

# Current Options for Managing Pain and Addiction

October 27-28, 2017  
Sheraton Cavalier, Saskatoon, SK

## Keynote Speakers



**Dr. Hakique Virani**



**Dr. Mark Ware**



**Dr. Norm Buckley**

## Be part of the solution!

*This two-day conference is expected to bring together stakeholders from a wealth of healthcare disciplines to learn about the latest trends in managing pain and addiction.*

### Topics include:

- Canada's New Opioid Guidelines
- Managing Chronic Pain in Saskatchewan
- Management of Orofacial Pain
- Cannabinoids & Medical Cannabis
- Management of Opioid Addiction
- Cultural Connections and Addictions
- Patient Advocate Perspective
- Police Perspective of Drug Abuse

## CONFERENCE REGISTRATION IS NOW OPEN!

**INFORMATION:** <https://tinyurl.com/COMPAC2017>

**TO REGISTER:** <https://ccdeconference.usask.ca/index.aspx?cid=331>  
or call Conference Events at 306-966-5539

Physicians \$575 • Other Health Professionals \$350 • Residents/Full-time Students \$100 (plus GST)

**Royal College of Physicians and Surgeons of Canada:** This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification (MOC) program of the Royal College of Physicians and Surgeons of Canada and accredited by the Division of Continuing Medical Education, College of Medicine, University of Saskatchewan for up to 14.0 MOC credit hours.

**Pharmacists:** Accreditation for this event is provided by Continuing Professional Development for Pharmacy Professionals, College of Pharmacy and Nutrition, University of Saskatchewan.

**Nurses and other Healthcare Professionals:** Participation in this conference may be included as part of the continuing education and competence programs established by individual professional associations.

Thank you to the Royal University Foundation's Peter and Anna Zbeetnoff Memorial Fund for being the Platinum Sponsor of this event.



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Friday, October 27, 2017  
Sheraton Cavalier, Saskatoon, SK

**MORNING SESSIONS**

Chairperson: Dr. Susan Tupper

**0715 Registration & Continental Breakfast**

**0815 Welcome Remarks / Greetings from Dignitaries**

**Speaker(s): Dr. Susan Tupper & TBA**

**0830 Keynote #1 - Canada's New Opioid Guidelines**

**Speaker: Dr. Norm Buckley**

Learners will be able to:

- Apply and contextualize guideline recommendations for recommended maximum opioid doses for new patients with chronic pain
- Consider how guideline recommendations differ in their application for existing or inherited patients, especially in relation to the suggested maximum doses
- Understand the value and implement a reasonable approach to an opioid cross-over rotation
- Better assess and employ the role of various disciplines, series and non-pharmacological therapies for successful, patient focused, implementation

**0930 Plenary #1 - Inter-professional Collaboration: A Call to Action for Managing Chronic Pain in Saskatchewan**

**Chair: Dr. Susan Tupper**

**Speaker(s): Dr. Derek Jorgenson, Anshu Gupta**

People with chronic pain are best supported by inter-professional healthcare services, education and interventions to build self-management skills. But how can this care be provided by a busy community practitioner without an inter-professional team?

Learners will:

- Describe services that can support community-based care for people with chronic pain
- Explore opportunities for inter-professional collaboration in education and community practice

**1030 Refreshment Break & Exhibits**

**1045 Concurrent Sessions 'A'**

**A1- What Every Healthcare Provider Needs to Know About Exercise for People with Chronic Pain**

**Speaker(s): Dr. Susan Tupper, Dr. Nancy Gyurcsik, & Linda Boryski**

**(Repeated at B1 1300)**

Learners will be able to:

- Discuss exercise induced hypoalgesia and the effects of regular exercise on the nociceptive system
- Describe self-regulatory skills that promote life-long activity
- Describe research development of a training program for community based exercise providers
- Experience a brief 'yoga for pain' practice and describe the therapeutic benefits of yoga for people with chronic pain

**A2 – Interventional Procedures for Chronic Pain Management**

**Speaker(s): Dr. Alex Vitali, Karen Waterhouse & Dr. William McKay**

**(Session NOT Repeated)**

Learners will be able to:

- Examine evidence for interventional procedures as a component of total patient care for chronic pain
- Identify those patients who would most likely benefit from interventional procedures in order to improve referrals
- Discuss appropriate follow-up and management of clients receiving interventional procedures for chronic pain

**A3- Treatment of Alcohol Use Disorder**

**Speaker(s): Dr. Ashok Krishnamurthy, Leslie Ann Molnar & Irene Njoroge**

**(Repeated at D1 1300)**

Learners will be able to:

- Describe the continuum of alcohol use disorder
- Discuss assessment of alcohol use disorder
- Examine non-pharmacological and pharmacological treatments available for alcohol dependence/alcohol use disorder

**A4- Forgeries, Stories & Setting Boundaries**

**Speaker(s): Julia Bareham, Lori Postnikoff, Brenda Senger & Dr. Vivian Gooding**

**(Repeated at B2 1300)**

Learners will be able to:

- Explore the behaviors of patients which trigger our countertransference
- Appreciate its expression in the behaviors of staff working with addicted individuals

- Develop strategies to deal with our triggered behaviors
- Understand the importance of and how to maintain healthy boundaries

**1215 Lunch & Exhibits**

**AFTERNOON SESSIONS**

**Chairperson: Dr. Susan Tupper**

**1300 Concurrent Sessions 'B'**

**B1- What Every Healthcare Provider Needs to Know About Exercise for People with Chronic Pain**

**Speaker(s): Dr. Susan Tupper, Dr. Nancy Gyurcsik, & Linda Boryski**

**(Repeated from A1 1045)**

Learners will be able to:

- Discuss exercise induced hypoalgesia and the effects of regular exercise on the nociceptive system
- Describe self-regulatory skills that promote life-long activity
- Describe research development of a training program for community based exercise providers
- Experience a brief 'yoga for pain' practice and describe the therapeutic benefits of yoga for people with chronic pain

**B2- Forgeries, Stories & Setting Boundaries**

**Speaker(s): Julia Bareham, Lori Postnikoff, Brenda Senger & Dr. Vivian Gooding**

**(Repeated from A4 1045)**

Learners will be able to:

- Explore the behaviors of patients which trigger our countertransference
- Appreciate its expression in the behaviors of staff working with addicted individuals
- Develop strategies to deal with our triggered behaviors
- Understand the importance of and how to maintain healthy boundaries

**B3- Pain across the Lifespan: Optimizing Pain Management in Older Adults Through Clinical Care & Healthcare Provider Education**

**Speaker(s): Mike McFadden, Kirstie Gibson & Tracy Danylyshen-Laycock**

**(Session NOT Repeated)**

Learners will be able to:

- Describe common prescribing problems and ways to optimize pharmaceutical management of pain in older adults
- Demonstrate two observational pain assessment tools for older adults with dementia and describe their use in management of challenging behaviors

- Experience a brief video-based education intervention for understanding, assessing, and managing pain in older adults

**B4-Practical Evaluations of Chronic Pain Patients to Improve Outcomes of Therapy: Medical, Physical Therapy & Psychological Perspectives**

**Speaker(s): Dr. Murray Opdahl, Dr. Bruce McMurtry & Richard Bourassa  
(Repeated at D4 1245)**

Learners will be able to:

- Categorize the types of pain that patients present with to guide therapeutic decisions. Concepts related to nociceptive, neuropathic and central sensitization related pain will be presented
- Provide a practical approach to the evaluation of psychological factors that may impact a patient's ability to cope with chronic pain
- Improve awareness of the necessary components of the Saskatchewan chronic pain billing codes including initial assessment tools (Brief Pain Inventory, Opioid Risk Tool, DN4 Questionnaire, Pain Catastrophizing Scale, hospital Anxiety and Depression Scale) and follow up tools (6 As of documentation)

**1430 Refreshment Break & Exhibits**

**1445 Plenary #2- Assessment & Management Recommendations for Orofacial Pain**

**Speaker(s): Dr. Gary Klasser & Dr. Louis Mercuri**

Learners will be able to:

- Understand the difference between evidence based and best practices models for patient management
- Appreciate the key components for developing sound principles of management
- Understand the effect of comorbidities on joint replacement outcomes, especially as related to pain medication addiction. Dealing with the pain addicted patient before surgery and avoidance of the development of pain medication addiction after surgery.
- Appreciate the role of Patient Centered Outcomes in dealing with such issues

**1545 Keynote #2– Cannabinoids & Medical Cannabis: Current Science & Accepted Medical Uses**

**Speaker: Dr. Mark Ware**

Learners will be able to:

- Review components of the endocannabinoid system
- Describe pharmacological strategies to engage cannabinoid analgesia
- Review evidence for cannabis in pain management

**1645 Closing Remarks– Dr. Susan Tupper**

**1700 Day 1 Adjournment**

**Saturday, October 28, 2017  
Sheraton Cavalier, Saskatoon, SK**

**MORNING SESSIONS**

**Chairperson: Dr. Peter Butt**

**0715 Registration / Check-in / Breakfast**

**0815 Welcome Remarks / Greetings from Dignitaries**

**Speaker(s): Dr. Peter Butt**

**0830 Keynote #3 – Considerations for Management of Opioid Addiction**

**Speaker: Dr. Hakique Virani**

Learners will be able to:

- Describe the physiological and psychological basis of opioid use disorder
- Identify patients who are appropriate for opioid substitution therapy (OST)
- Discuss pros and cons of various OST alternatives
- Describe the complexities of managing opioid addiction in the context of chronic pain

**0930 Plenary #3: - Culture, Connection & Healing from Addictions: The Importance of Worldview**

**Speaker: Dr. Colleen Dell**

Learners will be able to:

- Situate the importance of Indigenous culture in healing from addictions
- Explore the potential contributions of One Health (One Medicine) for understanding addictions, accounting for the interconnection between human, animal and environment health

**1030 Refreshment Break & Exhibits**

**1045 Concurrent Sessions 'C'**

**C1- Inter-professional Collaboration with Opioid Substitution Therapy**

**Speaker(s): Dr. Hakique Virani & Brett Baumbach**

**(Session NOT Repeated)**

Learners will be able to:

- Review strategies for inter-professional communication to ensure patient safety
- Discuss safe prescribing, dosing, and dispensing of methadone and buprenorphine
- Discuss effective inter-professional collaboration with opioid substitution therapy

**C2- Use of Cannabinoids in Pain Management**

**Speaker(s): Dr. Mark Ware, Dr. Murray Opdahl & Michael Kani  
(Session NOT Repeated)**

Learners will be able to:

- Describe how to initiate and monitor a medical cannabis prescription for patients with chronic pain
- Describe the analgesic activity of medical cannabis and its importance in the management of chronic pain and other conditions
- Review routes of administration of medical cannabis and describe elements of patient assessment, authorization, dosing and ongoing care

**C3- Pain Management Strategies for Children: Preventing and Managing Pain & Phobia from Needles**

**Speaker(s): Dr. Krista Baerg & Dr. Rupal Bonli  
(Session NOT Repeated)**

Learners will be able to:

- Recognize vulnerabilities in the developing nervous system and the importance of preventing needle pain
- Develop a procedural pain management strategy to minimize or eliminate pain in young patients during needles
- Identify needle phobia and discuss treatment strategies that optimize patient well-being

**C4- Introduction to Novel Treatments for Chronic Pain & Concurrent Mental Health Conditions:  
Considerations & Use in Special Populations**

**Speaker(s): Dr. Laurene Wilson & Luke Schneider  
(Repeated at D3 1300)**

Learners will be able to:

- Describe the *Pain Course*: A transdiagnostic Internet-delivered cognitive behavior therapy intervention for adults with chronic pain and concurrent anxiety or depression
- Describe a hypnotherapy intervention for symptom management for adults with inflammatory bowel disease or irritable bowel syndrome
- Discuss patient selection, referrals, supporting evidence, and ongoing management of clients attending these services
- Experience a brief introduction to hypnotherapy and a brief illustration of a core skill from the *Pain Course*

