

## Chronic Pain - Anesthesia Resident Training KHSC

### Instructor Information

Instructor	Email	Office Location & Hours
Dr. Scott Duggan (Medical Director)	Scott.duggan@kingstonhsc.ca	JM3 HDH, 8-1530, Weekdays
Dr. Christopher Haley		
Dr. Tracy Cupido		
Dr. Peter Ellis		
Dr. Susan Chamberlain		
Dr David Ruggles		
Rosemary Wilson NP		
Jeanette Suurdt NP		
Katie Root-Clark NP		

### General Information

#### Description

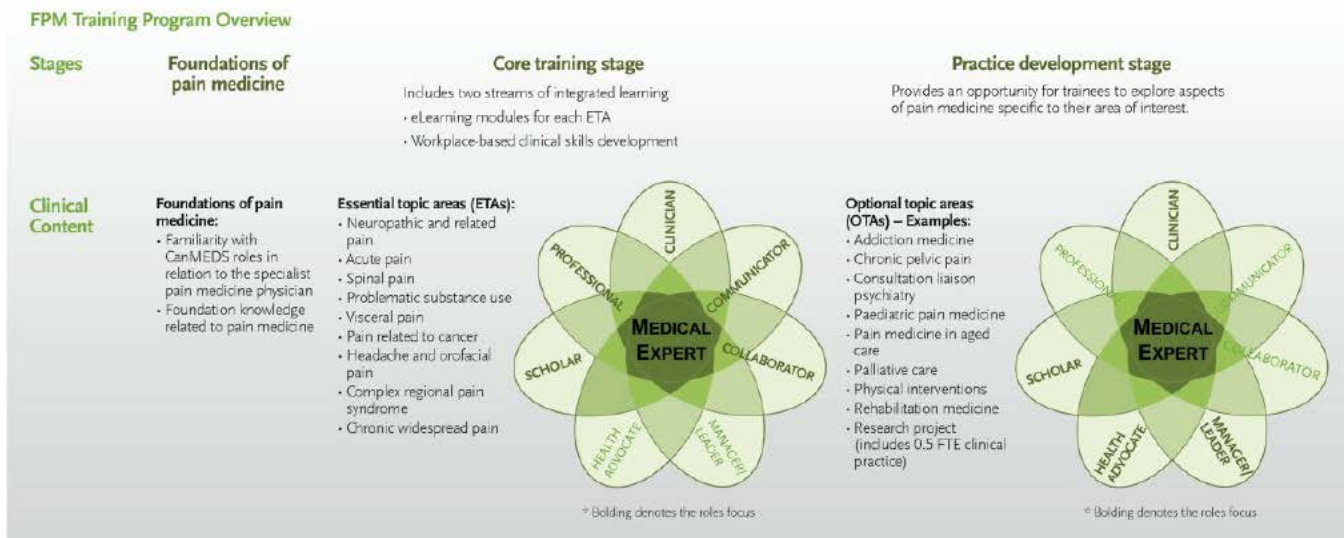
The conceptual basis of pain medicine introduces the major philosophical and conceptual principles that inform the practice of pain medicine.

A key principle of the curriculum is an emphasis on trainees' development across all professional roles. Using the CanMEDS framework from the Royal College of Physicians and Surgeons of Canada as a base, the Pain Medicine Roles in Practice have been designed to emphasise a sociopsychobiomedical orientation to practice, rather than a narrow biomedical one. They have the titles of clinician, professional, scholar, communicator, collaborator, leader and manager, and health advocate. The clinician role, which articulates the skills and attitudes required of a specialist pain medicine physician when working with patients and the knowledge to perform these skills, is the focus of outcomes within the various essential topic areas.

#### Expectations and Goals

The goal of this one-month rotation is to develop an approach to the investigation, management, or referral of patients complaining of chronic non-malignant and cancer pain.

The pain clinic of the Department of Anaesthesiology is "unidisciplinary" in staffing but multidisciplinary in the investigation and treatment of patients. The initial diagnosis or treatment of a pain complaint will be conducted within the Anaesthesiology Chronic Pain Medicine Clinic. However, this clinic exists within the multidisciplinary environment of the Queen's University Medical Centre ensuring the availability of a wide range of consultations, tests, or treatments. The patient's local medical facilities and personnel are used whenever possible because of the distances of the referral area.



