

# Clinical Research Network Information Booklet



The Clinical Research Network (CRN) is envisioned as a national resource to support multi-centre clinical trials in Canada, mimicking the example of other Canadian successes such as the Stroke Network, the Canadian Critical Care Trials Network and the Canadian Cancer Clinical Trials Group. There are presently 10 full time research coordinators serving twelve sites (8 adult, 4 pediatric- two co-located) Each Coordinator is based within a clinic in order to provide ready access to research support. This means that protocol review, REB submission locally, trial start up can proceed much more expeditiously than may have been the case than in the past, if those resources were not available. Having research support on site also means that local investigators can undertake small pilot trials, chart reviews etc. in order to support applications for grants in the present very competitive atmosphere.

Another part of the vision is to create a community of practice, bringing together researchers in order to share ideas, set out on collaborative projects which will be facilitated by the ready and known availability of research support at multiple sites. Canada has a great history of collaborations such as the STOP Pain and wait time studies of Phil Peng, Mary Lynch, Manon Choiniere and the Neuropathic Pain Database (NepDat) led by Dwight Moulin. These were accomplished with minimal resources but considerable good will and collaboration.

Providing resources in the way which we have done has already led to the initiation of a number of studies amongst the participating centres, and we look to accomplishing more in the context of multi centre trials as we proceed.

## Index

### Adult Sites

University of British Columbia	...	Page 4
Hamilton Health Sciences	...	Page 5
Kingston Health Sciences Centre	...	Page 7
University of Manitoba	...	Page 9
Ottawa Hospital	...	Page 11
Sinai Health System/Wasser Pain Clinic	...	Page 13
The Research Institute of the McGill University Health Centre	...	Page 14

### Pediatric Sites

Alberta Children's Hospital Research Institute	...	Page 16
Hospital for Sick Children	...	Page 18
University of Saskatchewan	...	Page 20

### Adult & Pediatric Sites

University of Alberta	...	Page 21
Dalhousie University	...	Page 22

# Adult Sites

## University of British Columbia

<b>Clinic Name</b>	Pain Management Clinic - Fraser Health Authority
<b>Clinic Location</b>	9750 140th Street Surrey, BC V3T0G9
<b>Age Groups of Patients</b>	Adult only; Chronic Non-Cancer Pain Management
<b>Typical Patient Conditions</b>	Chronic Neck and Back Pain, Whiplash-Associated Disorders, Neuropathic Pain, CRPS, Functional Pain Syndromes
<b>Disciplines Involved</b>	The Pain Management Clinic is an interdisciplinary pain clinic consisting of Pain Specialists (six anesthesiologists, one spine surgeon and one physiatrist), nurse practitioner, psychologist, nurses, physiotherapists, occupational therapist, pharmacists and patient care coordinators.
<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>The Pain Management Clinic offers interdisciplinary care from group to one-on-one appointments. Patients are able to participate in a variety of topics of educational classes in addition to assessments with different members of the team. Medically the clinic offers pharmacological and interventional treatment options.</li> </ul>
<b>Research Infrastructure</b>	<b>Research Coordinator:</b> Jessie Dhillon
<b>Ongoing/Recent Research Projects</b>	<ul style="list-style-type: none"> <li>Functional neuroimaging (EEG and MEG) for thalamocortical dysrhythmia discovery in chronic pain patients with central sensitization.</li> <li>Registry for the British Columbia minimum outcome measures dataset for chronic pain research</li> <li>Effects of augmented movements through virtual reality on a series of exercises for individuals with chronic low back pain (LBP).</li> </ul>
<b>Other information</b>	<b>Aaron MacINNES -&gt; Local PI</b> Royal College of Physicians and Surgeons MD & Pharmacy- UBC Anesthesia & Pain- University of Manitoba Professor- UBC
<b>Contact Information</b>	<b>Coordinator:</b> Jessie Dhillon jessie.dhillon@ubc.ca

## Hamilton Health Sciences

<b>Clinic Name</b>	Michael G. Degroote Pain Clinic
<b>Clinic Location</b>	McMaster University Medical Centre 1200 Main St. West, Hamilton, ON L8N 3Z5
<b>Age Groups of Patients</b>	Adult only
<b>Typical Patient Conditions</b>	Heterogeneous Chronic Pain
<b>Disciplines Involved</b>	The team consists of physicians (anesthesiologists, addiction specialist, family medicine, physiatrist, neurosurgeon), physician assistant, psychologists, psychometrist, physiotherapists, pharmacists, occupational therapist, social workers, nursing (NP, RN, RPN), administrative support, research students and volunteers.
<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• Intensive Program (3rd party funded) – Offers an interdisciplinary treatment. They employ evidence based approaches on mind, body and spirit. The treatment is offered individually and in groups. 4 week full time program.</li> <li>• OHIP Program - Offers an interdisciplinary treatment. They employ evidence based approaches on mind, body and spirit. The treatment is offered in groups. 8-week program, 1 time per week.</li> <li>• Medical Management – A variety of treatments are offered by our team.</li> <li>• Interventional treatments: Blocks eg. Epidural, medial branch, SI joint, radiofrequency, denervation; Pharmacological treatments.</li> <li>• Pelvic Pain Program – Our unique program is a group based 8-week Interdisciplinary Chronic Pelvic Pain Program that aims to help patients learn skills and strategies to manage their pain more effectively, regulate their emotions, and increase their productive functioning.</li> <li>• Fibromyalgia Program – starting Fall 2018</li> <li>• Youth Transition Program – A specialized program designed for Youth ages 18-25 who are transitioning to adult pain clinic care.</li> <li>• Self-Management Program- This program helps to teach a variety of tools that can help the patient meet challenges of chronic pain. The research studies show that people who have taken the program report more vitality, less pain and dependence, improved mental health and more involvement in everyday activities.</li> </ul>
<b>Research Infrastructure</b>	<b>Research Coordinator:</b> Jennifer Anthonypillai <b>Research Assistants:</b> Marwa Farghaly, Salma Elmansy <b>Student:</b> 1 <b>Research Visitors:</b> 11
<b>Ongoing/Recent Research Projects</b>	<ul style="list-style-type: none"> <li>• SPOR Chronic Pain Network Grant</li> <li>• Datacann - Cannabis Study:</li> <li>• Primary Objective: To develop a database that gathers data (e.g. physical, psychological, social) on patients with CNCP who are taking cannabinoids to establish a comprehensive dataset to conduct research on.</li> </ul>

