



## Online Learning

# Pain & Therapeutics 2021/2022 Online Course

### Course Overview

This course was developed out of an interdisciplinary conference (November 2021) focused on mental health, complex pain and substance use disorders. The overall goal is to provide the learner with the information, tools and resources to better understand and deal with patient's pain and therapeutics.

### Target Audience:

Family Physicians, Specialist Physicians, Nurses, Nurse Practitioners, Mental Health Professionals, Pharmacists, Physiotherapists, Residents, Researchers, Health Sciences Students, and other health care professionals.

### Course Learning Objectives

At the conclusion of this activity, participants will be able to:

- Describe pharmacological and non-pharmacological treatment options for the management of chronic pain including identifying coverage for commonly prescribed medications and describing the safe taper of medication.
- Examine culturally safe and trauma-informed pain care through an Indigenous lens
- Explain the management of patients with a dual diagnosis of addiction and chronic pain

### Course Content

This course is comprised of 10 modules, a Pain & Therapeutics Reflective tool, a Final Quiz and a course evaluation Survey. Upon completion of all content a course completion certificate will be issued to you.

### Course Modules

#### Module 1: Pain in Indigenous People - Trauma Informed Care - Presented by: Dr. Margot Latimer and Courtney Pennell ~ 1 hour

##### Objectives:

At the conclusion of this activity, participants will be able to:

- Explore pain management in Indigenous peoples through the lens of Western medicine, culture and trauma informed care.
- Examine culturally safe and trauma-informed pain care through an Indigenous lens.

#### Module 2: Dual Diagnosis - Management of Patients with Chronic Pain and Substance Use Disorder - Presented by: Dr. Annabel Mead ~ 1 hour

##### Objectives:

At the conclusion of this activity, participants will be able to:

- Optimize management of patients with a dual diagnosis of addictions and chronic pain.

#### Module 3: Depression in Chronic Pain and Mind-Body Interventions - Presented by: Dr. Abhimanyu Sud - ~ 52 minutes

At the conclusion of this activity, participants will be able to:

- Identify the epidemiology and then treatments for depression in chronic pain including mind-body interventions.

#### **Module 4: Counselling Strategies in the Management of Chronic Pain - Presented by: Jennifer King ~ 20 Minutes**

Objectives:

At the conclusion of this activity, participants will be able to:

- Use CBT, ACT, and other counselling approaches in the management of chronic pain.

#### **Module 5: Lessons Learned During a Pandemic: Strategies and Evidence to Optimize Virtual Care for Pain - Presented by: Dr. Katie Birnie ~ 22 minutes**

Objectives:

At the conclusion of this activity, participants will be able to:

Review evidence and best practices for equitable delivery of virtual care for patients with chronic pain to optimize evidence-informed practice.

- Phase 1: To identify virtual care solutions and create an evidence and gap map (EGM) to guide multisectoral stakeholders regarding virtual stepped care solutions for youth with pain and their families during the COVID-19 pandemic and beyond.
- Phase 2: To identify recommendations for virtual care best practices for youth with pain and their families.
- Phase 3: To ensure equity and inclusion in virtual care best practices to support vulnerable populations of youth with chronic pain (Black youth with sickle cell disease, Indigenous youth, youth with complex medical needs)

#### **Module 6: Medication Coverage for Chronic Pain Patients - Presented by: Julia Bareham ~ 25 minutes**

Objectives:

At the conclusion of this activity, participants will be able to:

- Identify types of coverage and restrictions of commonly prescribed medications for chronic pain from different plans including the Sask Formulary, EDS and NIHB.

#### **Module 7: Recognize the risks and benefits of medication combinations and how to safely taper where indicated - Presented by: Dr. Katelyn Halpape ~ 1 hour**

Objectives:

At the conclusion of this activity, participants will be able to:

- Discuss the concurrent nature of chronic pain, psychiatric illnesses, and substance use disorders
- List the medications used for chronic pain, psychiatric illnesses, and substance use disorders that carry a risk for CNS depression
- Explain the risks of concomitant CNS depressant medications especially as related to opioid toxicity
- Summarize the Health Canada safety warnings related to CNS depressant medications
- Discuss the 2017 Canadian Opioid/CNCP Guideline recommendations regarding pharmacotherapy treatment in the presence of active psychiatric conditions, substance use disorders, and high dose opioid therapies
- List the risk factors for opioid toxicity
- Describe opioid withdrawal and how to monitor/treat it
- Discuss an approach to optimizing concomitant chronic pain, psychiatric, and substance use disorder medications
- List 6 clinical situations that warrant a consideration of opioid tapering
- Identify clinical and patient-centered resources to assist with opioid & CNS depressant medication tapering/optimization

#### **Module 8: Trauma/ACEs and the Relationship with Chronic Pain - Presented by: Dr. Elizabeth Saxton ~ 68 Minutes**

Objectives:

At the conclusion of this activity, participants will be able to:

- Examine the relationship between chronic pain, trauma, and adverse childhood experiences, and offer support to build resilience and coping skills in people living with chronic pain.

**Module 9: Resources on Prescribing Exercise - Presented by: Dr. Susan Tupper ~ 68 Minutes**

Objectives:

At the conclusion of this activity, participants will be able to:

- Describe 3 resources to support exercise prescribing for people living with chronic pain.
  1. Chronic Pain & Exercise Fact Sheet
  2. 4 P's Pain Management Planning Worksheet
  3. CADTH resources - Clinician and patient information

**Module 10: Resources on Prescribing Exercise - Presented by: Isobel Johnston ~ 52 Minutes**

Objectives:

At the conclusion of this activity, participants will be able to:

- Implement basic movement strategies as part of a chronic pain management care plan.

Total viewing time ~ 7.5 hours

Quiz: 34 questions ~ 45 - 60 minutes to complete