(Curriculum below)

## Course Materials

### Required Materials

- Australian and New Zealand College of Anaesthetists and Faculty of Pain Medicine. ACUTE PAIN MANAGEMENT: SCIENTIFIC EVIDENCE Fourth Edition 2015  
[http://fpm.anzca.edu.au/documents/apmse4\\_2015\\_final](http://fpm.anzca.edu.au/documents/apmse4_2015_final)
- The masked marvel.pdf - How John J Bonica Changed the Face of Pain Medicine  
<https://drive.google.com/file/d/0B98vJRRAn830SkVIMTlvWGxmdDg/view?usp=sharing>

## Optional Materials

## BOOK LIST

- Benzon H, Raja S, Liu S, Fishman S, Cohen S: *Essentials of Pain Medicine*  
<https://drive.google.com/file/d/0B98vJRRAn830R3lxWEJ4X2U4MEE/view?usp=sharing>
- Bruno Kastler Interventional radiology  
<https://drive.google.com/open?id=0B98vJRRAn830dIVjSF9HbktRNHM>
- Cousins, M.J. & Bridenbaugh, P.O. Neural Blockade . 3rd ed., Lippincott-Raven, 1998
- Fishman C, Ballantyne J, Rathmell: *Bonica's Management of Pain - 4<sup>th</sup> Edition* Published in 2010
- Fitzgibbon D, Loeser JD: *Cancer Pain: Assessment, Diagnosis, and Management* Published in 2010
- Fields, H.L. (1987). Pain. New York: McGraw-Hill Book Company.
- Loeser J.D. Bonica's Management of Pain. 3rd ed. Lippincot Williams & Wilkins, 2001
- Mailis-Gagnon, A. & Israelson, D. Beyond Pain. Viking Canada, 2003.
- Raj Prithvi P: *Pain Medicine: A Comprehensive Review*

Published in 2003. Not sure if a new edition is going to be published soon

- International Spine Intervention Society: *Spinal Diagnostic and Treatment Procedures - Practice Guidelines*
- McIntyre P, Schug S: *Acute Pain Management: A Practical Guide - 3<sup>rd</sup> Edition* Published in 2007
- Wall, P.D., & Melzack, R. (Eds.). (1994). *Textbook of Pain*. 3rd ed., Edinburgh, UK: Churchill Livingstone.

IASP – International Association for the Study of Pain

PAIN CLINICAL UPDATES

## Online

<http://sites.utoronto.ca/pain/>

<http://www.usra.ca/pain.php>

## SUBOXONE trainer

<http://www.suboxonecme.ca> Online course, Developed by: This program is provided by CPC Healthcare Communications, Sponsored by: RB Pharmaceuticals Ltd

## Patient resources

	PAIN RESOURCES	INFORMATION
Pain Management Books	<p><b>The Pain Survival Guide</b> - F Winter &amp; D Turk</p> <p><b>Living Beyond Your Pain</b> - J Dahl</p> <p><b>The Fibromyalgia Help Book</b> - J Fransen &amp; I. Jon Russell</p> <p>Free comic book explains chronic pain (Online)</p>	<p>Pain management books we recommend</p> <p>Comic book:  <a href="http://www.paininmotion.be/storage/app/media//materials/oct-18/A%20JOURNEY%20TO%20LEARN%20ABOUT%20PAIN_FINAL.pdf">http://www.paininmotion.be/storage/app/media//materials/oct-18/A%20JOURNEY%20TO%20LEARN%20ABOUT%20PAIN_FINAL.pdf</a> </p>
Pain BC	<p><a href="http://www.painbc.ca">www.painbc.ca</a></p> <p><a href="https://www.youtube.com/user/PainBC">https://www.youtube.com/user/PainBC</a></p>	<p>Excellent pain management resources</p> <p>Inspiring gentle movement at home videos</p>
Chronic Pain Web Resources	<p>Fibromyalgia &amp; Chronic Pain Association (USA- great info)</p> <p>The American Chronic Pain Association (USA)</p> <p>Arthritis Society (Canadian resource)</p> <p>Kelty's Key - select "Chronic Pain" (Canadian - BC)</p> <p>TAPMI Pain U online (Canadian - Ontario)</p> <p>Free course on chronic pain</p> <p>Retrain pain (Worldwide)</p> <p>Webinars &amp; workshops on Managing Pain, fatigue, MH</p> <p>Living Well Chronic Pain Self-management via ZOOM</p>	<p><a href="http://www.fmcpaware.org">www.fmcpaware.org</a></p> <p><a href="http://www.theacpa.org">www.theacpa.org</a></p> <p><a href="https://www.keltyskey.com/courses/chronic-pain/">https://www.keltyskey.com/courses/chronic-pain/</a></p> <p><a href="http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/">http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/</a></p> <p><a href="http://www.retrainpain.org">www.retrainpain.org</a></p> <p>Email: <a href="mailto:danielled@kchc.ca">danielled@kchc.ca</a> / 613-484-8072</p>
Pain Management You Tube Videos	<p><b>Understanding Pain: What to do about it in less than five minutes</b></p> <p>Brief. Educational. Enjoyable. A great introduction.</p>	<p><a href="https://www.bing.com/videos/search?q=learn+to+manage+pain+5+minutes+youtube&amp;view=detail&amp;mid=DCDF1E1C4A8B11770880DCDF1E1C4A8B11770880&amp;FORM=VIRE">https://www.bing.com/videos/search?q=learn+to+manage+pain+5+minutes+youtube&amp;view=detail&amp;mid=DCDF1E1C4A8B11770880DCDF1E1C4A8B11770880&amp;FORM=VIRE</a></p>