	<ul style="list-style-type: none"> <li>• Cannabis Oil for Chronic Non-Cancer Pain Treatment (CONCEPT) – Alpha: A Randomized Controlled Trial:</li> <li>• Primary Objective: To assess the pain interference during the opioid tapering period. We hypothesize that their pain interference will increase during the taper in the short term and stabilize further out from the taper.</li> <li>• Ontario Transitional Pain and Opioid Safety Program: Improving Pain and Opioid for Complex Chronic Pain Patients Following Surgery (RECOUP):</li> <li>• Primary Objective: To determine if surgery patients on high dose opioids prior to surgery can be weaned off opioids in 1 year by seeing a physician monthly and having ACT Therapy.</li> <li>• Neuromodulation:</li> <li>• Primary Objective: To develop a database to collect outcome data on patients going through the Neuromodulation program.</li> </ul>
<p><b>Other information</b></p>	<p><b>Vision:</b> Through exemplary care chronic pain patients will be empowered to improve their quality of life.</p> <p><b>Ramesh Zacharias -&gt; Local PI</b>          Medical Director, Village of Erin Meadows          Director of Clinical Services of Schlegel Villages          Assistant Clinical Professor, Department of Anesthesia          Medical Director, Michael G. DeGroote</p>
<p><b>Contact Information</b></p>	<p><b>Coordinator:</b> Jennifer Anthonypillai          anthonypij@hhsc.ca</p>

## Kingston Health Sciences Centre

<b>Clinic Name</b>	Kingston Health Sciences Centre - Hotel Dieu Hospital Site (KHSC-HDH) – Chronic Pain Clinic
<b>Clinic Location</b>	Jeanne Mance 3, 166 Brock St, Kingston, ON K7L 5G2
<b>Age Groups of Patients</b>	Adults
<b>Typical Patient Conditions</b>	Chronic non-cancer pain including but not limited to neuropathic pain, CRPS, radicular and axial low back pain, MSK pain, headache, pelvic pain, rheumatoid arthritis and fibromyalgia. In addition, we treat interventional palliative patients.
<b>Disciplines Involved</b>	The team includes Registered Nurses, Registered Practical Nurses, Nurse Practitioners, Physical Therapists (2), Occupational Therapists (2), Social Workers (2), Psychologist (1), Anesthesiologists (4), Neurosurgeon (1).
<b>Treatment Modalities</b>	<p>The KHSC-HDH Chronic Pain Clinic provides clinical interdisciplinary consultative services in the diagnosis and management of chronic pain conditions and syndromes. We offer a variety of interventions and treatments, including but not limited to:</p> <ul style="list-style-type: none"> <li>• <b>Group-based interventions:</b> Graded physical-activity programs, aquatic group-exercise program, interdisciplinary self-management program, psychological group interventions (e.g. CBT, ACT), and educational workshops.</li> <li>• <b>One-on-one interventions with specific disciplines:</b> Occupational therapy, physical therapy, psychological therapy, social work counselling, and dietician services available.</li> <li>• <b>Medication management and optimization.</b></li> <li>• <b>Interventional pain management procedures:</b> Interventional Pain Blocks (fluoroscopic, ultrasound guided), injections (trigger points, botox), radiofrequency ablation, intrathecal drug delivery systems, intravenous infusions (lidocaine, ketamine), and neuromodulation.</li> </ul>
<b>Research Infrastructure</b>	<b>Research Coordinator:</b> Etienne Bisson
<b>Ongoing/ Recent Research Projects</b>	<ul style="list-style-type: none"> <li>• SPOR research contract <ul style="list-style-type: none"> <li>• Circadian control of chronic pain</li> <li>• Proteomic analysis of chronic pain to identify new therapeutic targets and biomarkers.</li> </ul> </li> <li>• KHSC Chronic Pain Registry <ul style="list-style-type: none"> <li>• Characteristics and global impression of change of patients admitted to a chronic pain clinic in southeastern Ontario.</li> <li>• Prevalence and risks factors of falls in people with chronic pain</li> </ul> </li> <li>• Comparison of group-based Acceptance and Commitment Therapy to Cognitive Behavioural Therapy - mechanisms of change.</li> <li>• Circadian rhythm of pain and neuroinflammation in MS</li> <li>• Pain neuroscience education and exercise for people with chronic low back pain: a feasibility study.</li> <li>• Pilot study to examine the feasibility of using a mobile health device in the measurement of postoperative activity: the association between postoperative activity and recovery</li> </ul>

