

# NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE

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Strategy for Patient-Oriented Research

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# A message from the Scientific Director

## Network updates from Dr. Norman Buckley



Remarkably, Year Two of the Chronic Pain Network (CPN) is coming to a close. We review our accomplishments over the last year, as well as look critically at where we are and where we would like to be.

The key goal for CIHR is to create a system of research with patients engaged from priority setting through conduct of research and translation of results into practice and

policy. For us, this meant 'retro-fitting' some of the research plan that we'd laid out in our application. Patricia Poulin, Jennifer Stinson and their group recently published the patient-derived research priorities, which were developed in parallel with the Network grant application. We have key successes in our structure and process, but still lag in actual participation of our patient partners in the research process with our project leads.

With Year Three on the horizon, we focus on Knowledge Translation efforts, for individual projects and also for the Network as a whole. Dr. Alfonso Iorio, principle applicant with the Network and co-chair of its Knowledge Translation committee, provided an overview of one of our Knowledge Translation initiatives - Pain Plus CPN. The webinar is available for viewing on CPN's [YouTube](#) channel. And please sign up for the service.

Our Patient Oriented Research (POR) committee has completed eight full reviews of Network projects and five mid-year reviews. Project reviews ensure that projects are on target and reaching important milestones, and they also provide an opportunity to further integrate other Network members and resources into each project.

In March, Dr. Margo Latimer and John R. Sylliboy will present the fourth 'Patient Engagement in Research Rounds' webinar. Their focus is on the Two-Eyed Seeing method in health research. For more details, visit our website: [cpn-rdc.ca](http://cpn-rdc.ca).

We are also in the midst of planning our second Annual Meeting. The meeting will be April 24, 2018 in Hamilton, Ontario. We hope to see you there.

## Pain Plus CPN: Thousands of journal articles at your fingertips

According to an article from Canadian Science Publishing, more than 2.5 million new scientific papers are published each year. Wading through all those papers for information that is both newsworthy and sound can be a daunting task. That is where Pain Plus CPN comes into play. Pain Plus CPN is part of a premium literature service developed by McMaster University's Health Information Research Unit (HIRU), created exclusively for the Chronic Pain Network.

On January 4, 2018, Director of HIRU, Dr. Alfonso Iorio, gave a forty-five minute webinar that provided a tour of Pain Plus CPN and showcased its features.

Pulling high quality articles from more than 110 periodicals, Pain Plus allows users to search through pain-related periodicals, as well as create custom email alerts with links to the most recent journal articles.

*A product developed by McMaster University's Health Information Research Unit, Pain Plus CPN launched in October and is steadily gaining subscribers.*

Users can determine the frequency of email alerts they receive, as well as tailor them to feature articles focusing on specific areas of interest, such as acute or chronic pain, and even specify the populations observed.

Articles are pre-screened to ensure suitability, and they are rated for clinical relevance and general interest by both health care professionals and patients

living with chronic pain. In the coming months, Pain Plus CPN will begin to offer lay summaries for articles that have been deemed of high value by raters.

**Dr. Iorio's webinar can be seen here:**  
[youtu.be/vLGuy8FS1U0](http://youtu.be/vLGuy8FS1U0)

**Pain Plus CPN is also currently seeking new patient raters. If you are interested, visit:**  
[painpluscpn.ca](http://painpluscpn.ca)

# Network Profile: Mary Brachaniec

## on patients as partners



*Patient Partner Mary Brachaniec, participating as a panel member, at the Chronic Pain Network's 2017 Annual Meeting, held in Hamilton.*

As part of the Strategy for Patient-Oriented Research, a major priority the Chronic Pain Network (CPN) is ensuring Patient Partners are truly engaged when it comes to Network activities. A large part of achieving this is actively seeking out opportunities to incorporate Patient Partners in meaningful ways and creating roles that foster opportunities for true collaboration and significant contributions – not just in projects, but in all aspects of the Network.

One of the ways the CPN has engaged Patient Partners is by matching them with Primary Investigators on Network affiliated projects. However, their involvement does not end there. “The Network includes Patient Partners in all governance and planning roles within the Network,” explains Mary Brachaniec, co-chair of the Network’s Knowledge Translation committee. Her role with the committee sees her helping to ensure that the Network’s research findings are translated to optimize pain care and outcomes. Mary is also working with CPN co-applicant and project lead Dr. Thomas Hadjistavropoulos, of the University of Regina, on his project providing a valuable patient perspective. “I love

the partnership between patients and researchers,” says Mary. “We have similar goals, and working together strengthens our ability to get important research done.”

But patient engagement is about more than consultation, Mary explains. “Patients need to be involved in every step of the research process, including identifying research priorities, planning research projects and sharing results with key health stakeholders, including other patients.”

