OVERVIEW
The content of this conference covers advances in pain research and treatment, the prevention and management of acute and chronic pain and provides an overview of available programs and resources in Calgary. It will be of interest to all health care providers including physicians, nurses, pharmacists, physical therapists, occupational therapists, psychologists and social workers.

OBJECTIVES
• To provide knowledge and skills for prevention and management of acute and chronic pain
• To provide an overview of programs and services available for treatment of acute and chronic pain in Calgary
• To provide knowledge of advances in pain research and emerging strategies for pain management
0730  Registration / Continental Breakfast

0800  Opening Remarks  
  Glenda MacQueen

0810  KEYNOTE  
  5As of Obesity Management  
  Arya Sharma  
  • know how to begin a conversation with patients about their weight  
  • assess obesity related health risks as well as drivers and barriers to weight management  
  • develop a treatment plan for the long-term management of obesity

0910  KEYNOTE  
  Coping with Persistent Pain: The Current State of the Science  
  Frank Keefe  
  • become familiar with the conceptual basis underpinning coping-based approaches to pain  
  • heighten awareness of research on the relative importance of pain coping in the context of osteoarthritis pain and treatments for osteoarthritis pain (e.g. total knee replacement surgery)  
  • highlight new research findings on the neural mechanisms of pain coping and novel approaches to measuring pain coping  
  • understand the importance of new directions in pain coping research such as treating arthritis pain in the context of obesity and new strategies for integrating pain coping interventions into health care systems

0930  An Etiological Approach to Obesity Management: Case Studies  
  Arya Sharma  
  • understanding the heterogeneity of obesity  
  • systematic assessment of drivers and barriers  
  • evidence-based approach to developing treatment plans for your obese patient

1010  Nutrition Break

1030  CONCURRENT WORKSHOPS
  1.  An Etiological Approach to Obesity Management: Case Studies  
    Arya Sharma  
    • understanding the heterogeneity of obesity  
    • systematic assessment of drivers and barriers  
    • evidence-based approach to developing treatment plans for your obese patient

  2.  Toward Optimized Practice: Guideline for Primary Care Management of Headache in Adults  
    Werner Becker  
    After this session, participants will be able to discuss best practices with regard to:  
    • headache diagnosis  
    • acute migraine treatment  
    • prophylactic migraine treatment

  3.  Implementation Intentions: Practical Strategies for Change  
    Arlene Cox  
    • examine the concept of implementation intentions  
    • examine the expansion of goal setting strategies to include intentions  
    • review the research related to the effectiveness of change strategies

1045  Innovation in Collaborative Practice: Integrating Primary and Specialty Care in the Treatment of Chronic Pain  
  Ernst Greyvenstein, Yolanda Martens-Vanhilst, Teresa Krahnn; MODERATOR Connbi Burkart  
  • discuss current initiatives to enhance seamless, integrated services for chronic pain patients within the Calgary Zone  
  • explore the strategies for developing collaborative practice between primary care networks and specialty programs  
  • discuss community based initiatives which support a wellness approach to chronic pain management in the community

1050  Perception and Perspectives: What is the Role of Nutrition in Chronic Pain  
  Kelly Sullivan  
  • appreciate the complex relationships between food and the individual with chronic pain  
  • identify nutrition screening tools and patients suitable for nutrition therapy  
  • recognize the nutrition therapies that may benefit those living with chronic pain

1125  Move to Next Concurrent Workshops

1130  CONCURRENT WORKSHOPS
  6.  A Practical Guide to Pain Coping Skills Training: An Experiential Workshop  
    Frank Keefe  
    • provide an experiential exposure to techniques commonly used in pain coping skills training interventions for patients having persistent pain; role playing and demonstrations will be used throughout the workshop  
    • become more personally aware of the effects of practice with progressive relaxation and applied relaxation methods  
    • practice with strategies commonly used in conducting cognitive therapy to change maladaptive pain-related thoughts (e.g. identifying pain catastrophizing thoughts, challenging those thoughts, replacing the thoughts with calming self-statements)  
    • highlight relapse prevention methods useful in treating patients with persistent pain

1140  Yoga as a Therapy for Chronic Pain  
  Christopher Applewhaite, Cliona Corbett  
  • define yoga  
  • identify the potential benefits of yoga in the context of chronic pain  
  • review the literature on yoga therapy  
  • discuss clinical implications

1145  The Truth About Chronic Pain Medications and Weight Gain  
  Joyce Côté  
  • understand which chronic pain medications cause weight gain, and which mechanisms are involved  
  • examine how much weight gain is reasonable to expect, and what other factors may contribute  
  • learn about weight gain differences between medications in order to select an appropriate alternative
9. Risk Management in the Emergency Department – Whose role is it in managing challenging cancer pain patients in a community?  
Ayn Sinnarajah, Michael Prystajecky  
- understand the use of emergency department and palliative care by cancer patients  
- review policies regarding pain management in the emergency department  
- understand the availability of pain specialist services in the community to treat challenging cancer pain patients