<p><b>Other information</b></p>	<p><b>Mission:</b> We strive to minimize suffering and disability through evidence-based interventions, and by encouraging behavioural modifications and lifestyle changes. We are committed to research and education to further our understanding of pain so that dependence on medications can be minimized and self-perception may be changed from one of disability to one of wellness.</p> <p><b>Scott Duggan -&gt; Local PI</b>  Assistant Professor, Department of Anesthesiology &amp; Perioperative Medicine  Queen's University  Anesthesiologist, Kingston Health Sciences Centre  Medical Director - KHSC-HDH Chronic Pain Clinic</p> <p><b>Nader Ghasemlou -&gt; Basic Science Lead</b>  Assistant Professor, Department of Anesthesiology &amp; Perioperative Medicine,  Department of Biomedical &amp; Molecular Sciences and the  Centre for Neuroscience Studies  Queen's University</p>
<p><b>Contact Information</b></p>	<p><b>Coordinator:</b> Etienne Bisson  etienne.bisson@kingstonhsc.ca</p>



## University of Manitoba

<b>Clinic Name</b>	Health Sciences Centre Pain Management Centre
<b>Clinic Location</b>	<b>820 Sherbrook Street, Winnipeg, Manitoba, R3A 1R9</b>
<b>Age Groups of Patients</b>	Adults
<b>Typical Patient Conditions</b>	Acute, Chronic Pain and Cancer Patients
<b>Disciplines Involved</b>	<ul style="list-style-type: none"> <li>– Anesthesiology <ul style="list-style-type: none"> <li>• Currently 11 anesthesiologists</li> <li>• Assessments, patient care, collaborate with other health personnel to create treatment plans.</li> </ul> </li> <li>– Conduct procedures</li> <li>– Neurology and neurosurgery</li> <li>– Psychiatry and Psychology: <ul style="list-style-type: none"> <li>• 1 Psychologist</li> <li>• Pain self-management group education classes.</li> <li>• Behavioral pain management groups based on cognitive behavior therapy (CBT) or acceptance-based behavior therapy (ABBT or ACT). Individual therapy offered emphasizing the development of pain-coping or acceptance-based behavioral strategies.</li> </ul> </li> <li>– Physical medicine: <ul style="list-style-type: none"> <li>• Currently 1 Physiatrist</li> <li>• Provides segmental neuromyotherapy (trigger point injections).</li> </ul> </li> <li>– Physiotherapy and Occupational Therapy: <ul style="list-style-type: none"> <li>• Currently 1 Physiotherapist</li> <li>• Educational classes on body part mechanics and exercises.</li> </ul> </li> <li>– Exercise classes (various levels based on goals and abilities)</li> </ul>
<b>Treatment Modalities</b>	<p>Four types of approaches to pain management:</p> <ol style="list-style-type: none"> <li>a. Pharmacological</li> <li>b. Non- Pharmacological</li> <li>c. Interventional</li> <li>d. Physical</li> </ol>
<b>Research Infrastructure</b>	<p><b>SPOR Chronic Pain Research local principal investigator:</b></p> <p>Dr. Renée El-Gabalawy  Assistant Professor in the Department of Clinical Health Psychology and Anesthesia &amp; Perioperative Medicine in the Max Rady College of Medicine at the University of Manitoba.  PhD-&gt; Clinical Psychology, University of Manitoba</p> <p><b>SPOR Chronic Pain Research Coordinator:</b></p> <p>As of August 2018, Rachel Roy assumed the position of research coordinator for the SPOR Chronic Pain Network. Historically, Judy Arjoon (nurse) was responsible for the input and collection of data.</p>

	<p><b>Research Coordinator for the Department of Anesthesia:</b></p> <p>Linda Girling (would be involved in Pain Clinic Research if falls under Anesthesia)</p> <p><b>Data:</b> Patient's intake and treatment data are kept in a secure locked room/filing cabinet and/or in a secure database (Acuro). The research coordinator for the SPOR Chronic Pain Network is currently entering data into usable form</p>
<b>Ongoing/ Recent Research Projects</b>	<p><b>Ongoing project:</b> Creation of a research friendly database from patient intake packages led by the SPOR Chronic Pain research.</p> <p><b>Current Project:</b> Hypothalamic-Pituitary-Adrenal Axis Suppression with Repeated Epidural Steroid Injections</p>
<b>Other Information</b>	<p>In this clinic, care providers perform pain management for patients with acute, chronic or cancer pain. This includes the investigation and evaluation of patients' pain to determine a precise diagnosis and subsequent formulation of a comprehensive management strategy</p>
<b>Contact Information</b>	<p><b>Coordinator:</b> Rachel Roy royr34@myumanitoba.ca</p> <p>Gabrielle Logan glogan@hsc.mb.ca</p>

