Taking the Pain Out of Complex Pain Management:
Practical Approaches for Improved Services Across the Continuum of Care

April 11 - 12, 2008

Conference Location:
The Westin Hotel
10135 100th Street
Edmonton, AB

Conference Highlights
Chronic pain hurts. It impacts every facet of an affected person’s life and applies pressure to the health care system at many points along the care continuum. In Alberta, it is estimated that over 11% of the population suffer from chronic pain in one form or another which equates to over 120,000 people in Capital Health alone. Consider the aging population and population growth in the province and the prevalence of complex pain cases could increase by 70% over the next 25 years.

Building off our conference in 2004, we plan to discuss practical strategies and tools for complex pain assessment and management. This conference will feature presentations on:

• The chronic pain picture in Alberta
• Comprehensive primary care assessments
• The benefits of behavioral therapy
• Medication overuse and addiction risks
• Evidence for treatment modalities
• The individuality of chronic pain
• Programs for chronic pain treatment in the Capital Health Region

Who should attend
This conference will be of primary appeal to community based physicians and allied health professionals with an interest in pain management, who work with patients in the community and who refer to specialized pain services in Canada.

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to 13 MAINPRO®-M1 Credits

www.capitalhealth.ca/ChronicPainConference
Program-at-a-glance

Friday, April 11, 2008

7:30  Registration and Continental Breakfast
8:00  Welcome and Introductions
8:15  The Epidemiology of Chronic Pain in Alberta -  
Dr. Donald Schopflocher, PhD, Associate Professor,  
Faculty of Nursing, University of Alberta, Edmonton, AB

Chronic Pain is part of the life of a surprisingly large  
number of Albertans, and as the population ages, the numbers  
will only increase. This talk will focus on the burden of chronic pain on the  
individual and on society, using data from Albertans.

9:00  Treat the Body or the Mind: Or a Little of Both -  
Dr. Robert Gatchel, PhD, ABPP, Professor & Chairman, Department of Psychology, College of Science, The University of Texas at Arlington, and Director of Clinical Research, The Eugene McDermott Center for Pain Management, The University of Texas Southwestern Medical Center at Dallas

A review of the treatment and cost-effectiveness of biopsychosocial interventions for both acute and chronic pain will be presented. The key roles that the interactions among biologic and psychosocial factors play in the treatment process will be discussed.

10:00  Refreshment Break & Exhibit Viewing
10:15  The Primary Medical Assessment: Of Primary Importance - Dr. Robert Hauptman, BMSc, MD, Medical Director, Med Management Program, HealthPointe Pain Clinic, Edmonton; Chief, Department of Family Medicine SGH, St. Albert; Treasurer, Pain Society of Alberta; Chairperson, Salvs Family Medical Clinic, St. Albert, AB

Gathering a comprehensive history and documenting findings and changes over time are the foundations of a good pain assessment. A description of strategies and key components of this assessment will be provided within a biopsychosocial framework

11:00  Rational Pharmacotherapy for Chronic Non Malignant Pain - Dr. Ian Forster, MBChB MRCS, LRCP, LMCC, Cert. ASAM, Medical Director, LifeMark Health Institute, Edmonton, AB

This talk will give a brief description of the current understanding of mechanisms for the development of chronic pain states. This model will then be utilized to recognize points of intervention and to show the rationale for pharmaceutical intervention.

12:00  Lunch Break and Exhibit Viewing
1:15  The Ambassador Program: A Novel Method of Pain Education for Health Professionals -  
Dr. Saifee Rashiq, BM BS, MSc (Epid) DA(UK), FRCPC, Associate Professor; Director, Division of Pain Medicine, Department of Anaesthesiology and Pain Medicine, University of Alberta, Edmonton, AB

Many health professionals do not know the full extent of the scientific evidence regarding treatments for chronic pain. Some effective treatments are underutilized, while other treatments are used despite being known to be ineffective and/or hazardous. A novel approach to delivering up-to-date, unbiased, practical, evidence-based pain management education to busy front-line health workers is described.

2:00  Is It All In Their Head or What? - Dr. Robert Gatchel, PhD, ABPP, Professor & Chairman, Department of Psychology, College of Science, The University of Texas at Arlington, and Director of Clinical Research, The Eugene McDermott Center for Pain Management, The University of Texas Southwestern Medical Center at Dallas

The purpose of this presentation is to provide a review of the most noteworthy developments in the field evaluating the role of psychosocial issues in better understanding pain phenomena. This will span research on how psychological and social factors can interact with brain processes to influence health and illness, as well as new insights into brain-pain interactions.