10. Psychosocial Issues that Affect Children with Pain and How the Multidisciplinary Team Can Help  
Kathleen Duddy, Kelly Reissig, Torie Carlson  
- gain knowledge of how psychosocial factors affect a child’s pain experience  
- understand the importance of multidisciplinary treatment of complex pain in children  
- review interventions used in the multidisciplinary treatment of children’s pain

1225 Lunch

1330 KEYNOTE  
New Frontiers in the Pathophysiology of Myofascial Pain: From Peripheral to Central Sensitization  
Jay Shah  
- examine the unique neurobiology of muscle pain and myofascial trigger points (MTrPs)  
- discuss the dynamic interplay of muscle nociceptors and endogenous biochemicals in the initiation, amplification and perpetuation of peripheral and central sensitization  
- demonstrate that active MTrPs have elevated levels of inflammatory mediators, neuropeptides and cytokines – substances known to be associated with sensitization and persistent pain states  
- demonstrate that MTrPs in the upper trapezius are stiffer than surrounding tissue and that active MTrPs can be distinguished from latent MTrPs by their high-resistance blood flow

1430 KEYNOTE  
Obesity and Chronic Pain: A Complex Relationship  
John Pereira  
- show the significant impact of even small weight changes on lifetime risk of knee OA  
- describe the less clear evidence correlating weight and low back pain  
- discuss obesity and surgical outcomes for pain

1530 CONCURRENT WORKSHOPS

Jay Shah  
- understand the dynamic role that wide dynamic range neurons and facilitated segments play in generating, amplifying and perpetuating chronic neuro-musculoskeletal pain  
- demonstrate the reproducible physical manifestations of spinal segmental sensitization (SSS) associated with chronic neuro-musculoskeletal pain  
- review how improved quantitative and objective diagnostic techniques are used to determine the spinal segments involved in SSS (including dermatomes, myotomes and sclerotomes), and how such investigations are applicable in the diagnosis and treatment of chronic pain  
- discuss and demonstrate modalities and needling techniques used to desensitize the involved segments, eliminate myofascial trigger points and alleviate chronic pain

12. Vitamin D and Chronic Pain  
John Pereira  
- discuss the prevalence of low vitamin D in the Canadian population  
- describe the rationale for vitamin D supplementation in pain  
- review the medical literature regarding vitamin D supplementation and chronic pain

13. What’s Different About Managing Pain at End of Life from Chronic Disease  
Michael Slawnych  
- learn how to apply both palliative care and chronic pain principles of practice to care of these patients  
- be aware of how end-stage disease alters opioid metabolism, choice of opioid and route of administration  
- share a case story of your own or learn from others at this participatory workshop

14. Metaphors, Analogies and Stories: Vehicles Used to Deliver Complex Pain Messages to Patients  
Terry Kane, Geoff Schultz, Chris Spanswick  
- appreciate why metaphors, analogies and stories (MAS) are effective communication tools that enhance communication, patient education and engagement  
- discuss commonly used MAS  
- share effective MAS

15. Exploring Clients’ Ambivalence About Use of Opioids and Benzodiazepines  
Janice Cathcart, Joyce Côté, Arlene Cox, Michelle DeLisle, Stacey Whitman  
- learn how to talk to patients about their medications  
- learn how to use a motivational enhancement approach  
- understand issues related to influencing stage of change for medications/substances  
- share the results of two pilot groups jointly run by the Chronic Pain Centre and Foothills Addiction Centre

1645 Adjournment
FACULTY

VISITING

Frank Keefe PhD
Professor, Psychology and Neuroscience, Duke University;
Director, Duke Pain Prevention and Treatment Research Program
– Durham, North Carolina

Jay Shah MD
Physiatrist and Clinical Investigator
– Bethesda, Maryland

Arya Sharma MD PhD FRCP
Professor of Medicine and Chair in Obesity Research and
Management at the University of Alberta;
Scientific Director of the Canadian Obesity Network
– Edmonton, Alberta

LOCAL

Christopher Applewhaite BSc ENCS MSc PT
Neuromusculoskeletal Physiotherapist, Chronic Pain Centre,
Alberta Health Services (Calgary Zone)

Werner Becker MD FRCP C
Professor, University of Calgary; Active Medical Staff,
Alberta Health Services (Calgary Zone)

Connie Burkart RN MCE
Program Manager, Chronic Pain Centre, Alberta Health Services
(Calgary Zone)

Torie Carlson PhD R Psych
Assistant Clinical Professor, Anesthesiology, University of Calgary;
Pediatric Complex Pain & Burns, Alberta Children’s Hospital,
Alberta Health Services (Calgary Zone)

Janice Cathcart MEd R Psych
Psychologist, Addiction Centre, Foothills Medical Centre,
Alberta Health Services (Calgary Zone)

Cliona Corbett MScPT
Yoga Instructor, Calgary Chronic Pain Centre, Alberta Health
Services (Calgary Zone)