## Ottawa Hospital

<b>Clinic Name</b>	The Ottawa Hospital Pain Clinic
<b>Clinic Location</b>	W1550, 501 Smyth Rd, Ottawa, ON K1H 8L6
<b>Age Groups of Patients</b>	Adults
<b>Typical Patient Conditions</b>	<p>Conditions include chronic non cancer, chronic cancer pain, and pain related to life-limiting illnesses (palliative). Patients also include those with acute complex regional pain syndrome and sub-acute back pain or acute over chronic back pain. Some of many conditions include:</p> <p>Arthritic Pain, Back &amp; Neck Pain, Cervicogenic Headache &amp; Occipital Neuralgia, Chest Wall Pain, Complex Regional Pain Syndrome, Disc Disease, Facet Syndrome, Failed Back Surgery, Neuropathic Pain Conditions, Abdominal and Pelvic Pain, Peripheral Neuropathy, Phantom Limb Pain, Post-Herpetic Neuralgia, Post-Surgical Pain, Radiculopathy, Sacroiliac Joint Pain, and Spinal Stenosis.</p>
<b>Disciplines Involved</b>	The team is composed of anesthesiologists, nurses, a physiotherapist, an occupational therapist, a social worker, psychologists, clerical staff and radiology technicians.
<b>Treatment Modalities</b>	<p>In addition to the consultative services (diagnosis consultations, suggestions regarding pharmacological management, recommendations regarding physical therapy, occupational therapy, etc.) the clinic offers the following specialized programs:</p> <ul style="list-style-type: none"> <li>• Neuromodulation</li> <li>• Pelvic Pain Clinic</li> <li>• Hematology – Sickle Cell Chronic Pain Clinic</li> <li>• Interdisciplinary chronic pain management program</li> <li>• Pain Clinic - Emergency Department Collaboration for People with Chronic Pain who Frequently Visit the ED</li> <li>• Upcoming: Pediatric transition clinic</li> </ul>
<b>Research Infrastructure</b>	<p>All research at the Ottawa Hospital Pain Clinic is done under the auspice of The Ottawa Hospital Research Institute (OHRI). OHRI has laboratory space which allows researcher to process and store biological sample. OHRI also provides the pain research team with methodological and statistical support.</p> <ul style="list-style-type: none"> <li>• Lead PI for the CPN Research Network: Dr. Patricia Poulin - Clinical Health and Rehabilitation Psychologist at The Ottawa Hospital Pain Clinic, an Associate Scientist at the Ottawa Hospital Research Institute, and a Clinical Professor at University of Ottawa within the Faculty of Graduate Studies – Department of Psychology, and the Faculty of Medicine – Department of Anesthesiology and Pain Medicine.</li> <li>• Principal Investigators : Dr. Patricia Poulin and Dr. Catherine Smyth</li> <li>• Manager (.2 FTE)</li> <li>• Post-Doctoral Fellow (1.0 FTE)</li> </ul>

	<ul style="list-style-type: none"> <li>• Research Coordinator (1.0 FTE)</li> <li>• Research Assistant (1.4 FTE)</li> <li>• Research Nurse (.2 FTE)</li> <li>• Graduate students (n = 4)</li> <li>• Summer Student (.5 FTE)</li> <li>• Administrative Clerk (.5 FTE)</li> </ul>
<b>Ongoing/Recent Research Projects</b>	<p><b>Mindfulness in Chronic Pain:</b></p> <ul style="list-style-type: none"> <li>• CALM: A pilot study to evaluate the effects of a brief mindfulness intervention in the peri-operative</li> <li>• AWARE: The Effects of an Interdisciplinary Program including MBSR in Painful Peripheral Diabetic Neuropathy</li> <li>• IN-DEPTH: The Effects of an Interdisciplinary Program including MBSR in Breast Cancer Survivors with Chronic Neuropathic Pain</li> <li>• COMPASSION: The effects of an online MBSR program for cancer survivors living with chronic neuropathic pain (CNP)</li> </ul> <p><b>Chronic Pain in the Emergency Department:</b></p> <ul style="list-style-type: none"> <li>• Understanding the burden of chronic pain in the emergency department</li> <li>• Development and Evaluation of the Rapid Interdisciplinary Assessment of Pain Program for High Frequency Users of the ED</li> <li>• FFCP: Evaluation of a Complex Interdisciplinary Pain Assessment Program Linked to Primary Care to Improve Clinical Outcomes and Reduce Health Care Utilization among Patients with Chronic Pain and Frequent Emergency Department Visits</li> </ul>
<b>Other information</b>	The Ottawa Hospital's mandate is to provide patients within the Ottawa Hospital catchment area with the best opportunity to have optimal pain relief, functionality and quality of life. They see approximately 2000 patients per year (total of 8,000 visits).
<b>Contact Information</b>	<b>Coordinator:</b> Danielle Rice drice@ohri.ca

