



Pain BC Conference: The Evolution of Pain Management
October 19 - 20, 2012
Metrotown Hilton Hotel, Burnaby, BC

Join us for interactive, practical and evidence-based pain management education – for the front lines, from the front lines



Co-sponsored by Vancouver Coastal Health, Providence Health Care, Fraser Health, Interior Health, and the Vancouver Island Health Authority

The pain management landscape has changed dramatically in recent years and continues to evolve at a rapid pace. A paradigm shift is underway as the difference, and the link, between acute and chronic pain become more clearly understood. There is a growing recognition of the scope and severity of persistent pain, as well as the critical role self-management plays in a patient's outcomes and return to function. New information is constantly emerging, presenting significant opportunities to improve practice on the front lines.

On the evening of October 19th, we partner with the People in Pain Network (PIP^N), kicking off the conference with an interactive forum on the role of acceptance in the persistent pain journey. Join Dr. Patrick Myers, PhD., Counselling Psychology and Heather Divine, CEO and Founder, PIP^N, to learn from both the clinician's and patient's perspectives, and then join people in pain and their families in a dialogue on the topic.

On October 20th, 2012, the province's leading clinical experts and scholars in pain management will assemble for a landmark event to share the latest developments and cutting-edge research. Sessions will focus on practical learning for health care practitioners from all disciplines. Breakout sessions will include best practices, emerging research, and interactive discussion on how participants may apply the learning in the context of their practice. These sessions are ideally suited to those practitioners who wish to acquire the latest knowledge and tools to most effectively understand and manage their patients' pain.

Friday, October 19, 2012	
5:30 to 7:00 pm	Conference Registration
6:30 to 9:00 pm	<p>The Role of Acceptance in the Persistent Pain Journey: A Forum for People in Pain, Their Families and Supporters – session co-sponsored by the People in Pain Network</p> <p>People living with pain, their families, and supporters are invited to join Dr. Patrick Myers, PhD. (Counselling Psychology) and Heather Divine, CEO and Founder, People in Pain Network, for an interactive dialogue on the key role of acceptance in the persistent pain journey.</p> <p>Attendance is included in the cost of the conference registration but pre-registration is required: http://pipnpainbcforum.eventbrite.ca/.</p>
Saturday, October 20, 2012	
7:00 to 9:00 am	Conference Registration
8:00 to 10:00 am	<p>Keynote Address: The Transition from Acute to Chronic Pain: Pain Management and Disability Prevention Approaches for the Front-line Practitioner</p> <p>Susan Schellinck, Occupational Therapist, VIHA Pain Program Dr. David Hunt, MD, FRCPC, Consultant, Pain Medicine, Pain Centre, St. Paul's Hospital Dr. M. Wesley Buch, PhD., Registered Psychologist (1186), Behavioural Health Care</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Understand the transition as a biopsychosocial process. 2. Review predisposing, pre-existing conditions. 3. Identify the indicators of a developing chronic pain disability. 4. Explore treatment strategies to prevent progression.

	<ol style="list-style-type: none"> 5. Review treatment strategies for managing established chronic pain disability. 6. Outline the characteristics of practitioners who successfully treat chronic pain disability.
10:00 to 10:30 am	Break
10:30 am to noon	Concurrent Breakout Sessions
	<p>Supporting Pain Self-Management in Acute Care Settings Neil Pearson, MSc, BScPT, BA-BPHE, CYT, RYT500, Physiotherapist, Yoga Therapist, Clinical Assistant Professor, UBC</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Review the scientific evidence on the benefits of incorporating pain self-management strategies into a variety of acute care settings. 2. Explore the practicalities of incorporating pain self-management strategies into acute care settings. 3. Experience pain self-management techniques first hand.
	<p>Acute Pain Management in the Opiate-Experienced Patient Dr. Paul Sobey, MD, CCFP, ABAM, Regional Divisional Lead for Addictions, Fraser Health</p> <p>Learning Objectives to be confirmed</p>
	<p>Avoiding Medication Mayhem – sponsored in part by LifeMARK Health Penny Miller, B.Sc.(Pharm.), M.A. (Ed.), Senior Instructor, Faculty of Pharmaceutical Sciences and Faculty of Medicine, UBC</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe the rationale, efficacy, benefits, and risks associated with non-steroidal anti-inflammatory agents, opioids, antidepressants, and anticonvulsants in the treatment of chronic pain. 2. Identify appropriate combinations of medications. 3. Outline the important reasons for slow upward titrations and slow tapers off medications. 4. Discuss effective monitoring for the efficacy and side effects of drugs to meet the outcomes of increased functioning, improved sleep, and reduced pain.

