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CHRONIC PAIN PROGRAM COMMITTEE  
COMITÉ DE PROGRAMME SUR LA DOULEUR CHRONIQUE

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## Chronic Pain Committee Newsletter #1 Jan 2015

To all members of the CFPC Chronic Pain Community of Practise:

Welcome to our inaugural newsletter. We hope it will provide useful and practical information for you about chronic pain management and update you on the activities of the chronic pain committee over the past year.

For those of you who do emergency shifts: do you find it challenging to treat pain patients there? Especially if they have chronic pain and/or are requesting opioids? Our first newsletter highlights the amazing work by Dr. Maureen Allen, a family physician who practices in Antigonish, Nova Scotia. Maureen has developed a clear and comprehensive framework for safe and timely care for these patients, and has generously permitted us to share it with you.

We hope to get information out to you on a bimonthly basis, so feel free to contact us at [cncppc@cfpc.ca](mailto:cncppc@cfpc.ca) with specific areas of pain management that would like to know more about. Additional information on the Chronic Pain Program Committee can be found at [http://www.cfpc.ca/Chronic\\_Non\\_Cancer\\_Pain\\_Program\\_Committee/](http://www.cfpc.ca/Chronic_Non_Cancer_Pain_Program_Committee/)

### **Update of the CFPC Chronic Pain committee activities in 2014:**

2014 kept us very busy! Health Canada's new legislation on authorizing medical marijuana for medical conditions led to the *CFPC's Preliminary Guidance Document for authorizing medical marijuana for chronic pain and anxiety*: ([http://www.cfpc.ca/Dried\\_Cannabis\\_Prelim\\_Guidance/](http://www.cfpc.ca/Dried_Cannabis_Prelim_Guidance/)).

Please provide your feedback on this first edition to Andrew Leyland, Health Policy & Government Relations Researcher at [aleyland@cfpc.ca](mailto:aleyland@cfpc.ca). The CFPC Chronic Pain and Addiction Medicine committee chairs will respond to your questions and comments in the next few months.

The Addiction and Chronic Pain committees collaborated over months to hone the content, with crucial input from the Maternal and Newborn, Child and Adolescent, Mental Health, Palliative Care and Respiratory Medicine Committees. Based on sustained feedback from the health care professional organizations, including CFPC, Health Canada issued a warning letter to licensed producers. The letter emphasized the restrictions on advertising of medical marijuana products and limiting the information provided to brand name, proper or common name of the strain, the price per gram, the cannabinoid content, and the company's contact information.

We collaborated on two talks at FMF: Reefer Madness, and the Yin and Yang of clinical decision making before prescribing medical marijuana. The latter talk is now available online [here](#) as a Mainpro M1 accredited module.

Our committee members spoke on non-pharmacological treatments for chronic pain at FMF in Quebec City. Dr. Alan Kaplan's (respiratory medicine) talk on cigarette smoking reminded us of something we could all do better: **Helping our patients to stop smoking may be one of our most effective interventions in chronic pain management!**

The chronic pain committee continues to work on identifying the core chronic pain management competencies that all family medicine residents should attain before graduation. Our committee surveyed Canadian Depts of Family Medicine in 2010 and learned that FMR's get on average less than 4 hours on chronic pain management and even less on addiction medicine! We would love to hear from you about innovative ways your Dept of Family Medicine is training your residents! In addition, one of our members, Dr. Lydia Hatcher, is looking into the steps required to develop a CAC (Certificate of Added Competence) in chronic pain management.

For those of you in Ontario, the MOHLTC has funded a demonstration project (ECHO Ontario/chronic pain-opioid stewardship: [www.EchoOntario.ca](http://www.EchoOntario.ca)). Interested primary care providers can join our weekly 2-hr sessions via Ontario Telemedicine Network to present their complex chronic pain cases to an interprofessional group of experts and receive best-practise recommendations. Brief didactic sessions cover a comprehensive pain curriculum. Participants receive no-cost CPD credits and funding to attend hands-on skills "boot camps." To date we have delivered 25 sessions to 102 primary care providers in 28 locales across Ontario. If you would like to know more about how to join ECHO Ontario please contact:

[Rhonda.Mostyn@uhn.ca](mailto:Rhonda.Mostyn@uhn.ca)

The Canadian Academy of Pain Management (CAPM) is now offering credentialing through the CAPM office, unlike in the past where this was only available through the AAPM exam and fee process.

In 2015 there will be 3 courses running again where you can complete the courses and do the exam on the last day. Once we have those dates, we will send them out and post them on the website. If you have attended any CAPM courses in the past, we are providing one credit for each course you have taken, plus a half-credit for the most recent November 29<sup>th</sup> CME event. Credits can be applied for up to two days of the course.

In order to be credentialed you must be in the credentialing stream with your current membership. Credentialing is valid for 4 years, as long as your membership remains current, and then re-credentialing will be offered. Please contact Ellen Maracle-Benton for further information [ellen@eventsinsync.com](mailto:ellen@eventsinsync.com)

Wishing you all a healthy and productive 2015. We are already planning for Family Medicine Forum 2015 in Toronto!

Sincerely,

Ruth Dubin, MD CCFP  
Chair, Chronic Pain Program Committee

Chronic Pain Program Committee members:

Dr. Greg Chernish, MB  
Dr. Lydia Hatcher, ON

Dr. Brue Hollett, NL  
Dr. Roman Jovey, ON

Dr. Lori Montgomery, AB  
Dr. Mark Ware, QC