## Sinai Health System/Wasser Pain Clinic

<b>Clinic Name</b>	Mount Sinai Hospital/ Wasser Pain Clinic
<b>Clinic Location</b>	600 University Ave, Toronto, ON M5G 1X5
<b>Age Groups of Patients</b>	Adults
<b>Typical Patient Conditions</b>	Chronic, non-cancer, disabling pain disorders
<b>Disciplines Involved</b>	The staff consists of Physicians, Associate Scientists, Psychologists, Dentists, EMG technologists, post-doc fellows and residents.
<b>Treatment Modalities</b>	<p>A multidimensional approach to manage pain is used and it includes a comprehensive evaluation, pharmacotherapy, group and individual psychotherapy, acupuncture, a variety of other treatments as needed. Some treatments include:</p> <p><b>Topical Pharmacotherapy:</b> Using capsaicin, lidocaine, ketamine, amitriptyline for neuropathic pain</p> <p><b>Rehabilitation:</b> Educate Clients, activation and exercise programs. Also offers Hydrotherapy, Physical Therapy and Occupational Therapy</p> <p><b>Psychological:</b> CBT, Group Therapy, relaxation therapy, psychotherapy, management of addiction</p> <p><b>Alternative Therapies:</b> Chiropractic technique for pain, Acupuncture for headaches.</p> <p><b>Injections:</b> Injections of local anesthetics with or without corticosteroids</p> <p><b>Neural Stimulations:</b> Treat interstitial cystitis and chronic vulvar pain</p> <p><b>Surgical Procedures:</b> Surgery offered to manage chronic pain</p> <p>Lifestyle focusing on exercise, weight loss, diet control, smoking</p>
<b>Research Infrastructure</b>	<b>Research Coordinator:</b> Susan Lau
<b>Ongoing/ Recent Research Projects</b>	<p>Patient registry: Database of standardized computerized questionnaires completed by patients (REB approval), data on all investigations, managements and outcomes.</p> <p>Clinical trials</p> <ol style="list-style-type: none"> <li>1. Botox to treat chronic scrotal pain: a double blind RCT (funding: Allergan Inc.)</li> <li>2. Utility of MRI of the spine to investigate men with chronic scrotal pain</li> <li>3. Topical agents to manage pain for men with chronic scrotal pain</li> </ol> <p>Other Research:</p> <ol style="list-style-type: none"> <li>1. Sexual functioning in men with chronic scrotal pain</li> <li>2. Impact of chronic scrotal pain on quality of life</li> <li>3. Frequency of chronic scrotal pain in men with infertility</li> <li>4. Infectious causes of chronic scrotal pain</li> </ol>
<b>Other information</b>	The Wasser Pain Management Center is a multidisciplinary and multi-professional clinical research, assessment and treatment center. The clinic is focused on working with patients to help and improve the quality of life, create a body of information based on patient populating to
<b>Contact Information</b>	<b>Coordinator:</b> Susan Lau susan.lau@sinaihealthsystem.ca

## The Research Institute of the McGill University Health Centre

<b>Clinic Name</b>	Alan Edwards Pain Management Unit
<b>Clinic Location</b>	<b>5th Floor (Room A5-123), Montreal General Hospital 1650 Cedar Avenue, Montreal, Quebec</b>
<b>Age Groups of Patients</b>	Adults
<b>Typical Patient Conditions</b>	The AEPMU and related pain services receive referrals for all types of pain from acute to chronic, cancer to non-cancer, local to generalized and local to complex.
<b>Disciplines Involved</b>	AEPMU is a multidisciplinary tertiary treatment centre consisting of physicians, psychologists, nurses, physiotherapists, dentists, social workers and other allied health professionals. Medical specialties include family medicine, anesthesia, rheumatology, physiatry, oromaxillofacial surgery, OBGYN, geriatrics and psychiatry.
<b>Treatment Modalities</b>	The AEPMU focuses on clinical, research and education and offers various pain management options to its patients. These include pharmacological strategies, interventional approaches, psychological and behavioural interventions (individual and group).
<b>Research Infrastructure</b>	Full-time (2.0 FTE) Research Coordinators, 1.2 FTE Research Nurses, 0.8 FTE Research Assistant
<b>Ongoing/ Recent Research Projects</b>	<p>The AEPMU is also dedicated to clinical research; there are many innovative clinical trials that are underway. The current research themes include:</p> <p><b>Translational:</b> Epigenetic biomarkers (LBP), Genetic predictors of LBP</p> <p><b>RCTs:</b> Vapourized cannabis for OA of the knee, Topical treatment (clonidine and pentoxifyline) for NeP</p> <p><b>Interventional:</b> Blocks</p> <p><b>Epidemiology:</b> Registry studies (Cannabis, Methadone), FM cohort, low back pain (primary care), gut microbiome, Parkinson's disease and Multiple Sclerosis (online survey)</p> <p><b>Education:</b> Triage effectiveness, Patient orientation and patient beliefs, New clinical tools (QST, cannabis checklist), new education tools (PEET), needs assessments, Physician awareness studies</p> <p><b>Psychology:</b> Determinants of problematic opioid use, Evaluation of Pain Management Groups, Patient experience &amp; expectations.</p>
<b>Other Information</b>	<p>The mission of clinical research at the AEPMU is to foster excellence in interdisciplinary pain management through evaluation of clinical practices and products that are of direct relevance to patient care. The development of research questions which arise in the clinical context should be encouraged, especially if they have social relevance. Research results should be rapidly transferable into patient care.</p> <p><b>Yoram Shir -&gt; Local PI</b> Professor of Anesthesia Edwards Chair in Clinical Pain Director- Alan Edwards Pain Management Unit</p>

<b>Contact Information</b>	<b>Local PI:</b> Yoram Shir yoram.shir@muhc.mcgill.ca <b>Coordinator:</b> Sylvie Toupin sylvie.toupin@muhc.mcgill.ca <b>Director of Clinical Research:</b> Marc O. Martel marc.o.martel@mcgill.ca
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# Pediatric Sites