	<p>Managing Pain in the Palliative Care Context Dr. Romaine Gallagher, MD, CCFP, Head of Palliative Care Division, Department of Community and Family Medicine, PHC</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Understand how palliative pain overlaps with chronic pain. 2. Learn evidence-based approaches to the assessment of pain in patients with life-limiting illness. 3. Explore approaches to pharmacological management of pain at the end of life with a focus on opioids. 4. Discuss the use of opioids in patients with cardiopulmonary disease.
	<p>Getting Your Patient Back to Work (CME accreditation pending) – sponsored in part by OrionHealth Rehabilitation and Assessment Centres Cat Douglas, Occupational Therapist, OrionHealth Rehabilitation Leigh Fortuna, Physiotherapist, OrionHealth Rehabilitation Dr. Matt Graham, Registered Psychologist, OrionHealth Rehabilitation Dr. Eric Baasch, MD, General Practitioner, OrionHealth Rehabilitation</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Explore the differences between acute versus chronic pain and how they inform the management approach 2. Identify the role of the physician in the process of return to work. 3. Understand the importance of work to psychological and physical health.
<p>12:00 to 1:00 pm</p>	<p>Buffet Lunch and Patient Panel – Gain a better understanding of patients’ experiences with pain by learning from the stories of our patient panel</p>
<p>1:00 to 2:30 pm</p>	<p>CONCURRENT BREAKOUT SESSIONS</p>
	<p>Avoiding Medication Mayhem (repeated session) – sponsored in part by LifeMARK Health Penny Miller, B.Sc.(Pharm.), M.A. (Ed.), Senior Instructor, Faculty of Pharmaceutical Sciences and Faculty of Medicine, UBC</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Describe the rationale, efficacy, benefits, and risks associated with non-steroidal anti-inflammatory agents, opioids, antidepressants, and anticonvulsants in the treatment of chronic pain.

	<ol style="list-style-type: none"> 2. Identify appropriate combinations of medications. 3. Outline the important reasons for slow upward titrations and slow tapers off medications. 4. Discuss effective monitoring for the efficacy and side effects of drugs to meet the outcomes of increased functioning, improved sleep and reduced pain.
	<p>Prevention of Chronic Post-Surgical Pain Dr. Michael Negraeff, MD, FRCPC, Anesthesiologist/Pain Specialist, Vancouver General Hospital</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Review epidemiologic evidence of chronic post-surgical pain (CPSP) and other transitions. 2. Describe pain mechanisms of acute to chronic transition and possible impacts of early intervention. 3. Review evidence of attempts to prevent CPSP.
	<p>Helping Youth Reclaim their Lives from Persistent Pain: Return to Schooling and Normal Life Dr. Susan Bennett, PhD, Psychologist, Pain Service, BC Children’s Hospital Dr. Erin Moon, BA, PhD, Clinical Psychologist, BC Children’s Hospital Dr. Gillian Lauder, MD BCh FRCA, FRCPC, PG Diploma (MedEd), Director, Acute Pain Service, BC Children’s Hospital Lawren De Marchi, PT, Pain Service, BC Children’s Hospital Youth Representative to be confirmed</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Understand the experience of young people in their journey of returning to schooling and normal life. 2. Learn about the team approach to persistent pain pioneered at BC Children’s Hospital. 3. Explore approaches to reducing the impact of pain. 4. Describe pacing and school adaptations to support the return to function.
	<p>Managing Persistent Pain in Older Adults (CME accreditation pending) Dr. Romyne Gallagher, MD, CCFP, Head of Palliative Care Division, Department of Community and Family Medicine, PHC</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Understand how pain is different in older adults. 2. Understand how this difference affects the approach to pain in older adults. 3. Identify best practices in the pharmacological management of pain in older adults.

	4. Explore the unique issues involved in pain assessment and management in cognitively impaired older adults.
	<p>Practical Pain Assessment and Pain Management Strategies for the Bedside Practitioner Jan Muir, RN, BsN, MN, Clinical Nurse Specialist, Pain Management, Providence Health Care Brenda Poulton, RN, MN, Nurse Practitioner, Pain Management, Royal Columbian Hospital</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Understand why it is important to assess, document, and treat acute pain early before it becomes chronic. 2. Understand how self-management strategies help patients better cope with chronic pain. 3. Use the OPQRST and Brief Pain Inventory to assess and document pain. 4. Describe at least two tools available to assess pain in the non-verbal patient. 5. Apply and use at least two simple pain management strategies to manage pain. 6. Be aware of at least two resources regarding pain assessment and pain management.
2:30 to 3:00pm	Break
3:00 to 4:00 pm	<p>Emerging Knowledge and Key Highlights from the Pain Management Field Participate in an interactive session with conference faculty to discuss emerging research, technology, and new evidence-based approaches across disciplines.</p>
4:00 to 4:30 pm	Closing Session – speaker to be confirmed

Last year's conference SOLD OUT. Register now at [http://painbc2012conference.eventbrite.ca/!](http://painbc2012conference.eventbrite.ca/)

This conference is made possible by unrestricted educational grants from Pfizer Canada, Purdue Pharma, Janssen Inc. and Eli Lilly. Contributions are governed by Pain BC's [funding policy](#).

About Pain BC

Chronic pain has become a “silent epidemic” in this country - one in five Canadians lives with chronic or persistent pain. Every day, the lives of hundreds of thousands of British Columbians are fundamentally changed by pain - the daily physical suffering, the risk of addiction, the breakdown of relationships, the loss of productivity and purpose, the stigma and skepticism, the real risk of becoming impoverished. Yet, there is a lot of hope. A movement is afoot across Canada and the globe to “change pain and change minds”. Pain BC is leading those efforts in this province.

Pain BC is a non-profit organization made up of patients, health care providers, physicians, and others with a passion for improving the lives of people living with pain. Pain BC aims to reduce the burden of pain on individuals, families, and communities in our province by taking the following actions:

- Engaging with government, health authorities and others to improve our health care system
- Supporting and educating patients and promoting patient engagement in health care decision-making
- Expanding education for health care providers and enabling them to improve diagnosis and treatment of people living with pain
- Supporting research that will help patients, their families, and communities better navigate the pain journey

For more information, visit us at www.painbc.ca