



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