

13<sup>th</sup> Annual  
**MCMMASTER  
PAIN PROGRAM**



**HEALTH SCIENCES**  
Continuing Health Sciences  
Education

Accredited for  
**3.50**  
Mainpro+  
& MOC

**Wednesday, September 18, 2019**  
**1/2 Day @ Liuna Station**

360 James Street North, Hamilton, Ontario

## TARGET AUDIENCE

Family Physicians, Pain Physicians, Physiotherapists, Chiropractors, Nurses, Residents, Occupational Therapists, Social Workers, Pharmacists, Residents/Students.

## LEARNING OBJECTIVES

By attending this activity, participants will be able to:

- Apply evidence-based management of patients with chronic pain.
- Apply safe and effective prescribing of cannabis and opioids.
- Recognize what PTSD is and select the appropriate treatments for PTSD.

[www.chse.mcmaster.ca/mcmaster-pain](http://www.chse.mcmaster.ca/mcmaster-pain)

### More Information

**CHERYL BOGIE**, CHSE Coordinator  
McMaster University  
Continuing Health Sciences Education  
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### Registration Information

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[www.chse.mcmaster.ca](http://www.chse.mcmaster.ca)



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DOWNLOAD OUR McMaster CHSE MOBILE APP!

# AGENDA

\*Activity subject to change

- 07:30-08:15 Registration and Continental Breakfast
- 08:15-08:30 Welcome / Introductions
- 08:30-08:50 **Pain Management in the Elderly Using Cannabis**  
**Amanjot (Mona) Sidhu, MD, FRCPC**  
PT Assistant Professor  
Division of Geriatric Medicine  
McMaster University, Hamilton, ON
- 08:50-09:05 Question & Answer
- 09:05-09:30 **Those Pesky Pain Generators – Identifying and Treating Common Causes of Chronic Spinal Pain**  
**Vladimir Djuric, MD**  
Assistant Clinical Professor  
Department of Physical Medicine and Rehabilitation  
Faculty of Health Sciences  
McMaster University Medical Centre  
Staff Physician  
Michael G. DeGroote Pain Clinic  
McMaster University
- 09:30-09:45 Question & Answer
- 09:45-10:05 **Treatment Dilemmas: Is It Chronic Pain? Is it PTSD? Is It Neither?**  
**Jacques Gouws, D.Phil., C.Psych.**  
Consulting Psychologist/Psychologist in  
Clinical Practice  
Human & System Interface Consulting Inc.
- 10:05-10:20 Question & Answer
- 10:20-10:40 Morning Nutrition Break
- 10:40-11:00 **Safe Opioid Prescribing in “At Risk Patients”**  
**Lydia Hatcher, MD, CCFP, FCFP, CHE, D-CAPM**  
Associate Clinical Professor  
Department of Family Medicine & Anesthesia  
McMaster University, Hamilton, ON
- 11:00-11:15 Question & Answer
- 11:15-11:35 **Pain in Injured Workers – Creating a way forward**  
**Lynn Cooper, BES**  
Advisor: Pain Education and Research,  
Canadian Injured Workers’ Alliance
- 11:35-11:50 Question & Answer
- 11:50-12:10 **NP Led Interdisciplinary Fibromyalgia Management: From Concepts to Clinical Outcomes**  
**Cheryl Hutflesz, RN (EC), MN**  
Nurse Practitioner  
Michael G. DeGroote Pain Clinic  
McMaster University, Hamilton, ON
- 12:10-12:25 Question & Answer
- 12:25-12:30 Closing Remarks

# PLANNING COMMITTEE

## **Ramesh Zacharias, MD, FRCS(c), DAAPM, CMD - Chair**

Medical Director  
Michael G. DeGroote Pain Clinic  
McMaster Medical Centre  
Assistant Clinical Professor  
Department of Anesthesia  
McMaster University, Hamilton, ON

