

LOOKING THROUGH THE LENS OF VIRTUAL PAIN CARE

FRIDAY JUNE 4, 2021

0830 – 1630H (MT)



The Calgary Pain Education Foundation is thrilled to announce their rebrand as the Alberta Pain Education Collaborative (APEC) and recent merger with the Pain Society of Alberta (PSA).

The APEC Planning Committee invites you to attend an outreach educational opportunity focused on empowering physicians and allied health care providers in northern regions, with updated pain management strategies, treatments and tools.

Who should attend: All healthcare providers including physicians, physician specialists, nurse practitioners, registered nurses, licensed practical nurses, pharmacists, physical therapists, occupational therapists, psychologists, social workers, nutritionists, and kinesiologists.

Register at www.painab.ca

Updated May 31 2021



Event Itinerary

0830 - 0840h **Opening and Welcome**

0840 - 0900h **The Power and Possibilities of Virtual Care for Chronic Pain Patients**

Tracy Fossum

A discussion on what's new, what's working and what opportunities the future holds for virtual chronic pain care.

Patients and doctors alike had to dive into the world of virtual appointments with little advanced warning or preparation. After a year of use, we will examine the chronic pain patient experience, how and why it's working and where the future could take this new approach. The valuable insight into how patients are responding to the new virtual appointments, can help guide new approaches to appointments, management of complex illness and doctor- patient collaborative care.

0900 – 0925h **Limbic Limbo: Some Strategic Keys to Helping a Brain on Pain**

Dr. Adrian Gretton

Our brains and nervous systems evolved to detect and guard against a range of threats, to promote our survival. But what happens when these ingrained neural programs seem to be making things worse, not better?

We will take a closer look at some key patterns and possibilities, new ways of making sense of this. The limbic system and its connections to higher centers in the brain and also to the body is the key. This opens up a range of easily accessible and practical ways to get us beyond "fight, flight, or freeze"...

0925 – 0950h **Reconceptualization of Pain: Realistic Goals and Effective Strategies for Pain Education**

Neil Pearson

This lecture will allow you to recognize that full conceptualization of pain - as far more than a measure of tissue health - is not always necessary for positive outcomes, yet can be a powerful goal to attain. Gain practical strategies and scripts to increase success with integrating pain education into busy clinical practice, and be able to outline at least four approaches to effectively share this knowledge.

0950 - 1005h **Hey Team, Up Your Game in Chronic Pain! How the Collaborative Mentorship Network Can Help**

Dr. Cathy Scrimshaw

Do you want to increase your knowledge and confidence in chronic pain management? The CMN is a community of practice offering educational opportunities and a variety of resources to help community health professionals enhance their understanding of chronic pain. Through virtual collaborative forums, peer to peer mentorship, and foundational education modules, the CMN is a resource for advancing chronic pain care in community. Join this discussion as we review the available supports for community health professionals, the research questions that have arisen from our members, and innovations to promote evidence-based, patient centered care in chronic pain.

1005 - 1020h **Moderated Group Question and Answer**

1020 - 1025h **Movement Break → Polyvagal Breathing Exercise provided by Dr. Adrian Gretton**

1025 – 1035h **Wellness and Bio Break**

1035 - 1100h **My Belly Always Hurts!! Strategies to Understand and Manage Chronic Abdominal Pain**
Dr. Kerri Novak

Chronic abdominal pain is common, with myriad contributing factors. Investigations do not always provide specific explanations or causes for chronic abdominal pain, and therefore understanding pain reception and processing can help to understand factors that worsen and improve the pain experience. We will discuss common and uncommon causes of abdominal pain, including visceral hypersensitivity and irritable bowel syndrome.

1100 – 1120h **Visceral Connections to Pelvic and Abdominal Pain for Manual Therapists**

Lenora Klassen

Pelvic and abdominal pain can be disabling for many people, not to mention the health challenges of poorly functioning viscera. In this session you will get a short introduction to the potential impacts of visceral manipulation on both visceral and orthopedic pain. By using the gentle, hands on techniques of visceral manipulation you can help improve joint mobility as well as organ function. In the session you will hear examples of how this technique can be used to treat pelvic and/or abdominal disorders.

1120 – 1135h **Moderated Group Question and Answer**

1135 – 1200h **A Practical Approach to Migraine and Acute Therapies**

Dr. Farnaz Amoozegar

Migraine is one of the most common and disabling disorders seen by family physicians, neurologists and pain specialists. Yet, migraine remains underdiagnosed and undertreated. This session will highlight the significant impact of migraine on individuals and society, and provide a practical approach to migraine diagnosis and treatment, with a focus on symptomatic therapies. An update on the newest acute therapies for migraine will also be discussed.

