

# Chronic Pain and Opioid Resources

## Guidelines

McMaster University Michael G. DeGroot National Pain Centre: 2017 Draft Recommendations for Use of Opioids in Chronic Non-Cancer Pain

<http://nationalpaincentre.mcmaster.ca/guidelines.html>

## Clinical support and mentorship networks

The Atlantic Mentorship Network – Pain & Addiction

[www.atlanticmentorship.com/](http://www.atlanticmentorship.com/)

Collaborative Mentoring Networks—Collaborative Mental Health Network (CMHN), Medical Mentoring for Addictions and Pain Network (MMAP); hosted by the Ontario College of Family Physicians

<http://ocfp.on.ca/cpd/collaborative-networks>

General Practice Services Committee (BC): Practice Support Program

[www.gpsc.bc.ca/practice-support-program](http://www.gpsc.bc.ca/practice-support-program)

Project ECHO Ontario (Extension for Community Healthcare Outcomes); sponsored in Ontario by the Ministry of Health and Long-Term Care

[www.echoontario.ca/Home.aspx](http://www.echoontario.ca/Home.aspx)

The Well—a resource for providers for accessing clinical supports and tools

<https://thewellhealth.ca/>

Women's College Hospital: META:PHI (Mentoring, Education, and Clinical Tools for Addiction: Primary Care—Hospital Integration)—a collaborative project to create new care pathways for addiction

[www.womenscollegehospital.ca/programs-and-services/METAPHI](http://www.womenscollegehospital.ca/programs-and-services/METAPHI)

## Courses

Alberta Health Services (AHS)

Email [ahsinfo@albertahealthservices.ca](mailto:ahsinfo@albertahealthservices.ca) to request details about these and other programs:

- Lunch and Learn Series: offered via the Primary Care Network; for physicians who are part of a Calgary Zone PCN
- Chronic Pain Management Seminar Series: offered to any primary care-based pain management team; for physicians who are part of a Calgary Zone PCN
- Chronic Pain Education Day: for AHS staff and physicians interested in pain management

Centre for Addiction and Mental Health (CAMH) courses

[www.camh.ca/en/education/about/AZCourses/Pages/default.aspx](http://www.camh.ca/en/education/about/AZCourses/Pages/default.aspx)

Mandatory safe prescribing course launched for physicians—course coming soon; developed by the Faculty of Medicine in partnership with the College of Physicians and Surgeons of Newfoundland and Labrador

<https://www.med.mun.ca/Medicine/Communications/News-at-Medicine/March-2017/Safe-prescribing-Addressing-the-opioid-problem-in.aspx>

The Prescribing Course: Safe opioid prescribing (Nova Scotia)—One day, case-based, small group interactive program, accompanied by a detailed handbook  
[www.theprescribingcourse.com/](http://www.theprescribingcourse.com/)

Queen's University Faculty of Health Sciences: Wasser Pain Preceptorship  
[https://healthsci.queensu.ca/education/cpd/wasser\\_pain\\_preceptorship](https://healthsci.queensu.ca/education/cpd/wasser_pain_preceptorship)

University of Alberta Faculty of Rehabilitation Medicine: Certificate in Pain Management  
[www.ualberta.ca/rehabilitation/professional-development/certificate-programs/certificate-in-pain-management](http://www.ualberta.ca/rehabilitation/professional-development/certificate-programs/certificate-in-pain-management)

University of Calgary Continuing Medical Education & Professional Development: Essential Strategies for Chronic Pain Management  
<http://cumming.ucalgary.ca/cme/programs/essential-strategies-chronic-pain-management>

University of Calgary Continuing Medical Education & Professional Development: In-person and online courses  
<http://cumming.ucalgary.ca/cme/programs>

University of Toronto Faculty of Medicine Continuing Professional Development: Safe Opioid Prescribing – A Multimodal Program for Chronic Pain and Opioids  
[www.cpd.utoronto.ca/opioidprescribing/](http://www.cpd.utoronto.ca/opioidprescribing/)

