3727
Email: office@canadianpainsociety.ca

We're on the Web
www.canadianpainsociety.ca

Mark Your Calendars

Deadline for submission of materials for the next Newsletter is **June 18, 2010**. We are interested in receiving items on:

- Interesting case studies
- Programs of research
- New clinical programs or initiatives in pain
- Upcoming meeting announcements
- Book reviews

Please send correspondence to:

Elizabeth Van Den Kerkhof
Associate Professor
Dept. of Anesthesiology
Queen's University
76 Stuart Street
Kingston, Ontario K7L 2V7
Email: ev5@queensu.ca

Canadian Pain Society 2009

BOARD OF DIRECTORS

PRESIDENT

Mary Lynch, MD, FRCPC

PAST PRESIDENT

Barry Sessle, MDS, PhD, FRSC

PRESIDENT ELECT

Catherine Bushnell, PhD

SECRETARY

Diane LaChapelle, PhD

TREASURER

Paul Taenzer, PhD, RPsych

EXECUTIVE COMMITTEE

EDITOR, PAIN RESEARCH & MANAGEMENT

Kenneth Craig, PhD

NEWSLETTER EDITOR

Elizabeth Van Den Kerkhof, RN, DrPH

TRAINEE REPRESENTATIVE

Sheila O'Keefe-McCarthy, RN, PhD Student

CONSUMER REPRESENTATIVE

**PRESIDENT OF THE
CANADIAN PAIN COALITION**

Lynn Cooper, BES

**CANADIAN ACADEMIC PAIN CLINIC
DIRECTORS REPRESENTATIVE**

Patricia Morley-Forster, MD, FRCPC

CANADIAN PAIN FOUNDATION

Jim Henry, MSc, PhD

The CPS Newsletter is published four times per year by the Canadian Pain Society. Comments and suggestions are welcome.

Don't forget

A special invitation is extended to our colleagues in Quebec and Ontario to contribute news from your part of Canada.