1200 – 1215h **Moderated Question and Answer**

1215 - 1315h **Lunch and Rest Break**

(for those not wishing to attend Dr. Elizabeth Leroux's presentation from 1215-1300h)

1215 – 1245h **Advancing Migraine Management in Primary Care – Sponsored by Teva Canada**

Dr. Elizabeth Leroux

- Detect clues for secondary headaches and apply the diagnostic criteria for migraine
- Define an overview of migraine preventive options, including behavioral and pharmacological approaches
- Provide options to treat severe migraine attacks
- Discuss onabotulinum toxin type A and CGRP antibodies as migraine preventive options.

1245 - 1300h **Moderated Question and Answer**

1300 – 1315h **Free time**

1315 – 1325h **Welcome Back!**

Meet the Alberta Pain Education Collaborative Committee

1325 - 1350h **Alberta Healthy Living Program: Virtual Delivery of Group Exercise for People Living with Pain and Overall Chronic Disease Management**

Denise Boulerice and Andrew Holosney

The Alberta Healthy Living Program has transitioned to virtual delivery via Zoom. This presentation will focus on the Supervised Group Exercise Program transition from in-person programming to virtual programming and the participant's journey from assessment to completion. A brief overview of Health Change Methodology will also be provided and how it has impacted our patient outcomes, some of which include decreased no show rates and increased overall program completions. The Exercise Team incorporates health coaching into group and individual interactions to enhance participant self-management skills. Patient satisfaction evaluation will be shared, as well as how those results are impacting the evolution of the exercise program.

1350 - 1400h **Moderated Question and Answer**

1400 - 1415h **Tele-triage and Rehabilitation – Learning on the AHS Rehabilitation Advice Line**

Katie Churchill and Kira Ellis

In May, 2020, the Rehabilitation Advice Line formed as part of AHS's COVID-19 response. Rehabilitation services were abruptly disrupted, and with strong provincial partnerships, the Rehabilitation Advice Line launched. This session will share how the advice line evolved and what the team has learned over the course of a year providing tele-triage services to Albertans.

1415 - 1420h **Moderated Question and Answer**

1420 – 1425h **Movement Break → Warm-Up and Gentle Range of Motion Movements provided by Andrew Holosney**

1425 – 1435h **Wellness and Bio Break**

- 1435 – 1505h **Virtual Rehabilitation Assessment and Treatment - Does it Work?**
Douglas Gross
The COVID-19 pandemic resulted in dramatic changes to health care to avoid spread of the novel coronavirus, including increased use of virtual care and telehealth. This presentation will review research on the effectiveness of virtual care generally and within workers' compensation.
- 1505 - 1520h **Moderated Question and Answer**
- 1520 – 1545h **Addressing the “Neck-Up” Portion of the Whole-Person Approach: A Mind-based Approach to Pain**
Matthew Bain
The pain experience is a unique journey that touches all corners of our being. Therefore, any treatment involving the physical should parallel the psychological. Educating, acquiring, and then applying psychological tools to the journey brings a continued sense of resilience and a developing purpose meant to edge out competing negative self talk, reduce and repair distorted and distressed sensory relationships, and empower the person to better regulate the stress and strain that accompanies the construct of “pain”.
- 1545 – 1600h **Moderated Question and Answer**
- 1600 – 1625h **Closing Remarks**
Digital Passport Winner is Announced!

Distinguished Speakers and Moderators



Dr. Farnaz Amoozegar, MD, MSc, FRCPC
Clinical Associate Professor, Dept Clinical Neurosciences
Cumming School of Medicine, University of Calgary and Hotchkiss Brain Institute

Dr. Amoozegar is a neurologist and Clinical Associate Professor at the University of Calgary. She completed undergraduate studies and her medical training at the University of Calgary, followed by a neurology residency at the University of Ottawa.

She then returned to Calgary and completed subspecialty training in the area of Headache and Facial pain with Dr. Werner Becker, followed by a Master's Degree in Clinical Epidemiology.

Currently, Dr. Amoozegar practices as a neurologist and headache specialist at the University of Calgary and the Calgary Headache Assessment and Management Program. In addition to clinical practice, she is heavily involved in clinical research, and education of colleagues, fellows, residents and medical students in various settings.