## Alberta Children's Hospital Research Institute

<b>Clinic Name</b>	The Vi Riddell Children's Pain & Rehabilitation Centre at the Alberta Children's Hospital Research Institute.
<b>Clinic Location</b>	2888 Shaganappi Trail NW, Calgary, AB T3B 6A8
<b>Age Groups of Patients</b>	The clinic treats children 0-17 years of age with complex, chronic, or difficult to manage pain.
<b>Typical Patient Conditions</b>	The typical patient conditions include headache, abdominal, musculoskeletal, neuropathic, widespread and other complex pains.
<b>Disciplines Involved</b>	The key providers include anesthesiologists, nursing, clinical psychologists, physical therapists, and family counsellors.
<b>Treatment Modalities</b>	The clinic uses evidence-based interdisciplinary treatment modalities such as pharmacotherapy, family therapy, psychological therapy, and physical therapy.
<b>Research Infrastructure</b>	Dr. Melanie Noel directs the Alberta Children's Pain Research Laboratory, located within the clinical milieu of the Vi Riddell Pain & Rehabilitation Centre, led by Dr. Nivez Rasic. The research team includes pediatric anesthesiologist Dr. Tiffany Rice and post-doctoral fellow Dr. Jillian Vinall, along with several research coordinators and graduate students. Our research is conducted in partnership with the surgical wards, the Child and Adolescent Imaging Research Program, and basic science labs at the University of Calgary
<b>Ongoing/ Recent Research Projects</b>	<p><b>Pain Narratives and Memory Study</b> - This research project will be the first to examine the socio-linguistic context (i.e., parent-child narratives about pain) of pain memory development in young children undergoing tonsillectomies. Currently, we are implementing a parent-led memory reframing intervention aimed at promoting positive pain memory development by teaching mothers and fathers more adaptive styles of reminiscing with their children following painful events.</p> <p><b>Mental Health in Youth</b> - Reliable clinician-administered interviews will be used to determine the prevalence of internalizing mental health disorders in pediatric populations with and without chronic pain will be used. Neural activation patterns underlying co-morbid PTSD and chronic pain will be assessed using fMRI.</p> <p><b>Vi Riddell Pain Program Multi-Wave Outcome Initiative</b> -This program-wide evaluation includes the majority of youth and parents seen in our chronic pain programs at Alberta Children's Hospital. Youth and their parents complete an assessment battery at multiple time points for up to three years to assess pain, emotional, physical and behavioral functioning, and economic costs.</p> <p><b>Neurobiological and cognitive changes following exposure to either sevoflurane- or propofol-based anesthesia in children</b> -This project is a prospective randomized controlled trial comparing the effects of sevoflurane and propofol in pediatric patients undergoing MRI. The ultimate goal is to gain a better understanding of the medications that we administer to the numerous children requiring general anesthesia, in order to provide the best possible clinical care.</p>
<b>Other information</b>	<p><b>Nivez Rasic -&gt; Local PI</b>  Clinical Assistant Professor – University of Calgary  Pediatric Anesthesiologist  MD, FRCPC</p>



	<p><b>Tiffany Rice -&gt; Local PI</b>  Clinical Lecturer - University of Calgary  Pediatric Anesthesiologist  PhD, MD, FRCPC</p> <p><b>Melanie Noel -&gt; Local PI</b>  Assistant Professor of Psychology - University of Calgary  PhD, RPsych</p>
<p><b>Contact Information</b></p>	<p><b>SPOR Coordinator:</b> Madison Kennedy  madison.kennedy@ucalgary.ca</p> <p><b>Pain Clinic Coordinator:</b> Laura Rayner  laura.rayner@ahs.ca</p>

## The Hospital for Sick Children

<b>Clinic Name</b>	Chronic Pain Clinic, SickKids
<b>Clinic Location</b>	The Hospital for Sick Children, 525 University Avenue, Suite 925 Toronto, ON M5G 1X8
<b>Age Groups of Patients</b>	The SickKids' Chronic Pain Clinic is open to patients up to 18 years of age through referrals by doctors or nurse practitioners.
<b>Typical Patient Conditions</b>	Some of the chronic pain problems treated include: chronic musculoskeletal pain, neuropathic pain, complex regional pain syndrome, chronic widespread pain, abdominal pain, pelvic pain, pain related to medical conditions like sickle cell disease, pain related to surgery, or medically unexplained pain.
<b>Disciplines Involved</b>	The chronic pain team includes anesthesiologists (n=3), a psychiatrist (n=1), advanced practice nurses (n=3), psychologists (n=2), a social worker, physiotherapists (n=3), a physiotherapist assistant, an occupational therapist, a data analyst, and a clinic administrative assistant.
<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• The treatments include 3Ps: Pharmacological, Psychological and Physical.</li> <li>• Pharmacological: Medications in various formats e.g. tablets, liquids, skin patches, creams, or injections</li> <li>• Psychological Treatments: Mind body treatments such as Cognitive Behavioral Therapy, Distraction, Relaxation, Acceptance Approaches (Mindfulness, Acceptance and Commitment Therapy), Family therapies, Parental training, Medical hypnosis etc.</li> <li>• Physical Treatments: Support from physical and occupational therapists on graded exercise programming, use of heat and/or cold, TENS, stretching, activity pacing to manage pain</li> <li>• Transitional Pain Program – See patients with acute pain to prevent the transition to chronic pain</li> <li>• Transition to Adults Care Program: prepare teens to transition to adult care and/or community providers and local resources</li> </ul>
<b>Research Infrastructure</b>	The Chronic pain clinic supports clinical research. The Chronic Pain Research Subcommittee (established Fall 2016) is made up of a representative member of each healthcare discipline, and a data analyst. The research subcommittee's mandate is: 1) to create and promote an environment that enables research activities within the chronic pain program and Department of Anesthesia and Pain Medicine; and 2) to provide a platform to facilitate interdisciplinary research, both internally and externally. The research subcommittee meets monthly. There is a full-time Research Coordinator (Lauren Harris) and Research Assistant (Eric Mauti)
<b>Ongoing/ Recent Research Projects</b>	The Chronic Pain Research Subcommittee has developed a Terms of Reference document that guides clinic research strategy. The clinic is implementing a chronic pain registry, which will facilitate quality improvement and research initiatives. Current clinical research includes randomized controlled trials of online and mobile app-based interventions to improve self-management of chronic pain, as well as mindfulness-based group therapies and novel Skype-based peer-to-peer support programs. Other research initiatives include evaluating pain medicine and treatments in pediatric pain management, and systematic reviews/meta-analyses to establish best practice recommendations.