Joyce Côté BSc Pharm ACPR
Pharmacist, Chronic Pain Centre, Alberta Health Services
(Calgary Zone)

Arlene Cox PhD R Psych
Clinical Psychologist, Chronic Pain Centre, Alberta Health
Services (Calgary Zone)

Michelle DeLisle PhD R Psych

Kathleen Duddy RN MSN
Clinical Nurse Specialist, Alberta Children’s Hospital,
Alberta Health Services (Calgary Zone)

Ernst Greyvenstein MB ChB CCFP Dip PEC
Medical Director, South Calgary Primary Care Network

Terry Kane BHPE BSc PT
Orthopaedic Physical Therapist, Private Practice (Calgary)

Teresa Krahn MKin BPE
Program Manager, Living Well Program and the Calgary
COPD & Asthma Program, Alberta Health Services (Calgary Zone)

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST
In keeping with accreditation guidelines, speakers participating in
this event have been asked to disclose to the audience any financial involvement with industry or other organizations that may potentially
influence the presentation of the educational material. Disclosure may be done verbally or using a slide prior to the speaker’s presentation.
**PLANNING COMMITTEE**

**CO-CHAIRS**
Janice Rae RN MN  
Geoff Schultz PhD R Psych  

Connie Burkart RN MCE  
Eloise Carr BSc (Hons) RN PGCEA RNT MSc PhD  
Srinivasa Chary MD CCFP FCSEd  
Joyce Côté BSc Pharm ACPR  
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Kathleen Duddy RN MSN  
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Brian Stewart MD CCFP FRCP  
Noorshina Virani MD FRCP  


**GENERAL INFORMATION**

**ACCOMMODATION**
Registrants must make their own accommodation arrangements. We recommend:

**Hotel Alma**
169 University Gate NW Calgary, AB T2N 1N4  
Phone (403) 220 2588  
Toll Free 1 (877) 498 3203  
Email stay@hotelalma.ca  
www.hotelalma.ca

To obtain the University rate of $109 per night plus taxes, please indicate the promotion code CONTED. (Taxes include 4% Alberta Tourism Levy, 3% Destination Marketing Fee and 5% GST.)

**PARKING**
The Red & White Club is located at the north end of McMahon Stadium. Visitor parking is available in the East parking lot for $3.50/day.

**TRANSIT**
The Red & White Club is a short walk from the Banff Trail C-Train station. Information can be found at www.calgarytransit.com.

**DRESS**
Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

**ACCREDITATION**
The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Canadian Medical Schools (CACMS).

**STUDY CREDITS**
This program meets the accreditation criteria of The College of Family Physicians of Canada by the University of Calgary Office of Continuing Medical Education and Professional Development and has been accredited for up to 7.0 MAINPRO-M1 credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada. This program has been reviewed and approved/ co-sponsored by Continuing Medical Education and Professional Development, University of Calgary. Participants can claim up to a maximum of 7.0 study credits.

**COURSE CANCELLATION POLICY**
The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

**CONFIRMATION OF REGISTRATION**
On-line registration confirmation is automatic after registering on-line. A tax receipt will be sent approximately 2 weeks after registering. For all other methods of registration (mail, fax) confirmation will be in the form of a tax receipt. No other confirmation will be sent. Please allow 2 weeks for registration processing.

**REFUND POLICY**
A registration refund will be made upon written request on or prior to November 23, 2012. However $50 will be retained for administrative costs. No refund will be made for cancellation after November 23, 2012. NOTE: Refunds are processed only on the return of original receipt. All receipts must be returned within 30 days after program date.

**REIMBURSEMENT OF REGISTRATION FEES**
Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at (780) 482 2626 or 1 (800) 272 9680.

**FOR FURTHER INFORMATION**
Office of Continuing Medical Education and Professional Development, Faculty of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

About Course Content, Contact
Brittany DeAngelis  
Phone (403) 210 7656  
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About Registration, Contact
Phone (403) 220 7032  
Email cmereg@ucalgary.ca

**VISIT OUR WEBSITE**
www.cme.ucalgary.ca
REGISTRATION FEE includes GST, handouts, light breakfast, nutrition breaks, lunch (UCalgary GST Registration #108102864RT0001)

On or Before November 23, 2012
- $236.25 – Physicians
- $168.00 – Other Healthcare Professional

After November 23, 2012
- $272.00 – Physician
- $193.20 – Other Healthcare Professional

Resident / Student
- $126.00 – Resident / Student
  STUDENT RATE IS AVAILABLE FOR FULL-TIME STUDENTS ONLY

On-site registration is based on availability and is not guaranteed

Please Note – Lunch will include a vegetarian selection. We are unable to accommodate special dietary restrictions (for example, gluten free, peanut allergies).

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call the Conference and Program Manager at the Office of Continuing Medical Education and Professional Development, (403) 220-4251, if you have questions about the collection or use of this information.

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