



Pain & Therapeutics Annual Conference 2022

November 26, 2022 | Virtual via Zoom

November 26, 2022			
7:30 AM	Registration		
8:15 AM	Welcome, Treaty Land Acknowledgement, Housekeeping		Kelly Kizlyk
Plenary #1			
8:30 - 9:30 AM	45	Tools to Support Pain Patients in Mental Health Crisis	<ul style="list-style-type: none"> Identify specific strategies to feel more comfortable having challenging conversations with those in crisis and feel more confident in how you can support them from your role. Dr. Elisabeth Saxton
	15	Q&A	
Plenary #2			
9:30 - 10:30 AM	45	Chronic Pain and Intimacy	<ul style="list-style-type: none"> Identify client concerns with sexual intimacy in medication, movement, and mind challenges. Provide support to clients who require further education and assistance in sexual intimacy and chronic pain. Explain the importance of addressing sexual intimacy and chronic pain with clients. Bree Rutten & Jennifer King
	15	Q&A	
Nutrition/Networking Break			
Concurrent #1			
	45	Chronic Pain Simulation	<ul style="list-style-type: none"> List pharmacologic and non-pharmacologic strategies for treatment of chronic pain Describe the relationship between chronic pain, addictions, and mental health Demonstrate patient-centred care communicating with patients with and between other care providers Dr. Carlyn Gardner & Dr. Radhika Marwah
	15	Q&A	
Concurrent #2			
10:45-11:45 AM	45	Chronic Pain and Nutrition: Are The Two Really Linked?	<ul style="list-style-type: none"> Recognize the role nutrition and dietary habits have in the presentation and management of chronic pain Describe key literature in the connection between chronic pain and nutrition Develop strategies to educate patients on how to optimize their dietary intake to support their overall pain management Dr. Inderveer Mahal
	15	Q&A	
Concurrent #3			
	45	Chronic Pain & Disability	<ul style="list-style-type: none"> Question the way disability is perceived and treated within the medical field and society. Anwyn Diakuw
	15	Q&A	
Concurrent #4			
	45	PEER's Simplified Chronic Pain Guideline for Primary Care	<ul style="list-style-type: none"> Apply best available evidence to guide shared decision making with people living with chronic pain, including low back, osteoarthritic, and neuropathic pain. Dr. Adrienne Lindblad
	15	Q&A	
Lunch/Exhibits			
12:45-1:45 PM	Concurrent Sessions (Repeat of 10:45 Sessions)		
Nutrition/Networking Break			
Plenary #3			
2:00-3:00 PM	45	Chronic Pain Pathway Case Presentation	<ul style="list-style-type: none"> Navigate the Saskatchewan Chronic Pain Pathway Recognize patient experience on navigating care Dr. Susan Tupper & Dr. Radhika Marwah
	15	Q&A	
Plenary #4			
3:00-4:00 PM	45	How Do I Take Care of Myself While Providing Care to Others	<ul style="list-style-type: none"> Have an increased awareness of the risk factors in your work and yourself. Recognize what healthy professional boundaries are in your role. Embrace self-care strategies that promote wellbeing despite the demands of your career. Brenda Senger
	15	Q&A	
4:00 PM	Closing Remarks		Kelly Kizlyk