	<p>Lorimer Moseley - <b>Tame the beast</b> - animated video</p> <p>Lorimer Moseley - <b>Why Things Hurt</b></p> <p>Chronic pain can be daunting. This overview of chronic pain using everyday language is highly recommended.</p> <p>Dr Howard Schubiner: the role of stress in creating learned nerve pathways that cause pain</p>	<p><a href="http://www.tamethebeast.org">www.tamethebeast.org</a></p> <p><a href="https://www.youtube.com/watch?v=nifGFluVkJkC">https://www.youtube.com/watch?v=nifGFluVkJkC</a></p> <p><a href="https://www.youtube.com/watch?v=XM5hdIEOSFM">https://www.youtube.com/watch?v=XM5hdIEOSFM</a></p> <p><a href="https://www.youtube.com/watch?v=D36yy63CHq4">https://www.youtube.com/watch?v=D36yy63CHq4</a></p>
Relaxation Skills Mindfulness Meditation	<b>Breathe2Relax / Insight Timer/ TakeABreak/ Headspace</b> Offer guided deep breathing and/or meditation exercises	Google these apps and they will pop up
	CAMH - free mindful pause in nature module	<a href="https://moodlemedia.camhx.ca/pe/story.html">https://moodlemedia.camhx.ca/pe/story.html</a>
	Calm - free guided meditations Smiling Mind - free meditations Mindful Magazine - offering free guided meditations	<a href="http://www.calm.com">www.calm.com</a> <a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a> <a href="http://www.mindful.org">www.mindful.org</a>
Communication Tools	American Chronic Pain Association <ul style="list-style-type: none"> <li><a href="http://theacpa.org/Communication-Tools">theacpa.org/Communication-Tools</a></li> <li><a href="http://www.back.com/tools-resources">www.back.com / tools-resources</a></li> <li><a href="http://www.nia.nih.gov/health">www.nia.nih.gov/health</a></li> </ul>	These websites all provide helpful information and interactive tools to help you talk to your doctors about your chronic pain condition.
Pain Management Apps	<ul style="list-style-type: none"> <li>Manage My Pain</li> <li>Catch My Pain</li> <li>Chronic Pain Coach</li> <li>WebMD Pain Coach</li> </ul>	Free pain apps that allow you to track pain symptoms, pain triggers, mood, activity levels, treatments etc.
Podcasts	<ul style="list-style-type: none"> <li>UK Podcasts on topics related to chronic pain</li> <li>Pain Waves (Pain BC)</li> </ul>	<a href="http://www.paincd.org.uk/listen">http://www.paincd.org.uk/listen</a> <a href="https://www.speaker.com/show/pain-waves">https://www.speaker.com/show/pain-waves</a>
Testimonials	Hear from others with chronic pain	<a href="http://www.liveplanbe.ca/real-stories">www.liveplanbe.ca/real-stories</a>
Physiotherapy	OHIP covered physiotherapy clinics	<a href="https://www.southeasthealthline.ca/listServices.aspx?id=11019">https://www.southeasthealthline.ca/listServices.aspx?id=11019</a>