Matthew Bain, MEd., MA, R.Psych
Mental Performance Consultant

Matthew cares deeply about the health and performance of people. He is a passionate and knowledgeable registered psychologist and mental performance consultant. A diverse academic and professional background affords him an eclectic approach that meets a broad range of populations and needs. Matthew has been an award-winning instructor, a

sought-after public speaker, and a compassionate and driven practitioner who values each of the audiences, groups, or individuals he is blessed with the opportunity to work with. Matthew's academic interests lie in motivation, personality, and developing a solid narrative for performance, success, and resilience. At the heart of these paths is the fascination for how human beings are motivated. The past 20 years have shown Matthew that the human spirit for performance and furtherance burns brightly, whether it is for a person wanting to break the throws of depression and pain or the Olympic athlete looking to break through a personal best.



**Denise Boulerice Team Lead North Zone, Chronic Disease Management
BA Rec. Admin Diverse Populations**

Denise is a Team Lead with the North Zone Chronic Disease Management Team and really enjoys the behavior change training and health coaching aspect of her role. As a mother of 4 wonderful children and grandmother of 2 incredible boys, most of her leisure time is spent with family travelling (hopefully soon again) or just spending ordinary time together doing everyday things. She enjoys bike riding in the country, playing slow pitch with friends, coaching as many community sports as she can or sitting around a fire visiting and reminiscing.



**Katie Churchill MScOT
Senior Consultant, Rehabilitation Advice Line, Alberta Health Services**

Katie Churchill is an occupational therapist and the Senior Consultant for the Rehabilitation Advice Line. Katie possesses a drive for evidence-informed practice and is actively involved in research and knowledge translation activities. Katie holds adjunct appointments in the Faculty of Rehabilitation Medicine at the University of Alberta and in Clinical Neurosciences at the University of Calgary. Katie is passionate about innovation and the pandemic has forced us to think of new and innovative ways to deliver high quality care to Albertans.



**Kira Ellis BScPT
Clinical Supervisor, Rehabilitation Advice Line, Alberta Health Services**

Kira Ellis is a physiotherapist by profession and is the Clinical Supervisor with the newly launched AHS Rehabilitation Advice Line. Her clinical background is in orthopedics and chronic pain management, having worked in both private and public rehabilitation settings. She is the co-lead for the Alberta Pain Strategy's Interdisciplinary Access Working Group, a member of the Medical Review Committee for the Canadian Orthopedic Foundation, and a member of the PEER Simplified Chronic Pain Guideline Committee. When she is not at work, Kira is supporting her family's COVID response by trying to keep 3 teenagers on track.



**Tracy Fossum
President, Help Alberta's Pain**

Tracy has been an advocate for the better management of pain in Alberta for 20yrs. Having lived with chronic pain all of her life, she realized that if she wanted reasonable, safe and effective medical care for herself and all other persons living with pain, we needed a stronger voice and greater participation in the development of policies, guidelines, and programs.

To accomplish this goal, she created Help Alberta's Pain, a community for chronic pain patients in the province. This group has allowed us to understand and respond to the needs of patients across Alberta. We actively connect with people in 63 communities each month and are still growing. Peer supports offer many benefits to the community and has allowed us to better understand their unique needs as well as become an important life line for many people who are struggling.



Adrian Gretton MD, CCFP, FCFP, CIME
Clinical Assistant Professor, University of Calgary Faculty of Medicine
Consultant Physician, AHS Calgary Chronic Pain Centre

Dr. Gretton developed a particular interest in chronic pain early in his medical career. He enjoyed practicing community-based family medicine for many years, while also developing expertise in pain and injury management. He is a Clinical Assistant Professor with the University of Calgary. He continues in active practice, plus enjoys teaching peers and community based health professionals. Outside of work, he enjoys skiing, cycling, hiking, travel, and photography.



Douglas Gross BScPT, PhD
Professor, University of Alberta's Department of Physical Therapy

Douglas Gross is a Professor in the Department of Physical Therapy at the University of Alberta. His research focuses on preventing disability in people with physical and mental health conditions. This includes studying clinical and public health interventions, work disability prevention strategies, and rehabilitation outcome measures and assessment techniques.



Andrew Holosney, BSc Kin, CSEP-CEP
Exercise Therapist- Alberta Healthy Living

Andrew has been an exercise therapist with Alberta Health Services Chronic Disease Management program in Slave Lake for the past 9 years. He spends his free time outside as much as possible and particularly enjoys spending time at the lake with his wife & dog.