3:00  Pain Management in Canada - Where Have We Been, Where Are We Going? - Dr. Roman D. Jovey, MD, Program Medical Director, CPM ‘Centres for Pain Management’, Mississauga.ON

This presentation will review some of the previous challenges to better pain management in Canada and will provide a review of initiatives that are already started and are planned for the future in order to improve the treatment of pain for all Canadians. The painexplained.ca awareness campaign will be discussed highlighting plans to improve research, education and treatment strategies for pain.

3:45  Speakeasy I - Open Forum Discussion
4:30  Closing Comments
11:00 The Alberta Chronic Pain Ambassador Program Phase 2: Development and Implementation of Regionally Adapted Primary Care Clinical Practice Guidelines for Low Back Pain and Headache - Dr. Paul Taenzer, PhD, RPpsych, Evaluation Specialist, Regional Pain Program, Calgary Health Region, Calgary, AB

The current phase of the Ambassador Program has engaged multidisciplinary pain clinicians from across the province to work with the HTA researchers from the Institute of Health Economics to develop and implement guidelines for low back pain and headache. Based on the highest quality international evidence-based guidelines, the Alberta guidelines will be reviewed and endorsed by the Alberta professional colleges and associations. Point of care tools will be developed to reflect the services and resources available to primary care clinicians in their practice environments. This presentation will review the development process and the evidence-based recommendations for care of low back pain.

11:45 Lunch Break and Exhibit Viewing

12:00 Registration and Continental Breakfast

We gratefully acknowledge the following sponsors:
Registration Form

Last (Family) Name
First Name
Title
Organization
Address: please indicate  □ Work  □ Home
City  Province  Postal Code
Phone  Fax
Email address

Delegate List Consent
A list of delegates to the conference will be made available to all registrants. The list will include name, organization, city, email address and telephone number. Under the Alberta Freedom of Information and Protection of Privacy Act, your consent is required prior to your name being added to the delegates’ list. Do you consent to having your name on this list? If you do not answer, your name WILL appear on the list. Yes □ No □

Accommodations
A special rate has been secured for conference delegates at The Westin Hotel, 10135 – 100th Street, Edmonton, AB. The Conference Rate is $145.00 + applicable taxes. When making your reservation you must indicate the account name – Capital Health Chronic Pain Conference. Reservations must be made by March 19, 2008 to receive the conference rate. To make a reservation, please call 1-800-937-8461

Freedom of Information and Protection of Privacy Act
The registration information is collected under the authority of the “Freedom of Information and Protection of Privacy Act”. The information you provide is required to register you in the course, prepare material for your use and will be used to notify you of other courses or pertinent information. Financial information is used to process applicable fees and is not retained for future reference. If you have any questions about the collection or use of this information, please call us.

As a provider of continuing professional education, Capital Health (CH) must assure balance, independence, objectivity and scientific rigor in all its sponsored educational activities. All individuals who participate in CH-sponsored events are expected to disclose any significant relationships that may pose a conflict with the principles of balance and independence.

Registration Fees

April 11 & 12, 2008

Early Bird Fee (On or prior to Mar. 19)  □ $400
Regular Fee (Mar. 20 - Apr. 11)  □ $500

Conference registration fees include all conference materials, continental breakfast, refreshment breaks and lunch.

Method of Payment

Total Registration Fees Included:  $________

□ Cheque or money order: payable to Capital Health
□ VISA  □ MasterCard  □ American Express

Name on card
Card Number __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
Expiry Date (mm/yr) __ __ / __ __

Signature  Date

By signing, I authorize the use of my credit card. If you pay by credit card, your statement will read Capital Health.

Refund/Cancellation Policy:
Payment by cheque or credit card must accompany the completed registration form. Cancellations will be accepted until March 19, 2008. No refunds will be issued after this date. A $50 processing fee will be charged for cancellations made on or before March 19, 2008.

Registration Confirmation:
A letter of confirmation and receipt of payment will be sent via email within five working days of receiving your completed registration form and full payment.

Please send registration form and payment to:

Education Services, Glenrose Rehabilitation Hospital
Room 19, 10230-111 Avenue
Edmonton, AB  T5G OB7
Phone: (780) 735-7912 Fax: (780) 735-7924
Toll Free: 1-877-877-8714
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