<p><b>Other information</b></p>	<p>SickKids Chronic Pain Clinic aims to prevent and minimize the physical, psychological and social impact of chronic pain for children, adolescents and families. The SickKids' chronic pain clinic partners with Toronto's Holland Bloorview Kids Rehabilitation Hospital to provide the "Get up and Go" program, which facilitates broader access to comprehensive assessment/treatment (within SickKids), and intensive rehabilitation (within Bloorview) for youth with chronic pain.</p> <p><b>Jennifer Stinson -&gt; Local PI</b>  Mary Jo Haddad Nursing Research Chair and Nurse Practitioner, Chronic Pain Program Anesthesia and Pain Medicine, Professor Lawrence S. Bloomberg Faculty of Nursing, University of Toronto  BScN, MSC, Post-Master's Paediatric Nurse Practitioner Certificate, PhD Nursing</p> <p><b>Fiona Campbell-&gt; Local PI</b>  BSc, MD, FRCA(UK)</p>
<p><b>Contact Information</b></p>	<p><b>Coordinator:</b> Lauren Harris  lauren.harris@sickkids.ca</p>

## University of Saskatchewan

<b>Clinic Name</b>	Saskatoon Health Region - Interdisciplinary Pediatric Complex Pain Clinic
<b>Clinic Location</b>	Pediatric Complex Pain Clinic, Department of Pediatrics Royal University Hospital, 103 Hospital Drive, Saskatoon, SK, S7N 0W8
<b>Age Groups of Patients</b>	Children age 6 to 17 years
<b>Typical Patient Conditions</b>	<ul style="list-style-type: none"> <li>• Children with chronic pain (&gt;3 months) of any type or location, referred by pediatrician or physician subspecialist.</li> <li>• Missing school due to pain</li> <li>• Willing and able to benefit from medical, physical and psychological therapies, and are not currently a candidate for palliative care.</li> <li>• Children must be able to attend clinic visits with at least one parent or guardian</li> <li>• The most common presenting concerns are limb, back, abdominal pain, and headaches.</li> </ul>
<b>Disciplines Involved</b>	The team consists of a general pediatrician, clinical health psychologist, physical therapist, and a nurse coordinator.
<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• The pain clinic provides bio-psychosocial assessments and treatment services for children and youth throughout Saskatchewan who live with chronic pain.</li> <li>• In the clinic the pain team jointly interviews the patient and parent and develops a care plan based on patient goals and the team formulation. A focused physical examination is conducted by the pediatrician and physical therapist. The psychologist meets separately with the patient and parent. The initial visit may take up to three hours.</li> </ul>
<b>Research Infrastructure</b>	<b>Research Coordinator:</b> Casey McMahon
<b>Ongoing/Recent Research Projects</b>	Complex Regional Pain Syndrome (CRPS) incidence rates and typical disease trajectory in children and adolescents are unknown. Drs. Baerg, Tupper (SHR), and Finley (IWK) have launched a CRN project with the help of the Canadian Paediatric Surveillance Program (CPSP) on the surveillance of CRPS in children and youth. Monthly for 2 years, pediatricians and pain clinics across Canada will report new cases of CRPS affecting children age 2-18 years. Research will provide important incidence data and describe pediatric case characteristics to promote early recognition, treatment and education.
<b>Other information</b>	<p>Treatment Goals:</p> <ul style="list-style-type: none"> <li>• To provide family-centered, patient-centered and integrated interdisciplinary care for children and adolescents with complex, long-lasting pain-related disability.</li> </ul> <p><b>Krista Baerg -&gt; Local PI</b> BSN, BA, MD, BScMed, FRCPC Consultant Pediatrician and Associate Professor, Department of Pediatrics, University of Saskatchewan</p>
<b>Contact Information</b>	<b>Coordinator:</b> Casey McMahon cj.mcmahon@usask.ca

