



# Online Learning

## Pain & Therapeutics 2021/2022 Online Course

### Course Overview

This course was developed out of an interdisciplinary conference focused on mental health, complex pain and substance use disorders.

### 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 the evidence for opioids and cannabinoids for the management of chronic pain
- Describe key resources for pain management in Saskatchewan
- Identify non-pharmacological pain management options
- Compare interventional options for chronic pain
- Describe the relationship between mental health and chronic pain

### Course Content

This course is comprised of 7 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: Key Resources in Pain Management - Presented by: Dr. Radhika Marwah ~ 56 minutes

##### Objectives:

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

- Become informed of resources for Chronic Non-Cancer Pain Management in Canada
- Become informed of resources available in Saskatchewan
- Recognize the significant Role of Primary Care Provider
- Identify barriers to accessing above/ Mitigating barriers

#### Module 2: What's New About Interventional Procedures - Presented by: Dr. Tim Bolton ~ 12 minutes

##### Objectives:

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

- Identify options for treating joint pain
- Outline what joints can safely be denervated
- Discuss patient selection for joint denervation

#### What's New About Opioids - Presented by: Dr. Tim Bolton - ~ 16 minutes

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

- Discuss options for acute pain management
- Discuss when to increase opioids in the opioid tolerant patient
- Outline how to increase and taper off opioids for acute pain

### **Module 3: Pain Management Resources in Saskatchewan - Presented by: Dr. Robert Laprairie ~ 17 minutes**

Objectives:

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

- Identify the ABC's of THC: what is a cannabinoid and what is the endocannabinoid system
- Recognize and identify the physiological role of the endocannabinoid system
- Summarize the history of cannabinoid research in Canada and abroad
- Summarize the existing evidence for Cannabis and cannabinoids as medicine – specifically analgesics – and the lack of existing evidence

### **Module 4: Managing Chronic Pain - Presented by: Krista Kaminski ~ 14 Minutes**

Objectives:

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

- Use newly developed clinician and patient resources on the clinical effectiveness of non-pharmacological interventions for chronic pain

### **Module 5: Assessing and Managing Pelvic Pain in Primary Care - Presented by: Bree Rutten ~ 60 minutes**

Objectives:

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

- Pelvic pain and the areas of the body that relate to the diagnosis of pelvic pain
- Pre-existing factors that contribute to chronic pelvic pain
- How functional activities and positions of life affect guide treatment for strength and also for relieving pain

### **Module 6: A Novel Approach to Chronic Pain Management: Experiences From the MAC iOPS Clinic - Presented by: Kelly Kizlyk, Eric Landry, Taylor Raiche and Amy Wiebe ~ 58 minutes**

Objectives:

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

- Describe the services offered by MAC iOPS, and the process for making a referral to the program.
- Discuss how MAC iOPS can contribute to the care and management of people living with chronic pain.
- Apply the experiences of the MAC iOPS team to identify opportunities to enhance their practice in caring for people living with chronic pain

### **Module 7: Mental Health and Pain - Presented by: Dr. Robert Tanguay ~ 60 minutes**

Objectives:

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

- List all the aspects involved in assessing, evaluating and treating pain

Total viewing time ~ 5 hours

Quiz: 36 questions ~ 1 hour to complete