KFL&A	COVID-19 reliable information	<a href="https://www.kflaph.ca/en/healthy-living/novel-coronavirus.aspx">https://www.kflaph.ca/en/healthy-living/novel-coronavirus.aspx</a>
ANXIETY CANADA	What to do if you are anxious or worried about COVID-19	<a href="https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/">https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/</a>
CAMH	Mental health concerns during COVID-19 pandemic	<a href="https://www.camh.ca/en/health-info/mental-health-and-covid-19">https://www.camh.ca/en/health-info/mental-health-and-covid-19</a>
CONNEX ONTARIO	SELF-ASSESSMENT/COVID-19 ASSESSMENT CENTRES	<a href="https://www.connexontario.ca/COVID-19">https://www.connexontario.ca/COVID-19</a>
TELEHEALTH ONTARIO	A registered nurse is available 24hrs/day, 7 days/week	1-866-797-0007
Dr Russ Harris (anxiety linked to COVID-19)	Document (click on link): <a href="https://services.unimelb.edu.au/_data/assets/pdf_file/0005/3327008/FACE_COVID_-_How_to_respond_effectively_to_the_Corona_crisis_-_by_Russ_Harris_author_of_The_Happiness_Trap_-_1.pdf">https://services.unimelb.edu.au/_data/assets/pdf_file/0005/3327008/FACE_COVID_-_How_to_respond_effectively_to_the_Corona_crisis_-_by_Russ_Harris_author_of_The_Happiness_Trap_-_1.pdf</a>	Video (click on link) <a href="https://www.bing.com/videos/search?q=russ+harris+covid&amp;docid=608034946339049300&amp;mid=5BA64D2784957863196C5BA64D2784957863196C&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=russ+harris+covid&amp;docid=608034946339049300&amp;mid=5BA64D2784957863196C5BA64D2784957863196C&amp;view=detail&amp;FORM=VIRE</a>
	MENTAL HEALTH RESOURCES	INFORMATION
Depression and Anxiety Anxiety Treatment Web Resources	<p>Watch a video to determine if cognitive Behavioural Therapy is right for you</p> <p>Vancouver anxiety Centre's Dr. Korol, Clinical Psychologist has free videos "Coping with Anxiety", "CBT for insomnia", &amp;"Meditation for Busy Minds". Highly recommended.</p>	<p><a href="https://www.youtube.com/watch?v=9c_Bv_FBE-c">https://www.youtube.com/watch?v=9c_Bv_FBE-c</a></p> <p><a href="http://www.vancouveranxiety.com">www.vancouveranxiety.com</a> (Press on 3 lines on right for menu, look under "online classes") - you will find her free videos</p>
Books About Depression, Anxiety, and Stress	<b>Mind over Mood</b> - Dennis Greenberg and Christine Padesky	Excellent book outlining strategies for managing depression, anxiety, guilt and anger.

	<b>The Happiness Trap - Russ Harris</b>	Offers ways to 'unhook' from painful thoughts & feelings and taking steps toward valued life
<b>Mental Health Web Resources</b>	<b>Kelty's Key (free self-help)</b> Online CBT therapy and help with chronic pain, anxiety, depression, sleep, etc.	<a href="https://www.keltyskey.com/self-help/">https://www.keltyskey.com/self-help/</a>
	<b>Bounce Back Ontario</b> Free guided self-help program for managing anxiety and depression- includes workbooks and telephone coaching - Self-referral or GP referral	<a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a> 1-866-345-0224
	<b>Anxiety Canada</b> Free online CBT therapy for anxiety <b>Mind relief</b> Fee-based online CBT for depression, anxiety, OCD, PTSD <b>Mindfulness course</b> Free 8-week mindfulness course (MBSR) <b>Mindfulness-based chronic pain management</b> Trauma informed 12-week program <b>MoodGym</b> Interactive self-help app for depression and anxiety	<a href="https://anxietycanada.com/managing-anxiety/">https://anxietycanada.com/managing-anxiety/</a>  <a href="http://www.mindrelief.com">www.mindrelief.com</a>  <a href="http://www.palousemindfulness.com">www.palousemindfulness.com</a>  <a href="http://www.neuronovacentre.com">www.neuronovacentre.com</a> <a href="http://www.moodgym.com.au">www.moodgym.com.au</a>
	<b>SLEEP ISSUES</b> Sleep disorders, restless legs, sleep apnea, insomnia	<a href="https://sleeponitcanada.ca/">https://sleeponitcanada.ca/</a>
<b>Breathing to calm your nervous system</b>	Learn about box breathing	<a href="http://www.healthline.com/health/box-breathing">www.healthline.com/health/box-breathing</a>
<b>MENTAL HEALTH CRISIS</b>	<b>KFLA CRISIS Line</b>	<a href="http://www.amhs-kfla.ca/">www.amhs-kfla.ca/</a> / 613-544-4229
<b>Support</b>	<b>Big White Wall</b> offers free online mental health support  <b>Turn2me</b> : free online support groups for anxiety, depression, stress management, suicidal thoughts and +	<a href="https://otn.ca/patients/bigwhitewall/">https://otn.ca/patients/bigwhitewall/</a>  <a href="https://turn2me.org/group-supports">https://turn2me.org/group-supports</a>

## Weekly Schedule

Weekdays	AM	PM	Notes
<b>Monday</b> Duggan, Haley, Cupido, Ellis	Sim Lab (fluoroscopy Procedures)/Clinic	Sim Lab (fluoroscopy Procedures)/Clinic	
<b>Tuesday</b> Duggan	Clinic	Clinic	Lidocaine infusions
<b>Wednesday</b> Cupido	Clinic	Clinic	
<b>Thursday</b> Haley, Chamberlin	Clinic	Clinic/ Orientation Intake Sessions	Chamberlin (once a month) Pelvic injections
<b>Friday</b> Cupido, Ruggles	Clinic, Sim Lab (once a month)		Ruggles once a month