Hailing from Moncton, New Brunswick, Mary became involved with the Network after seeing a notice posted by the Canadian Arthritis Patient Alliance (CAPA). “I was just finishing up a role on a Canadian Institutes of Health Research (CIHR) research priority setting partnership for fibromyalgia, and this opportunity was timely, as I wanted to continue to contribute to the pain research community as a patient partner.” Last fall, Mary also co-presented a webinar about patients as part of a Cochrane writing team. The webinar was the second installment in the Network’s Patient Engagement in Research Rounds. “Volunteering on a team such as this and contributing to finding solutions for others with similar challenges has been satisfying and rewarding for me.”

Though her children have grown and moved away, and both she and her husband are retired, Mary still finds plenty of ways to keep busy. Over the years, she’s worked with organizations such as the Cochrane Consumer Network, the Canadian Arthritis Patient Alliance, the Arthritis Society, and the Canadian Institutes for Health Research’s Musculoskeletal Health and Arthritis Knowledge Exchange Task Force.

In her free time, Mary is also an avid walker. “I find most joy when out

on local trails with an audiobook for company,” she says.

When asked what she’d like to share with other patient with chronic pain, Mary replies simply, “I strongly support others with health challenges participating in healthcare or health research patient advisory committees - on either a local, provincial or national level. Our voices can make a difference!”

***A recording of Mary’s webinar, co-led by CPN Patient Partner Janet Gunderson, can be found at:***

<https://youtu.be/WpmXMrkzdU8>

### Patient Engagement in Research Rounds Webinar Series

In September 2017, the Chronic Pain Network launched its Patient Engagement in Research Rounds webinar series. The series, arranged by the Network’s Patient Engagement committee, features Network members sharing their lived experience in patient engagement.

Webinars cover a broad range of subjects, such as meaningful patient engagement in the context of pediatric pain research and a qualitative perspective on listening and letting pain speak.

The next webinar in the series will take place on **March 6, 2018 at 2 p.m. EST**. Hosts Dr. Margot Latimer and John R. Sylliboy will share their experiences, practical advice, and some of the dynamics about using a Two-Eyed Seeing method in health research.

**To view previously recorded Patient Engagement in Research Rounds webinars, visit:**

[https://www.youtube.com/channel/UCWL6Vlr\\_ToDpRSpntCme4pg/videos](https://www.youtube.com/channel/UCWL6Vlr_ToDpRSpntCme4pg/videos)

# The Evolution of Patient Engagement

By Linda Wilhelm and Rebecca Lee



*Discussing how to further Patient Engagement at the Chronic Pain Network's Inaugural Annual Meeting, held in Hamilton in 2017.*

In the beginning, the idea of patient engagement (PE) in research was new. There were some growing pains in its evolution. Today, PE is included in the development of research questions and on grant applications. Patients are included on research planning committees and projects require detailed PE plans throughout the entire project and beyond. As the Strategy for Patient Oriented Research became best practice, it was clear that researchers and patients exist in mutual symbiosis where their success is tied to one another.

The Patient Engagement Committee developed the Patient Oriented Research Template to deepen the active collaboration between patients and researchers during the following phases: planning, data analysis and interpretation, results, outcomes, tool development, dissemination plans and knowledge translation.

These vital checkboxes are best completed in

partnership through regular meetings, project updates and the sharing of documents. When this two-way flow of information occurs, researchers help patients answer questions that shape the quality of their health care. Meanwhile, patients help researchers by bringing added dimension and transforming theory into application when moving from bench to bedside.

The 2017 Annual General Meeting sparked in-person connections that united patients and researchers, with the common goal of changing the way pain is managed and understood. True synergy occurs when researchers and patients cultivate a strong, ongoing partnership. Therefore, the PE Committee developed a [Tips Sheet](#) as a guideline on how to build a strong PE plan for grant applications. As the number of patient-researcher partnerships increases, so will the success and visibility of chronic pain research.

## Coming Events

**Who:** Chronic Pain Network  
**What:** Patient Engagement in Research Webinar: Using a Two-eyed Seeing Approach in Indigenous Health Research: Making Time for Tea

**When:** March 6, 2018, 2 p.m. EST

Given their expertise in working with Indigenous communities in health research, Dr. Margot Latimer and John R. Sylliboy share their experiences, practical advice, and some of the dynamics about using a Two-Eyed Seeing method in health research. We hope you can join us.

**Who:** Canadian Institute for the Relief of Pain and Disability

**What:** Webinar: Workplace Safety and Prescribed Medications in Chronic Pain Patients

**When:** March 8, 2018, 2 p.m. EST

Presented by Dr. Paul Farnan. For more information or to register, visit [cirpd.org](http://cirpd.org).

**Who:** Chronic Pain Network

**What:** Annual Meeting

**When:** April 24, 2018

**Where:** Hamilton, Ontario

Details to come.

**Who:** Canadian Pain Society

**What:** Annual Scientific Meeting

**When:** May 22-25, 2018

**Where:** Montreal, Quebec

Visit [canadianpainsociety.ca](http://canadianpainsociety.ca) for more information or to register.

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