

CPN

CHRONIC PAIN NETWORK

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NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE



INSIDE



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A message from the Scientific Director

Network updates from Dr. Norman Buckley



The last few months have been a flurry of activity. After countless hours of work, October saw the submission of the Network's Year Four reporting for the Canadian Institutes of Health Research. These

reports often take months to compile, requiring financial data, project workplans and milestones, as well as reporting on key Network initiatives. Our gratitude to all those who contributed to the reporting in order to help us meet this deadline.

October also saw the Canadian Pain Task Force released its second report. The report reflects the evidence, ideas, experiences and practices heard from nearly two thousand people from across Canada.

In November, the Network did its part in promoting National Pain Awareness Week (November 1 through 7) by launching a social media awareness campaign on Twitter and Facebook. The campaign highlighted a different groups each month, such as Veterans and seniors,

The Patient EngagEment in Research (PEER) webinar series continues to do well. The most recent webinar featured the Canadian Pain Task Force and described the role of those with lived experience in the Task Force process. Our next webinar is entitled Innovative Ways to Mobilize Research Knowledge with and for Patients. It will take place in January. Take a look at our website to learn more about the webinar series or to register. Recordings of past webinars can also be viewed (<http://cpn-rdc.ca/PEER>).

It is safe to say that 2020 is a year to which many will be happy to say goodbye. It is also a year that showed us just how much, and how quickly, progress can be achieved when we focus on a common goal.

Clinical Research Network

Bringing Together Pain Treatment Centres Across Canada

We believed that if we put research support resources into busy pain clinics, they could become productive in research. The impact of the CRN includes not just research activity but also outreach- The original 12 Pain Treatment Clinic sites across Canada (seven adult sites, three pediatric sites and two sites offering both adult and pediatric services), have attracted the attention of other clinics and the CRN has now added three additional sites.

At the University of Saskatchewan, having the CRN enabled the site lead to increase her research time to 20%. Network funding, which allowed for a research coordinator and two undergraduate summer students, has increased the capacity for research. The additional staff provides assistance with analysis for

projects, grant writing assistance and initiating the Saskatchewan chronic pain registry.

At the Ottawa Hospital Research Institute, the CRN helped support a new investigator. This investigator was then able to obtain funding for an evaluation of substance use and chronic pain at The Ottawa Hospital. Once the funds were awarded, having a team that was already in place allowed for the completion of the evaluation in time to meet the rapid, four-week deadline. CRN-funded resources then supported program evaluation activities at The Ottawa Hospital Pain Clinic, leading to publication of the pain clinic's model of care in the Canadian Journal of Pain. Two more papers about the Ottawa Hospital pain program are in the works.

At the Alberta Children's Hospital Research Institute, Melanie Noel's group leveraged pilot data from the CPN-funded, CRN multi-centre Pain and Mental Health in Youth (PATH) project for additional funding to examine the transition from acute post-surgical pain to chronic pain in adolescents by focusing on how the brain is involved in pain memory biases and the development of chronic pain after surgery in youth. Pilot data from the PATH study was crucial to inform and strengthen the grant application.

The CRN is one of the items we propose for continuation into CPN v2 as we see it providing an invaluable resource to pain researchers across Canada.

Network Profile: Patients as Partners

Meet Richard B. Hovey

“Patient Engagement means, for me, the meaningful, tacit and authentic participation as members of a research team as a consultant. From my background in Community Rehabilitation and Disability Studies, we learned that labels could enhance one’s sense of self or diminish it,” said Richard B. Hovey.

Born and raised in the Eastern Townships, Sherbrooke, Quebec, Richards parents were florists. His father grew the plants and flowers, and his mother arranged them.

Sports played an important role in his life as student. He played, soccer, volleyball, badminton, participated in track and field and, later, rugby. His experience with chronic pain began as an active 15-year-old who had to have a few bones fused together in his left foot. “Although it was painful to be active, I always found a way to participate,” he said.

His love of sports brought him to Montreal, where he began a Bachelor of Education in Physical Education/Kinesiology at McGill University. He went on to teach high school for several years before beginning a Master’s degree in Exercise/Health Physiology and going on to complete his PhD in Health Philosophy through the University of Calgary’s Faculty of Education and Medicine.

This path eventually led him to the Faculty of Dentistry at McGill, where he accepted a faculty position as the Director of Faculty Development. In this role he assists educators in both graduate and undergraduate programs with their teaching and assessment needs, as well as being engaged in qualitative research.