## Course Schedule

Week	Topic	Reading	Exercises
Week 1	Experience/Orientation	<p>The masked marvel.pdf - How John J Bonica Changed the Face of Pain Medicine</p> <p><a href="https://drive.google.com/file/d/0B98vJRRAn830SkVIMTlvWGxmdDg/view?usp=sharing">https://drive.google.com/file/d/0B98vJRRAn830SkVIMTlvWGxmdDg/view?usp=sharing</a></p> <p>PAINBC leaflet</p> <p><a href="https://drive.google.com/file/d/1_8H2r_h8hYRlc1HO83Ox-oiGB5DVk_-p/view?usp=sharing">https://drive.google.com/file/d/1_8H2r_h8hYRlc1HO83Ox-oiGB5DVk_-p/view?usp=sharing</a></p> <p>Pg 53-54 Toronto notes</p> <p><a href="https://drive.google.com/file/d/0B98vJRRAn830U2wzaVVLQXIUcnM/view?usp=sharing">https://drive.google.com/file/d/0B98vJRRAn830U2wzaVVLQXIUcnM/view?usp=sharing</a></p>	<p>Initial orientation meeting</p> <p>Attend Orientation session</p>
Week 2	Assessment/diagnosis	<p>Chronic pain dictionary</p> <p><a href="https://queensucamys.sharepoint.com/:b:/r/personal/15cph_queensu_ca/Documents/Core/Core%20Pain/chronic-pain-dictionary.pdf?csf=1&amp;e=lstJTL">https://queensucamys.sharepoint.com/:b:/r/personal/15cph_queensu_ca/Documents/Core/Core%20Pain/chronic-pain-dictionary.pdf?csf=1&amp;e=lstJTL</a></p> <p>Transition from acute to chronic pain</p> <p><a href="https://drive.google.com/file/d/0B98vJRRAn830SnplVjFOaGstMDg/view?usp=sharing">https://drive.google.com/file/d/0B98vJRRAn830SnplVjFOaGstMDg/view?usp=sharing</a></p> <p>BJA 2008 supplements</p> <p><a href="https://drive.google.com/open?id=0B98vJRRAn830NkdtYnJKRjQ3d2c">https://drive.google.com/open?id=0B98vJRRAn830NkdtYnJKRjQ3d2c</a></p>	<p>Session with physio</p>
Week 3	Treatments		<p>Session with occupational health</p>
Week 4	Consolidation		<p>Final meeting</p>

## Additional Information and Resources

Pathology	Description of pain management resource	Web link
Ankylosing spondylitis	Canadian Spondylitis Association	<a href="https://www.spondylitis.ca/">https://www.spondylitis.ca/</a>
Arthritis	Canadian arthritis society	<a href="https://arthritis.ca/living-well?pillar=/Living-Well/About-flourish">https://arthritis.ca/living-well?pillar=/Living-Well/About-flourish</a>
Chronic pain	Explained by Dr Andrea Furlan	<a href="https://www.youtube.com/watch?v=dXtbjKCL2UA">https://www.youtube.com/watch?v=dXtbjKCL2UA</a>
Patient handout: pain mgt	Machealth	<a href="https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2500">https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2500</a>
Handout: self-help	Machealth	<a href="https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2490">https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2490</a>
CRPS	Explained by Dr Andrea Furlan	<a href="https://www.youtube.com/watch?v=emJco5a-WX4">https://www.youtube.com/watch?v=emJco5a-WX4</a>
Fibromyalgia	Explained by Dr Andrea Furlan	<a href="https://www.youtube.com/watch?v=ZFHO93uzc4A">https://www.youtube.com/watch?v=ZFHO93uzc4A</a>
Headaches	Canadian Headache Society: headache diary and suggested readings	<a href="https://headachesociety.ca/for-patients/">https://headachesociety.ca/for-patients/</a>
Low back pain	Explained by Dr Andrea Furlan	<a href="https://www.youtube.com/watch?v=-9pjVcq-mcw">https://www.youtube.com/watch?v=-9pjVcq-mcw</a>
Myofascial pain syndrome	Myofascial pain explained by Dr Andrea Furlan	<a href="https://www.youtube.com/watch?v=CxaprWwEstc">https://www.youtube.com/watch?v=CxaprWwEstc</a>
Neck pain	Exercises for myofascial neck pain	<a href="https://www.youtube.com/watch?v=ZFHO93uzc4A">https://www.youtube.com/watch?v=ZFHO93uzc4A</a>
Neuropathic pain	Explained by Dr Andrea Furlan	<a href="https://www.youtube.com/watch?v=oa53SDg3fn0">https://www.youtube.com/watch?v=oa53SDg3fn0</a>
Osteoarthritis	Mayo Clinic Radio explains OA Physiopedia explains OA	<a href="https://www.youtube.com/watch?v=zKxKet6zmw">https://www.youtube.com/watch?v=zKxKet6zmw</a> <a href="https://www.youtube.com/watch?v=sUOIml-naFs&amp;feature=emb_logo">https://www.youtube.com/watch?v=sUOIml-naFs&amp;feature=emb_logo</a>
SUDs	Covid-19 and SUDs, coverage of select medications, exemptions, Women's College Hospital	<a href="https://www.dropbox.com/sh/x622qndzvmydsvm/AABi888G_Ase6T0-N1Pd3uboa?dl=0">https://www.dropbox.com/sh/x622qndzvmydsvm/AABi888G_Ase6T0-N1Pd3uboa?dl=0</a>
Opioid Use Disorder		<a href="https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2385">https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2385</a>
Trigger Point & Referred Pain Guide	Offers map, muscles, symptoms and information. By MyoRehab	<a href="http://www.triggerpoints.net/">http://www.triggerpoints.net/</a>