## **Eleni Hapidou, PhD, C.Psych, Psychologist**

Michael G. DeGroote Pain Clinic  
Associate Professor (PT)  
Department of Psychiatry & Behavioral Neurosciences  
Associate Faculty Member, Department of Psychology  
Neuroscience and Behavior (PNB)  
Bachelor of Health Sciences Program  
McMaster University, Hamilton, ON

## **Eli Adly, MD, FRCP**

Assistant Clinical Professor  
Anesthesia Department  
McMaster University, Hamilton, ON

## **Angela Carol, MD, CCFP, FCFP**

Medical Advisor  
College of Physicians and Surgeons of Ontario  
Family Physician  
Hamilton Urban Core Community Health Care Centre  
Hamilton, ON

## **Norm Buckley, BA (Psych), MD, FRCPC**

Scientific Director  
Michael G. DeGroote Institute For  
Pain Research & Care  
McMaster University, Hamilton, ON

## **Lydia Hatcher, MD, CCFP, FCFP, CHE, D-CAPM**

Associate Clinical Professor  
Department of Family Medicine and Anesthesia  
McMaster University, Hamilton, ON

## **Cheryl Hutflesz, RN (EC), MN**

Nurse Practitioner  
Michael G. DeGroote Pain Clinic  
McMaster University, Hamilton, ON

## **Sonya Altana**

Michael G. DeGroote Pain Clinic  
McMaster University, Hamilton, ON

## **Sheilah Laffan**

CHSE Program Manager  
McMaster University, Hamilton, ON

## **Cheryl Bogie**

CHSE Coordinator  
McMaster University, Hamilton, ON

# GENERAL INFORMATION

## ACCREDITATION STATEMENTS

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro+ and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

This one-credit-per-hour Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the McMaster University Continuing Health Sciences Program for up to **3.5 Mainpro+ credits**.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by McMaster University, Continuing Health Sciences Education Program for up to **3.5 MOC Section 1 hours**.

Through an agreement between The Royal College of Physicians and Surgeons of Canada and The American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at: [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme).

\*Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University, Continuing Health Sciences Education Program requires all speakers and planning committee members participating in this event to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure must be done verbally and using a slide prior to the speaker's presentation.

## PHOTOGRAPHY

Photos will be taken at the activity. Your registration implies your permission for these photos to be used for promotional material. Individuals in photographs will not be identified.

## ACTIVITY PACKAGES

As the registrant your activity package includes breakfast and a nutritional break. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the activity, their meals are at their own cost and will be billed directly.

## LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual attending this activity.
- That may result from the use of technologies, program, products and/or services at this activity.
- That may arise out of, or during this activity.

## CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent prior to the activity. Receipts are emailed at the time of registration and an additional email will be sent after the activity, confirming your certificate of attendance is ready to download or print. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CHSE office.

## CANCELLATION POLICY

The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **Friday, August 30th, 2019**, will be refunded less a 25% administrative fee to a maximum of \$50.00. No refunds will be issued for cancellations received after this date.



# DIRECTIONS

## From Toronto

- QEW Niagara to 403 Hamilton.
- Exit on York Blvd.
- Follow York Blvd. to John St.
- Turn LEFT on John St. and Continue North to Murray St.
- Turn LEFT on Murray St.
- LIUNA Station is on the RIGHT

## From the Escarpment

- Take Upper Wentworth exit from the 'Linc'.
- Go NORTH on Upper Wentworth.
- Turn LEFT onto Fennell Ave.
- Turn RIGHT onto Upper Wellington & follow down the escarpment.
- Follow John St.
- Turn LEFT on Murray St.
- LIUNA Station is on the RIGHT.

## From Niagara Falls

- QEW Toronto to Burlington St.
- Follow Burlington Street (using through traffic overpasses) to James St.
- Turn LEFT on James St. North & follow to Murray St.
- LIUNA Station is on the LEFT.

## From Brantford

- 403 Hamilton / Toronto.
- Exit on Main Street East.
- Follow Main Street to John St.
- Turn LEFT on John St. & continue North to Murray St.
- Turn LEFT on Murray St.
- LIUNA Station is on the RIGHT.