Lenora Klassen Physiotherapist, Certified Visceral Manipulation Practitioner,
Certified Neural Manipulation Practitioner

Lenora Klassen PT has a vibrant, integrative private practice in Surrey, BC specializing in treating complex cases, many with components of emotional trauma such as PTSD. Her clients have inspired her to dig deeply into cutting edge Neurology and Psychology trauma research which informs the hands on treatment of somatic-based trauma through visceral and neural manipulation.

Lenora Klassen received her BScPT from the University of Alberta in 1998 and her MA from Trinity Western University in 2010. In addition, she is the first in Canada to earn a Certified Practitioner status in the osteopathic techniques of both Visceral and Neural Manipulation through the Barral Institute.



**Dr. Elizabeth Leroux MD, FRCPC
Montreal Migraine Clinic**

Dr. Elizabeth Leroux completed her neurology training at University of Montreal. She did a two-year fellowship in Paris at the Emergency Headache Center. She was a Director of the Headache Clinic of University of Montreal and then the Calgary Headache Assessment and Management Program, which was a multidisciplinary program with the University of Calgary. She currently practices in Montreal at the Brunswick Medical Center.

Dr. Leroux is the president of the Canadian Headache Society and the founder of the Migraine Quebec and Chair of Migraine Canada. She is involved in migraine advocacy with a special interest in therapeutic education for migraine, impacts of migraine on work, and cluster headaches.



**Dr. Kerri Novak MD, MSc FRCPC
Clinical Associate Professor of Medicine, Division of Gastroenterology and
Hepatology, University of Calgary**

Dr. Novak is an academic gastroenterologist and Deputy Division Head, based out of the Foothills Medical Center, who has interest in abdominal imaging in particular ultrasound of the intestine, a safe and non-invasive way to evaluate the bowel and its function. She is passionate about system improvement and works closely with primary care to enhance the care of patients with digestive concerns. She has 2 "tween" daughters who keep her on her toes and a new puppy and husband who make all things better.



**Neil Pearson PT, MSc (RHBS), BA-BPHE, C-IAYT, ERYT500
Clinical Assistant Professor, University of British Columbia.**

Neil is an experienced physical therapist and yoga therapist, founding chair of the Canadian Physiotherapy Pain Science Division, and faculty at UBC as well as in four international yoga therapist training programs. He has received the Excellence in Pain Education award from the Canadian Pain Society, and just this year he was awarded a Medal of Distinction from the Canadian Physiotherapist Association for his dedication to decreasing the impact of pain on society. Currently Neil is consulting with Lifemark clinics building and leading on-boarding, continuing education and mentorship processes in pain science and pain care for their over 2000 clinical staff across Canada.



**Dr. Cathy Scrimshaw BSc (Hon), MD, FCFP
Assistant Clinical Professor Department of Family Medicine University of Calgary,
Medical Director Alberta College of Family Physicians**

Cathy Scrimshaw is a rural family physician and the medical director for the Collaborative Mentorship Network for Chronic Pain and Addiction (CMN). The CMN is a program of the Alberta College of Family Physicians. Cathy is passionate about providing comprehensive care close to home for patients and providing practical evidence-based supports for health provider teams in community.

The Alberta Pain Education Collaborative Team



Chair
Janice Rae
RN MN



Co-Chair
Diane Roylance
PT BSc (Zool) BScPT.
FCAMPT Certified GunnIMS



Christelle Zacharki
BSc BSP CDE



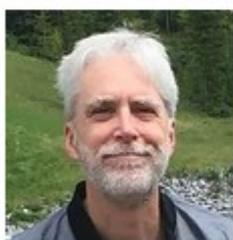
Dr. Eloise Carr
RN MSN PhD



Joe Kwan
BSc BPE BScPharm APA



Dr. Adrian Gretton
MD FCFP CIME



Dr. Ted Findlay
DO CCFP FCFP



Lori Chomik
Social Worker, RSW



Dr. Arlene Cox
Ph.D., R. Psych.



Dr. Flo Slomp
MSc PhD



The Pain Society of Alberta Board of Directors, the Alberta Pain Education Collaborative Planning Committee, and all our distinguished presenters wish to thank you for attending our event. Our focus to deliver high quality, evidence informed presentations to improve pain management skills, remains our primary objective.

We value your feedback!! Please complete [our online evaluation](#) to help us improve and deliver more education that is based on your learning objectives.

Presentations will be available after our event. Please visit the [Pain Society of Alberta YouTube](#) page and consider subscribing to receive notifications when new information is added.

If you have any questions, please email us at team@painab.ca.



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