Strategy	Description of pain management resource	Web link
Buprenorphine	Patient guidebook by Women's College Hospital	<a href="https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2384">https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2384</a>
Cannabinoids and cannabis	<p>Role of cannabinoids in our body explained by Dr Andrea Furlan</p> <p>CAMH Risk reduction resource</p> <p>Drug interactions with cannabinoids</p>	<p><a href="https://www.youtube.com/watch?v=q_0tXsVnr_E">https://www.youtube.com/watch?v=q_0tXsVnr_E</a></p> <p><a href="https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf">https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf</a></p> <p><a href="https://www.cmaj.ca/content/192/9/E206">https://www.cmaj.ca/content/192/9/E206</a></p>
Cognitive behavioural therapy (CBT)	<p>What is CBT? Document by healthlink BC</p> <p>Stop negative thoughts: choose a healthier way of thinking and how to get started on your own? Document by healthlink BC</p>	<p><a href="https://www.healthlinkbc.ca/health-topics/tv3092">https://www.healthlinkbc.ca/health-topics/tv3092</a></p> <p><a href="https://www.healthlinkbc.ca/health-topics/uf9857#uf9858">https://www.healthlinkbc.ca/health-topics/uf9857#uf9858</a></p> <p><a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a></p>
What is Acceptance and commitment therapy? (ACT)= 3 <sup>rd</sup> wave of CBT	Sign up for <a href="#">free online CBT</a>	<a href="https://www.youtube.com/watch?v=RMWgrGUSIUQ">https://www.youtube.com/watch?v=RMWgrGUSIUQ</a>
Grounding exercises	<p>Helpful for anxiety/ distressing thoughts</p> <p><a href="#">What's Up? A free mental health wellness app</a></p>	<p>Apple devices: <a href="https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160">https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160</a></p> <p>Android devices: <a href="https://play.google.com/store/apps/details?id=com.jacksontempura.apps.whatsup&amp;hl=en">https://play.google.com/store/apps/details?id=com.jacksontempura.apps.whatsup&amp;hl=en</a></p>
Meditation	Meditation 101: A beginner's guide	<a href="https://www.youtube.com/watch?v=o-kMJBWk9EO">https://www.youtube.com/watch?v=o-kMJBWk9EO</a>
Mindfulness	<p>Jon Kabat-Zinn describes how mindfulness can help with chronic pain</p> <p>Mindfulness is a superpower</p>	<p><a href="https://www.youtube.com/watch?v=KqS9qHEWnaA">https://www.youtube.com/watch?v=KqS9qHEWnaA</a></p> <p><a href="https://www.youtube.com/watch?v=w6T02g5hnT4">https://www.youtube.com/watch?v=w6T02g5hnT4</a></p>
Movement (gentle)	Series of videos by Pain BC	<a href="https://www.youtube.com/us">https://www.youtube.com/us</a>



	Gentle chair yoga (10 min) by Toronto Rehab hospital	<a href="#">er/PainBC</a> <a href="https://www.youtube.com/watch?v=XMps5-PIJHA">https://www.youtube.com/watch?v=XMps5-PIJHA</a>
	Gentle Tai Chi and Qi Gong by Toronto Rehab hospital	<a href="https://www.youtube.com/watch?v=pa_I5NAOW4k">https://www.youtube.com/watch?v=pa_I5NAOW4k</a>
Opioids	Explains to patients when they are appropriate and when they are not. Provided by Choosing Wisely Canada	<a href="https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2388">https://machealth.ca/programs/opioids_clinical_primer/m/patient-oriented_resources/2388</a>
Pacing  Pacing & goal setting	<b>Pacing: Your superpower against chronic pain.</b> Great 5 part series by a teenager living with chronic pain. In these videos, it is important to understand that with time, using pacing and other mentioned strategies, patients may experience windows of “low or no” pain rather than being “pain-free”  Chronic pain and pacing activities (animation, adult population)  Tips on how to start pacing your activities and goal setting	<a href="https://www.youtube.com/watch?v=waTG5noUOek&amp;list=PLavZ0_CzcX0VENTcG4Fn59thJv01Mve7f">https://www.youtube.com/watch?v=waTG5noUOek&amp;list=PLavZ0_CzcX0VENTcG4Fn59thJv01Mve7f</a>  <a href="https://www.youtube.com/watch?v=EPsWYO-kWdU">https://www.youtube.com/watch?v=EPsWYO-kWdU</a>  <a href="https://painhealth.csse.uwa.edu.au/pain-module/pacing-and-goal-setting/">https://painhealth.csse.uwa.edu.au/pain-module/pacing-and-goal-setting/</a>
Radical acceptance	Tara Brach explains radical acceptance	<a href="https://www.youtube.com/watch?v=_K35O3G82L4">https://www.youtube.com/watch?v=_K35O3G82L4</a>
Sleep hygiene	Information and strategies on sleep disorders, restless legs, sleep apnea, insomnia and more	<a href="https://sleeponitcanada.ca/">https://sleeponitcanada.ca/</a>