It’s no surprise that it was the

potential to teach and learn from people with different perspectives and understanding of chronic pain that most excited him about the Chronic Pain Network.

“I think that learning to live with chronic pain means to re-story one’s self, expectations and the resilience required to become new or different to one’s self but not by choice. It is a transformational experience the evolves a whole new set of perspectives,” said Richard.

Richard had heard about the Chronic Pain Network and its research on the experience of pain, Indigenous Health research, patient education and a variety of related topics. “I was asked if I would co-chair a sub-group, which provided me with the opportunity to participate,” he said. Since then, he has presented posters at the Canadian Pain Society Annual Scientific Meeting, where he hopes to be part of a symposium, again, in 2021.

“We are all learning together, and growing together is helping to diverse groups of people, interested in the same topic, learn to work effective as a community,” he said. “Patient Engagement offers a wealth of ways of knowing from a diverse range of perspectives that, when synergistically and purposefully brought together, may provide new and different insights into research directions and clinical practice.”

Richard’s current research is engaged with graduate students and healthcare providers, examining areas such as: the experiences of people living with chronic pain during a pandemic; the meaning of living with scoliosis; chronic pain and



In addition to his role at McGill and research, Dr. Richard B. Hovey is co-chair the Chronic Pain Network’s Registry Working Group.

effectiveness of peer support groups for adolescents living with chronic pain; and social responsibility as conceived by Faculties of Dentistry and Education, and the School of Social Work.

If you’d like to learn more about Richard’s work, be sure to check out the selected publications below.

Hovey RB, Khayat VC, & Feig E. (2018) *Listening to and letting pain speak: Poetic 2018, Vol 12(2) 95–103 reflections. British Journal of Pain.* <https://doi.org/10.1177/2049463717741146>

Hovey, RB. (2018) “The gift of pain with transformative possibilities,” *Patient Experience Journal: Vol. 5: Iss. 1, Article 4.* Available at: <http://pxjournal.org/journal/vol5/iss1/4>

Hovey R (2017). *Occasionally a Patient: Always a Person (Perspective).* *Journal of Patient Experience, 1-2.*doi: 10.1177/2374373517726074. journals.sagepub.com/home/jpx

Hovey R & Massfeller H (2014). *Exploring the relational aspects of patient and doctor communication. The International Journal of Whole Person Care, 1(1).* Available online at <http://ijwpc.mcgill.ca/article/view/38>

Chronic Pain Network Annual Meeting Update

We're going Virtual

With the uncertainty and changes brought on by COVID-19, the Chronic Pain Network has made the decision to hold its next annual meeting virtually. The Network's Coordinating Centre is currently in talks with vendors specializing in online conferencing and is working diligently to put together an engaging meeting for all attendees.

Earlier this year, CPN members were sent a survey to complete, identifying key features of virtual meetings that they would like to see, as well as any suggestions they had in terms of schedule and content.

While the agenda is still in the works, the meeting is starting to take shape, and we look forward to seeing you all (virtually) in the spring.

New Report from the Canadian Pain Task Force Second Report Released

Just prior to National Pain Awareness Week, the Canadian Pain Task Force released its second report. Entitled "Working Together to Better Understand, Prevent, and Manage Chronic Pain: What We Heard," the report is the result of more than a year of public consultation with Canadians across the country who live with and/or have an interest in chronic pain.

The Task Force has a three-year mandate to assess how chronic pain is currently addressed in Canada; conduct national consultations and review available evidence to identify best and leading practices, potential areas for improvement and elements of an improved approach to the prevention and management of chronic pain in Canada; and collaborate

with key stakeholders, including the chronic pain community, federal, provincial and territorial governments, health professionals, researchers and Indigenous populations, to disseminate information related to best practices for prevention and management of chronic pain, including for populations disproportionately affected by chronic pain.

The first report was submitted in June 2019, and the final report is anticipated in 2021.

You can learn more about the Canadian Pain Task Force and its work by visiting:

<https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force.html>

Coming Events

Who: Chronic Pain Network
What: Patient EngagEment in Research (PEER) Webinar Series
When: January 26, 2021
Time: 3 PM ET
Where: Online

Join us for our next PEER webinar, entitled "Innovative Ways to Mobilize Research Knowledge With and For Patients." Webinars are geared towards trainees, but all are welcome to attend.

Visit:

cpn-rdc.ca/PEER-Registration to register today.

Who: IASP
What: IASP World Congress
When: June 27 - July 1, 2021
Where: Amsterdam

For additional details visit:
<https://www.iaspworldcongress.org/attend/registration-rates>

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