## **Opioid substitution therapy training**

Centre for Addiction and Mental Health (CAMH): Opioid Dependence Treatment Certificate Program  
[www.camh.ca/en/education/about/AZCourses/Pages/ODT\\_Certificate.aspx](http://www.camh.ca/en/education/about/AZCourses/Pages/ODT_Certificate.aspx)

Centre for Addiction and Mental Health (CAMH): Opioid Dependence Treatment (ODT) Core Course: Ontario  
[www.camh.ca/en/education/about/AZCourses/Pages/odtcore\\_odt.aspx](http://www.camh.ca/en/education/about/AZCourses/Pages/odtcore_odt.aspx)

Doctors Nova Scotia: Safe Opioid Prescribing Course  
[www.doctorsns.com/en/home/about-us/eventsdates/eventdetails.aspx/safe-opioid-prescribing-course/621](http://www.doctorsns.com/en/home/about-us/eventsdates/eventdetails.aspx/safe-opioid-prescribing-course/621)

College of Physicians and Surgeons of British Columbia: Methadone/Buprenorphine 101 Workshop  
[www.cpsbc.ca/for-physicians/professional-development/methadone-buprenorphine-101-2016-12-10](http://www.cpsbc.ca/for-physicians/professional-development/methadone-buprenorphine-101-2016-12-10)

College of Physicians and Surgeons of British Columbia: Prescribers Course  
[www.cpsbc.ca/for-physicians/professional-development/prescribers-course-2017-06-02](http://www.cpsbc.ca/for-physicians/professional-development/prescribers-course-2017-06-02)

## **Conferences**

Atlantic Mentorship Network Annual Conference  
[www.atlanticmentorship.com/](http://www.atlanticmentorship.com/)

Atlantic Pain Annual Conference  
Email [wearelistening@nshealth.ca](mailto:wearelistening@nshealth.ca) to request details about the conference

Canadian Society of Addiction Medicine (CSAM-SMCA): Annual Conference

[www.csam-smca.org/events/csam-smca-events/](http://www.csam-smca.org/events/csam-smca-events/)

Calgary Pain Education Foundation: The Calgary Pain Conference  
<https://calgary-pain-education-foundation.org/annual-conference/>

McMaster Continuing Health Sciences Education: Annual McMaster Pain Program  
<https://fhs.mcmaster.ca/conted/mcmasterpain.html>

Pain Society of Alberta Annual Conference  
<https://painsocietyofalberta.org/calendar-of-events/>

Western Canada Addiction Forum  
<https://wcaforum.ca/>

## Resources

### For physicians

Ontario College of Family Physicians Opioid Management—Tools, resources (for professionals and patients), and courses  
<http://ocfp.on.ca/tools/opioid-management>

OPEN: Ontario Pharmacy Evidence Network—Evidence-based deprescribing algorithm for benzodiazepine receptor agonists  
[www.open-pharmacy-research.ca/evidence-based-deprescribing-algorithm-for-benzodiazepines/](http://www.open-pharmacy-research.ca/evidence-based-deprescribing-algorithm-for-benzodiazepines/)

University of British Columbia Faculty of Medicine—Article: Can my patient safely drive on long-term daily opioid medication?  
<http://thischangedmypractice.com/drive-on-opioid-medication/>

University of British Columbia Faculty of Medicine—Article: How a family physician can help patients with chronic pain: a guide to navigating patient internet resources in BC  
<http://thischangedmypractice.com/chronic-pain-resource/>

University of British Columbia Faculty of Medicine—Article: Managing opioid withdrawal  
<http://thischangedmypractice.com/managing-opioid-withdrawal/>

The Well: Chronic non-cancer pain tool  
<https://thewellhealth.ca/cncp/>

### For patients

Primary Care Network Calgary Foothills: Chronic Pain Management Program  
<https://cfpcn.ca/services/chronic-pain-management-program/>