## NATIONAL CURRICULUM GUIDE FOR ANESTHESIOLOGY 2020: CHRONIC PAIN MEDICINE

The Anesthesiologist shall demonstrate an understanding of the anatomy and physiology and an approach to management of chronic pain

### Anatomy and Physiology of Pain

Demonstrate knowledge of the anatomy and physiology of acute pain:

### Pain Pathways

Describe the structure of nerve fibers that contribute to pain

Describe the afferent and efferent pathways at the peripheral, spinal, brainstem, thalamic and cortical levels that are involved in nociception

### Pain Modulation

List and describe the function of the major neuromodulators involved in the perception of pain at each anatomic level Explain the mechanisms involved in central and peripheral sensitization

Describe the role and mechanism of mediators of inflammation in the pain process

Describe the role and mechanism of gene expression in the pain process

### Neuroendocrine Stress Response

Describe the acute and chronic effects of neuroendocrine stress response on different systems

Describe the theoretical mechanism by which analgesia affects neuroendocrine response

### Assessment of pain

Demonstrate knowledge of the methods used for assessment of chronic pain, including but not limited to:

- Objective vs. Subjective
- Delineate between nociceptive (somatic and visceral) and neuropathic
- Explain the relevance of objective assessment relative to patient self-reports, and create useful assessment plans based on these principles

Assess the relative contributions of somatic, inflammatory, functional and neuropathic processes in a given patient's pain problem

Perform a comprehensive assessment of the patient in pain, including functional and psychosocial impacts

Interpret the results of multidimensional pain indices, and compare the clinical utility of different instruments

### Pain Assessment Tools

Describe common examples of pain assessment tools and their relative advantages and disadvantages

Analgesia, outcomes, and goals of therapy

Rehabilitative and Functional Outcomes

Describe the affective and functional aspects of the pain experience and incorporate them into an analgesic plan

Generate an appropriate plan in cooperation with the patient setting realistic analgesic and functional goals

Coordinate a multidisciplinary pain management plan, making appropriate use of allied health professionals and resources

### Tolerance, Addiction and Substance Abuse

Identify and distinguish between tolerance, dependence and addiction

Identify the special physiological, psychological, pharmacokinetic and pharmacodynamics issues in the tolerant or abusing patient

Recognize addictive behaviour and warning signs of substance abuse

Educate allied health and other medical professionals to the risks and appropriate management of tolerance and addiction in relation to chronic analgesic therapy

Describe the biopsychosocial aspects of substance abuse and its interaction with chronic analgesic therapy

Generate an appropriate comprehensive long-term plan in cooperation with the patient setting realistic analgesic and functional goals

### Analgesic Interventions

Demonstrate knowledge of the various approaches to chronic pain management and ability to provide effective management of chronic pain

### Multimodal and Regional Analgesia

Describe the multimodal approach to analgesia, including its benefits and limitations

Advocate with other disciplines to create effective policies for multimodal therapies

Describe the relative merits of different co-analgesics

Select an appropriate co-analgesic regimen to improve analgesia and minimize risk or side effects in a spectrum of patients

Identify common impediments to analgesia and modify therapy appropriately

Discuss the advantages, disadvantages, Indications, contraindications and complications of the regional techniques as they apply to chronic pain management

Identify and manage complications and adverse effects of regional analgesic techniques in an ambulatory chronic pain population

### Pharmacologic Interventions

#### General Analgesic Pharmacology

Describe and utilize the pharmacokinetics of analgesic therapies taking into account the characteristics of specific agents and the relative advantages and disadvantages of multiple routes of administration

Predict the differences in effect expected with oral, rectal, transcutaneous, IM, IV, and SC administration of analgesic agents and modify therapy to utilize these routes appropriately

Identify patients with special pharmacokinetic and dynamic characteristics and modify therapy appropriately