# Adult & Pediatric Sites

## University of Alberta

<b>Clinic Name</b>	University of Alberta: Multidisciplinary Pain Clinic
<b>Clinic Location</b>	Surgery A Reception Area #2A1-01 Kaye Edmonton Clinic, 11400 University Ave., Edmonton, AB T6G 1Z1
<b>Age Groups of Patients</b>	Children and Adults
<b>Disciplines Involved</b>	Staff consists of six anesthesiologists with a special interest and training in pain medicine, a full time clinic registered nurse, full time psychologist, two neurosurgeons, a psychiatrist, a full time clerk, and an allied physical therapist.
<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• A variety of unique programs to assist an individual to manage their chronic pain are offered here. The treatments include self- management group, goals workshop, meditation, medical (drug) treatment, injection treatments, surgical procedures, and psychology and yoga classes. These treatments can be implemented in a group or individually</li> <li>• They also act as consultants for the management of complex perioperative pain- special focus on those who have high opioid requirements</li> </ul>
<b>Research Infrastructure</b>	<b>Research Coordinator:</b> Maliha Muneer & Michelle Verrier
<b>Ongoing/Recent Research Projects</b>	Some studies in the past have included evaluations of new pain killing drugs, exercise testing, survey of the attitudes towards pain therapy and its potential complications.
<b>Other information</b>	<p>The Multidisciplinary Pain Clinic's mission is to:</p> <ul style="list-style-type: none"> <li>• Treat and care for people with chronic pain</li> <li>• Educate the medical professionals and others about pain</li> <li>• Conduct research into pain and pain treatments</li> <li>• Raise the profile of chronic pain as a health issue</li> </ul> <p><b>Saifee Rashiq -&gt; Local PI</b> MD, Anesthesiologist -&gt; University of Nottingham, UK Master of Science in Clinical Epidemiology-&gt; Harvard School of Public Health Clinical and Research Fellow in Pain Medicine-&gt; University of Washington's Multidisciplinary Pain Center in Seattle</p>
<b>Contact Information</b>	<p><b>Coordinator:</b> Maliha Muneer muneer@ualberta.ca</p> <p>Michelle Verrier mrheault@ualberta.ca</p>

## Dalhousie University

<b>Clinic Name</b>	<b>Pediatric:</b> IWK Health Centre <b>Adult:</b> Queen Elizabeth II Health Sciences Centre (QEII HSC)
<b>Clinic Location</b>	<b>Pediatric:</b> IWK Health Centre, 5850 University Ave., Halifax NS B3K6R8 <b>Adult:</b> QE II HSC, Dickson Centre, 6299 South St, Halifax, NS B3H 4R2
<b>Age Groups of Patients</b>	Children and Adults
<b>Typical Patient Conditions</b>	<b>Pediatric:</b> Chronic/complex non-cancer and cancer pain. <b>Adult:</b> Chronic non-cancer pain Both centers have acute pain services.
<b>Disciplines Involved</b>	The interdisciplinary research conducted by faculty and students tackles many aspects of children's and adults acute and chronic pain. The research faculty is composed of psychologists, physicians, and nurses who support and mentor numerous undergraduate, masters, doctoral, and post-doctoral students.  Many children experiencing acute and chronic pain are transitioned to adult care when they turn 18. The adult pain team is comprised of specialized health professionals who offer advice, treatments and consultations and are active in patient care, research and education.
<b>Treatment Modalities</b>	The Pediatric Complex Pain Clinic sees patients in an integrated, interdisciplinary setting involving advanced practice nurses, clinical psychologists, physiotherapists, and physicians. Pain education, movement, cognitive techniques, and medications are used to help normalize life for children and teens with persistent pain.  Adults are referred to Pain Management Services which supports people in managing acute pain (short-term pain often resulting from surgery or trauma) and chronic pain (pain conditions lasting more than six months that are caused by any number of factors or events). A wide range of modalities are offered to patients to help them manage their pain in consultation with the Pain Services team to determine the most effective pain management plan. A Pain Self-Management program is also available for patients seeking non-medical ways to manage their pain.
<b>Research Infrastructure</b>	Under the direction of the local PI, in conjunction with the lead project PI, the research coordinator(s) liaises with both health care providers and patients to conduct meaningful research aimed at improving acute and chronic pain conditions and the ways patients self-manage their pain.
<b>Ongoing/ Recent Research Projects</b>	<b>Recent and upcoming research projects:</b> <b>Pediatrics:</b> <ul style="list-style-type: none"> <li>• iCanCope with Pain</li> <li>• Pediatric Pain Registry</li> <li>• Building Sustainable Partnerships with Patients and Families to Guide Pediatric Chronic Pain Research and Practice in Canada</li> <li>• Pain and Mental Health in Youth</li> <li>• Canadian Surveillance Study of Complex Regional Pain Syndrome in Youth</li> </ul> <b>Adults:</b> <ul style="list-style-type: none"> <li>• iCanCope with Pain</li> <li>• Adult Pain Registry</li> </ul>

<p><b>Other information</b></p>	<p>The Centre for Pediatric Pain Research at the IWK Health Centre is committed to conducting high quality research on how to better understand, assess and manage children's pain and how to translate conducted research into improved practice.</p> <p><b>Allen Finley -&gt; Local PI and Site Lead</b> MD, FRCPC, FAAP</p> <p><b>Mary Lynch -&gt; Local PI (adult program)</b> BSc, MD, Behavioral Neurology, FRCPC and Founder of Pain Medicine at Royal College</p>
<p><b>Contact Information</b></p>	<p><b>Coordinators:</b> Jillian Banfield Jillian.banfield@nshealth.ca</p> <p>Stephanie Blackman Stephanie.Blackman@iwk.nshealth.ca</p>

# CPN

CHRONIC PAIN NETWORK

# RDC

RÉSEAU DE DOULEUR CHRONIQUE

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