**1215 Lunch & Exhibits**

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**AFTERNOON SESSIONS**

**Chairperson: Dr. Peter Butt**

**1300 Concurrent Sessions 'D'**

**D1- Treatment of Alcohol Use Disorder**

**Speaker(s): Dr. Ashok Krishnamurthy, Leslie Ann Molnar & Irene Njoroge  
(Repeated from A3 1045)**

Learners will be able to:

- Describe the continuum of alcohol use disorder
- Discuss assessment of alcohol use disorder
- Examine non-pharmacological and pharmacological treatments available for alcohol dependence/alcohol use disorder

**D2 - Practical Aspects of Safety of Prescribing Opioids for Patients, Providers & Society/Community**

**Speaker(s): Dr. Peter Butt & Dr. Radhika Marwah  
(Session NOT Repeated)**

Learners will be able to:

- Are opioids needed for this patient? Describe approaches to evaluate the effectiveness of opioid therapies for different chronic pain conditions.
- Are opioids safe for this patient? Discuss approaches to screen patients' risk of overdose, misuse and addictions.
- How do I prescribe or discontinue opioid therapy for this patient? Discuss how to initiate, monitor, and manage opioid therapies, including discontinuing opioid therapy.
- How do I address challenging populations? Discuss options to manage special populations such as "inherited" patients on large doses of opioids, older adults, adolescents, pregnant patients, and those with comorbid psychiatric conditions.

**D3- Introduction to Novel Treatments for Chronic Pain & Concurrent Mental Health Conditions: Considerations & Use in Special Populations**

**Speaker(s): Dr. Laurene Wilson & Luke Schneider  
(Repeated from C4 1045)**

Learners will be able to:

- Describe the *Pain Course*: A transdiagnostic Internet-delivered cognitive behavior therapy intervention for adults with chronic pain and concurrent anxiety or depression.
- Describe a hypnotherapy intervention for symptom management for adults with inflammatory bowel disease or irritable bowel syndrome.
- Discuss patient selection, referrals, supporting evidence, and ongoing management of clients attending these services.

- Experience a brief introduction to hypnotherapy and a brief illustration of a core skill from the *Pain Course*.

**D4-Practical Evaluations of Chronic Pain Patients to Improve Outcomes of Therapy: Medical, Physical Therapy, & Psychological Perspectives**

**Speaker(s): Dr. Murray Opdahl, Dr. Bruce McMurtry & Richard Bourassa  
(Repeated from B4 1300)**

Learners will be able to:

- Categorize the types of pain that patients present with to guide therapeutic decisions. Concepts related to nociceptive, neuropathic and central sensitization related pain will be presented
- Provide a practical approach to the evaluation of psychological factors that may impact a patient's ability to cope with chronic pain
- Improve awareness of the necessary components of the Saskatchewan chronic pain billing codes including initial assessment tools (Brief Pain Inventory, Opioid Risk Tool, DN4 Questionnaire, Pain Catastrophizing Scale, hospital Anxiety and Depression Scale) and follow up tools (6 As of documentation)

**1430 Refreshment Break and Exhibits**

**1445 Plenary #4 – Mom's Stop the Harm: One Mother's Efforts to Save a Generation  
(A Patient Advocate's Perspective of the Opioid Crisis)**

**Speaker: Marie Agioritis**

Learners will be able to:

- Understand the how prescription medications are being used recreationally in the community setting
- Discuss the various efforts being made across the province and the country to help reduce the growing number of overdose deaths
- Discuss the roles of health care providers in prescription drug abuse, as both individuals and as a whole

**1545 Plenary #5 - Drugs of Abuse: A Saskatoon Police Officer's Perspective**

**Speaker: Constable Mike Johnson**

Learners will be able to:

- Identify the most commonly abused drugs in our community (illicit and diverted prescription drugs)
- Appreciate some of the complexities that law enforcement personnel have to deal with in terms of trying to reduce drug abuse
- Understand some of the approached used to evaluate impaired drivers (alcohol or drug related)
- Identify activities and harms that are associated with drug abuse in our communities

**1645 Closing Remarks – Dr. Peter Butt & Dr. Lois Berry (Inter-professional Vice-Provost)**

**1700 Day 2 Adjournment**