Collaborate with hospital pharmacists and allied health professionals to implement policies that take into account the relative advantages and disadvantages of different routes of administration

### Analgesic agents

Demonstrate knowledge and an ability to use the various groups of analgesics available for management of acute pain and be able to describe the various analgesics according to the properties of each agent, including but not limited to:

Describe the indications, contraindications, advantages and disadvantages of the agents including issues specific to all routes of administration

List the systemic effects of each agent

Identify and minimize the complications and side effects

Contrast the pharmacokinetic and dynamic characteristics of different agents

Select the appropriate dose, and route of administration for each agent

### Topical Analgesics

Identify appropriate situations and agents for topical analgesia

Discuss the relative advantages and disadvantages of this route with specific reference to the agent and the situation

Prescribe topical opioids appropriately

Describe the indications, contraindications and rationale for the use of other topical analgesics

Describe the use of topical agents to a patient

### Opioids

#### Describe the mechanism of action of opioids

Describe the types of opioid receptors with reference to their functions and distribution in the body

Develop protocols and policies to govern the administration of opioids in the perioperative setting

#### Intrathecal/epidural route

Mechanisms to avoid/reverse opioid tolerance (opioid rotation; use of antagonists etc.)

Detoxification protocols (slow vs. rapid detox)

Discuss opioid conversions - equipotency; iv:po conversions

### Methadone

Titration protocol; mechanism of action; conversion; ways of administration

### Suboxone

Protocol; mechanism of action

### NSAIDs

Describe the mechanism of action of NSAIDs

Develop protocols and policies to govern the administration of NSAIDs in the chronic pain setting

NSAIDs vs. Cox-2

### Acetaminophen

Describe the mechanism of action of Acetaminophen

Develop protocols and policies to govern the administration of acetaminophen in the chronic pain setting

### NMDA Antagonists

Describe the mechanism of action of NMDA antagonists

Describe the role of excitatory amino acids in pain and sensitization

Develop protocols and policies to govern the administration of NMDA antagonists in the chronic pain setting

### Anticonvulsants

Describe the analgesic mechanism of action of anticonvulsants

Develop protocols and policies to govern the administration of anticonvulsants in the chronic pain setting

#### IV lidocaine therapy

Describe the analgesic mechanism of action of IV lidocaine therapy

#### Alpha-agonists

Describe the mechanism of action of Alpha agonists

Develop protocols and policies to govern the administration of Alpha-agonists in the chronic pain Setting

#### Antidepressants

Describe the mechanisms of action antidepressants with respect to analgesia

Develop protocols and policies to govern the administration of antidepressants in the chronic pain setting

#### Tramadol

Identify and minimize related complications and side effects

Describe the mechanism of action of Tramadol

#### Cannabinoids

Describe the indications, contraindications, advantages and disadvantages of cannabinoids including issues specific to all relevant routes of administration

List the systemic effects of cannabinoids including variations specific to particular routes of administration Identify and minimize related complications and side effects

Describe the mechanism of action of cannabinoids with respect to analgesia

Develop protocols and policies to govern the administration of cannabinoids in the chronic pain setting

#### Non-Pharmacologic Interventions

Demonstrate knowledge and ability to use/prescribe nonpharmacologic interventions for the management of chronic pain

Recognize the importance of non-pharmacologic factors in analgesia

Support allied health professional in provision of nonpharmacologic interventions TENS and acupuncture

Explain the theoretical mechanism of TENS in analgesia

Discuss the efficacy of TENS in chronic pain management

Coordinate access to TENS as a non-pharmacologic adjunct in appropriate situations

#### Other Non-Pharmacologic Interventions

Use of Biofeedback

Chiropractic interventions

Massage

Physiotherapy - ultrasound/interferential/TENS etc.

#### Spinal Cord and Peripheral Nerve Stimulation

Identify clinical situations in which stimulation may be of benefit

Describe the purported mechanism of action of stimulation

Coordinate access to stimulation for appropriate

Patients Discuss the relative advantages, disadvantages, indications and contraindications of stimulation for chronic pain Identify complications of implanted stimulators

#### Neuraxial pumps

Identify clinical situation in which neuraxial pumps may be of benefit

Demonstrate an understanding of the use of intrathecal pumps/spinal & epidural catheters

- Demonstrate an understanding of the common drugs use with neuraxial catheter- opioids/baclofen/local anesthetics/clonidine/ketamine

Initial Orientation Meeting

Date\_\_\_\_\_

Supervisor\_\_\_\_\_

Student\_\_\_\_\_ PGY 1 2 3 4 5

Student Goals

1

2

3

4

5

Supervisor Comments

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Final Supervisor meeting

DATE\_\_\_\_\_

Supervisor\_\_\_\_\_

Student\_\_\_\_\_ PGY 1 2 3 4 5



Goals Achieved

1

2

3

4

5

Supervisor Comments

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