

# 14th Annual Pain Society of Alberta Agenda at a Glance October 16–18, 2020

Coming Together. Learn. Share. Inspire

An interim guide for planning purposes (subject to change). All sessions are MDT (Mountain Daylight Time)



Updated: October 10 2020

## Coming Together. Learn. Share. Inspire

### Friday October 16, 2020

#### 0730h Welcome

Louise Crane: Metis Elder of Cree Heritage - Opening Prayer

- 0810h Dr. Verna Yiu: Opening of the 14th Annual Pain Society of Alberta Conference
- 0820h Dr. Rob Tanguay: President's Welcome
- 0825h Movement Break
- 0830h Pediatric Pain in Alberta

Katie Caldwell: A Lived Experience with Pain

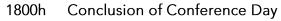
- Dr. Katie Birnie: Improving Children's Pain Through National Partnerships with Lived Experience, Research, Care, and Policy.
- Dr. Melanie Noel: Trauma and Pediatric Pain: An Intergenerational Problem
- Dr. Samina Ali: No Pain? So Many Gains: How to Improve Children's Healthcare Experiences and Make Your Life Easier.
- Dr. Nivez Rasic: Moderator for Group Question and Answer
- 1045h Movement and Wellness Break. Engage with our Exhibitors (Healthcare Providers only)
- 1100h Dr. Norman Doidge: The Brain's Way of Healing: New Neuroplastic Approaches to Pain, Part I\*\*
- 1300h Lunch. Engage with our Exhibitors (Healthcare Providers only)
- 1345h Dr. Norman Doidge: The Brain's Way of Healing: New Neuroplastic Approaches to Pain, Part II\*\*
- 1515h Movement and Wellness Break. Engage with our Exhibitors (Healthcare Providers only)
- 1545h Provincial, National and International Pain Updates
  - Dr. Rob Tanguay and Tracy Wasylak: Alberta Pain Strategy Update

Maria Hudspith: Pain BC - Mobilizing to Transform How Pain is Understood and Treated in Canada

- Dr. Susan Tupper: SaskPain Impacting Today and Building for Tomorrow
- Dr. Fiona Campbell and Maria Hudspith: The Canadian Pain Task Force: Working to Better Understand and Address the Needs of Canadians Living with Chronic Pain
- Dr. Michael Gold and Dr. Jessica Merlin: Forming the United States Association for the Study of Pain in Uncertain Times.

Carol Bennett: A Perfect Storm – Chronic Pain in the COVID Era

Dr. John Pereira: Moderator for Group Question and Answer



\*all times MDT

\*\*Dr. Doidge's presentation <u>will not be recorded</u>. Registrants are prohibited from taping and/or reproducing this session.



## Coming Together. Learn. Share. Inspire

## Saturday October 17, 2020

- 0800h Welcome and Conference Day Opening In Remembrance of Dr. Ronald Melzack, A Trailblazer in Pain Science.
- 0830h What's New in Pain
  - Dr. John Pereira: The Anti-inflammatory Diet for People With Lived Experience
  - Dr. Hance Clarke: Managing Cannabis in the Perioperative Period
  - Dr. Tasha Stanton: Targeting Pain from Many Angles: A Foray into Language, Sensory Modulation, and Brain Trickery
  - Dr. Norm Buckley: Pain Research Networks in Canada- Experience with the Chronic Pain Network and the New Veterans 'Centre of Excellence.'
  - Dr. Rob Tanguay: Moderator for Group Question and Answer
- 1045h Movement and Wellness Break. Engage with our Exhibitors! (Healthcare providers only)
- 1130h Dr. David Dodick: Migraine Circa 2020: A Gold Rush for Treatments; A Heyday for Patients
- 1215h Dr. William Kingston: Head Scratchers: The Conundrum of Managing Migraine with Comorbidities - Sponsored Lunch for Healthcare Providers only
- 1315h Headache and Migraine
  - Dr. Werner J. Becker: Acute Medications for Treating the Migraine Attack: A Brief Overview of the Past, Present, and the Future.
  - **Dr. Lara Cooke:** When is a Headache NOT Just a Headache? A 'Tour' of Non-migraine Primary Headaches and Sinister Headaches.
  - Dr. Michael Knash: Migraine and Headache On More Days of the Month Than Not: Diagnosis and Management
  - Dr. Werner J. Becker: Moderator for Group Question and Answer
- 1500h Movement and Wellness Break. Engage with our Exhibitors! (Healthcare providers only)
- 1545h Culture and Communication
  - Lissanthea Taylor: Titrating Stories Using Narrative Medicine in Psychologically Informed Pain Care.

Julia Condrea: Chronic Pain Management Through a Culturally-Informed Approach Hayley York: Understand Me To Understand My Pain: Person with Lived Experience Christelle Zacharki: Moderator for Group Question and Answer

1730h Conference Day Concludes



## Coming Together. Learn. Share. Inspire Sunday October 18, 2020

- 0800h Welcome and Conference Day Opening
- 0815h Dr. Pamela Barton Memorial Lecturer: Dr. Michael Sullivan Dr. Michael Sullivan: Can Thoughts Influence Sensitivity to Pain? Reflections on 25 Years of Research on Pain Catastrophizing

#### 0900h Movement and Wellness Break. Engage with our Exhibitors! (Healthcare providers only)

0945h Building Resilience

Sheila Killoran: Music Therapy for Pain and Symptom Management in Palliative Care
Dr. Jaeun Macen: From the Inside Out: Spiritual Resilience and the Experience of Suffering
Tracy Fossum: Trauma from Chronic Pain Care: Person with Lived Experience
Dr. Rob Tanguay: Moderator for Group Question and Answer

- 1130h Pain Champion and Pain Excellence Award Ceremony
- 1150h Lunch and engage with our Exhibitors! (Healthcare providers only)
- 1230h Rehabilitation and Lifestyle

 Dr. Tara Packham: Deconstructing Desensitization
Shelly Prosko: Yoga Therapy: A Contribution to Comprehensive Pain Care
Dr. Maitreyi Raman: An Approach to Chronic Pain Management Using Diet and Mind Body Interventions to Improve Gut-Brain-Microbiome Axis Inter-connectivity.
Dr. Rob Tanguay: Moderator for Group Question and Answer

### 1430h Movement and Wellness Break. Engage with our Exhibitors! (Healthcare providers only)

1515h Perspectives on Opioids

Dr. Launette Rieb: Opioid Use in the Time of COVID19
Dr. Stefan Kertesz: Protecting Pills Versus Protecting Patients: The Opioid Taper Dilemma
Guy Felicella: My Journey Into and Through Addiction: Person with Lived Experience
Claudine Adlington: Bridging the Gap, Patients versus Practitioners: Person with Lived
Experience

Dr. Rob Tanguay: Presentation TBD and Moderator for Group Question and Answer

### 1730h Digital Passport Award

Louise Crane: Metis Elder of Cree Heritage - Closing Prayer 14th Annual Pain Society of Alberta Conference Concludes

