

## CPS/CPC TO HOST CANADIAN PAIN SUMMIT

The first-ever Canadian Pain Summit will be held in Ottawa, April, 2012. The Canadian Pain Society and the Canadian Pain Coalition, along with their partner organizations will host the Summit.

Up to 300 delegates are expected to attend the event, where all stakeholders – consumers, care givers and health professionals, along with educators, provincial, territorial and the federal government representatives, business and not-for-profit groups will be able to provide valuable input to the Canadian Pain Strategy.

“Given the magnitude and scope of the problem of undertreated pain in Canada, a national strategy along with an associated Summit is the best way to proceed”, said Dr. Mary Lynch, President of the Canadian Pain Society.

“We look forward to co-hosting this important Pain Summit in Canada,” advised Lynn Cooper, President of the Canadian Pain Coalition. “We learned a great deal from the International Pain Summit held September 3rd in Montreal and we want to improve the situation for Canadians living with pain,” Cooper added.

## Guest Speakers confirmed for Summit:



**Dr. Margaret Somerville,**  
Medical ethicist with a passionate commitment to people's human right to have access to pain management

Photo: Dr. Margaret Somerville, Founding Director – McGill Centre for Medicine, Ethics and Law



**Dr. Michael J. Cousins,**  
Chair of the Australian and International Pain Summits, 2010

Photo: Dr. Michael J. Cousins, Chair of the Australian and International Pain Summits, 2010

## THE PROBLEM OF PAIN IN CANADA

- **1 in 5** Canadians **suffer** from chronic pain daily<sup>1</sup>
- **Children are not spared** with prevalence **rates of 15-30%** of persisting or recurring pain and major impact on academic and social functioning<sup>2</sup>
- Pain is a major concern for **older adults** because of its high prevalence – estimated to be as high as **65%** for those living in **the community** and up to **80%** of older adults **living in long-term care facilities**<sup>2</sup>
- **Chronic pain costs** more than **cancer, heart disease and HIV** combined with direct **health care costs of \$6 Billion**<sup>1</sup>
- **Productivity costs** related to **job loss** and **sick days** are estimated to be **\$37 billion per year**<sup>3</sup>
- **Veterinarians** get **5 times more training in pain** than people **doctors** and **3 times more training than nurses**<sup>4</sup>
- **Chronic pain** is associated with the **worst quality of life** as compared with other chronic diseases such as **chronic lung or heart disease**.<sup>1</sup>
- There is **double the risk of suicide** as compared with people without chronic pain<sup>5</sup>

1 Schopflocher, D., R. Jovey, et al. (2010). "The Burden of Pain in Canada, results of a Nanos Survey." Pain Res Manage: In Press

2 Stanford, E. A., C. T. Chambers, et al. (2008). "The frequency, trajectories and predictors of adolescent recurrent pain: A population based approach." Pain 138: 11-21.

3 Hadjistavropoulos, T., S. Gibson, et al. (2010). Pain in older persons : a brief clinical guide. Chronic Pain Management: A Clinical Guide. M. E. Lynch, K. D. Craig and P. W. H. Peng. Oxford, UK, Wiley-Blackwell: 311-318.

4 Watt-Watson, J., M. McGillion, et al. (2008). "A survey of pre licensure pain curricula in health science faculties in Canadian universities." Pain Res Manage submitted: xx-xx.

5 Tang, N. and C. Crane (2006). "Suicidality in chronic pain: review of the prevalence, risk factors and psychological links." Psychol Med 36: 575-586.

## “Access to pain management is a fundamental human right.”

*Excerpt from the:  
Declaration of Montreal, IASP  
September 3, 2010*

## SUMMIT APPOINTS EXECUTIVE DIRECTOR

CPS President, Dr. Mary Lynch announced that Gail Logan, Past President of the Ottawa Chamber of Commerce has been hired as Executive Director for the Canadian Pain Summit 2012.

“Gail brings a wealth of experience, ideas and contacts to this important position and our Executive Committee looks forward to working closely with her to make the Canadian Pain Summit 2012 a tremendous success,” advised Lynch.



Photo: Gail Logan, Summit Executive Director  
Under contract to the Canadian Pain Society

For Summit information and partnership opportunities, please contact:  
**Gail Logan, Summit Executive Director.**

A website with registration information and program details will be available on-line by December 15, 2010 at:  
[www.canadianpainsociety.ca/summit2012](http://www.canadianpainsociety.ca/summit2012)

## BARRIERS TO BETTER PAIN MANAGEMENT

1. **Attitudes:** a lack of understanding that chronic pain is not just a symptom, but a chronic disease;
2. **Lack of information:** for pain sufferers to self-manage their own health;
3. **Access:** is often limited or unavailable;
4. **Lack of knowledge:** primary care physicians and other front-line care providers lack pain management knowledge and don't have access to support services including – physicians, nurses and allied health personnel (e.g. psychology, physiotherapy), specializing in pain medicine;
5. **Education:** a lack of undergraduate educations across health disciplines in pain management;
6. **Lack of identification:** the inability to identify chronic pain as the primary; disease/condition for seeking health care resources through the existing data sources in Ministry of Health – Medical Services, hospital and community data sources in Canada; and,
7. **Resources:** a lack of resources and education needed to identify and effectively treat pain in long-term care facilities and in the community.

**Help us to improve access  
of all Canadians to appropriate  
and timely pain care!**

Contribute your organization's voice and help to support this vitally important initiative. Your contributions will assist in developing and presenting the Canadian Pain Strategy at the first-ever Canadian Pain Summit to be held in Ottawa, April 2012. Thank you.

### CPS CANADIAN SUMMIT 2012 EXECUTIVE COMMITTEE

**Dr. Mary Lynch**, Summit Co-Chair  
President – Canadian Pain Society,  
Halifax, NS

**Dr. John Clark**, Summit Co-Chair  
Professor of Anaesthesia  
Dalhousie University, Halifax, NS)

**Dr. Catherine Bushnell**,  
Treasurer - International Association for  
the Study of Pain, Montreal QC

**Lynn Cooper BES**, President -  
Canadian Pain Coalition  
Kitchener, ON

**Dr. Roman Jovey**, Director –  
CPM Centres for Pain Management,  
Mississauga, ON

**Jacques Laliberté**, Director -  
Association Québécoise de la Douleur  
Chronique  
Montreal, QC

**Ellen Maracle-Benton**,  
President – Events in Sync  
Oshawa, ON

**Gail Logan**, Executive Director  
Canadian Pain Summit 2012,  
Ottawa, ON

### Canadian Pain Summit 2012

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# “RISE UP”



## CANADIAN PAIN SUMMIT

### APRIL, 2012

### OTTAWA, ON

Presented by:

 the CANADIAN PAIN SOCIETY  
la SOCIÉTÉ CANADIENNE de la DOULEUR

  
Canadian Pain  
Coalition

La Coalition canadienne  
contre la douleur  
