

# NETWORK NEWSLETTER

A CHRONIC PAIN NETWORK UPDATE



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Stratégie de recherche axée sur le patient

**SPOR**  **SRAP**

Putting Patients First

Le patient d'abord

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# A message from the Scientific Director

## Network updates from Dr. Norman Buckley



We have reached the end of the Chronic Pain Network's first year of operation and are both frustrated at our slowness and proud of the progress that has been made. In the last six months, we have finished recruiting our National Coordinating Centre team with the additions of Kimberly Begley, managing director; Megan Groves, communications coordinator; and Donna Marfisi, administrative assistant. Many thanks to Dale Tomlinson, at the DeGroot Institute at McMaster, and Dawn Richards for their remarkable work both achieving the successful application and getting things underway.

The North American Pain School (NAPS), supported in part by the Training and Mentoring Committee strategy, ran successfully in June 2016 and is now advertising for its 2017 edition.

Across the country, our Clinical Research Network (CRN) sites have also begun to hire research coordinators. Most recently, Casey McMahon joined our team in Saskatchewan.

Establishing contractual agreements amongst our 26 Institutional partners, plus the individual project agreements and supporting committee activities, has proven to be challenging, but, with the cooperation of research offices and individuals across the country, we are now receiving the signed Inter Institutional

Agreements and will flow money soon.

The Network's website is now in its final stages of development, and we have started to build our reputation and social media presence on channels such as Facebook and Twitter. This allows us to reach new audiences within Canada and around the world, and create greater awareness of Network activities. In the coming months, we will be working closely with patient partners and other Network members to create engaging, dynamic web content that will serve to interest and inform the general public, as well as members of the scientific community. We even have a logo! See article on the sidebar.

Each of our committees have now had an opportunity to meet, establishing their terms of reference and formalizing their mandates. These committees consist of both patients and professionals, working together to help guide the direction of the Network and ensuring continued meaningful patient involvement throughout the Network's life.

Patient Engagement in Canadian healthcare research is still in its early stages. To help move this process forward, the Network enlisted the Centre for Excellence on Partnership with Patients and the Public (CEPPP) in creating and delivering a series of personalized webinars for both patients and researchers. The webinars, now available for online viewing, provide patient-oriented training and address common challenges and issues that can arise from patient-researcher collaboration. The Network also had the opportunity to deliver two in-person training sessions earlier this year, in Toronto.

Our Indigenous Health Research Advisory Committee (IHRAC) has already created a glossary of resources to advise researchers on the appropriate processes for conducting health research with First Nation communities.

In the coming months, the Network will be present at the Canadian Pain Society's Annual Scientific Meeting in May, and will be holding the first Chronic Pain Network Annual General Meeting in September. We hope to see you there.

**SAFE, HEALTHY, AND PRODUCTIVE WORKPLACES**

**Learning from Research and Practice**

**CONFERENCE:**  
JUNE 1-3, 2017  
VANCOUVER, BC

**CIRPD**  
CANADIAN INSTITUTE FOR THE RELIEF OF PAIN AND DISABILITY

**For more information or to register, please visit: [www.cirpd.org/conference](http://www.cirpd.org/conference)**

# Network Profile: Patients as Partners

Jacques Laliberté finds his unique experience called upon



***Jacques Laliberté, a Chronic Pain Network patient partner, speaks at an event.***

As a director of the Canadian Pain Coalition and past president of the Association Québécois de la Douleur Chronique (AQDC), Jacques Laliberté is well-known within the pain community in Canada for his work in patient advocacy.

Born in Quebec City, Jacques attended Loyola College (now part of Concordia University), and graduated with a bachelor's of commerce. He spent most of his professional career working for Shell Canada, dabbling with leadership positions in sales, marketing, national advertising and public affairs.

After suffering a snowboarding accident in 2003, Jacques was left with debilitating pain. Heavy doses of medication did little to lessen his discomfort. He even turned to approaches that were considered less traditional at the time, such as acupuncture and osteopathy, but found they provided no relief.

It was only after undergoing a cervical epidural injection that Jacques was able to find a treatment that provided him with lasting results. "I was told there were risks of paraplegia, but that didn't matter to me. I was ready to try anything," he said.

Though he still requires the occasional use

of muscle relaxants, and infrequent visits to physiotherapy, Jacques has largely been able to resume the activities he loves.

Following his own experiences with chronic pain, Jacques began volunteering with the ADQC and, later, the Canadian Pain Coalition (CPC). For more than a decade now, the father of two (and grandfather of one) has been a strong voice for chronic pain patients, seeking to improve the understanding, prevention, treatment and management of pain.

Jacques learned of the Chronic Pain Network through his work with the CPC and became involved as a patient partner. He soon found his marketing experience with Shell called upon when he was recruited to join the Chronic Pain Network's Logo Selection committee in January 2017.

As part of Canada's Strategy for Patient-Oriented Research (SPOR), patients play a vital role within the Network. Not only do they help determine Network priorities, but, like Jacques, the personal expertise of patients are utilized whenever possible to ensure dynamic collaboration.

Though his role with the logo selection committee may be over, Jacques won't find himself with too much extra time on his hands; he has just been named patient co-chair of the Chronic Pain Network's Executive committee - another role in which he is sure to thrive.

## LOGO 101: The intricacies of logo selection

The saying goes that Rome wasn't built in a day. Ask most graphic designers and they will tell you that the same is true when it comes to crafting a logo. With many elements to consider, such as performance in a single colour and ability to remain legible when scaled down, coming up with the perfect logo can often be a lengthy and expensive process.

In January, the Chronic Pain Network formed a Logo Selection committee, with the specific task of finalizing a logo that would meet Network needs. After reviewing dozens of potential designs and rating them using a set of standardized criteria, the committee found the best performing logo was ultimately the simplest.

The Chronic Pain Network is pleased to introduce its new logo:



## Coming Events

**Who:** Canadian Institute for the Relief of Pain and Disability

**What:** Webinar: The Chronic Pain Network: Update and Future Plans

**When:** April 25, 2017, 2 p.m. EST  
Dr. Norm Buckley will discuss the Chronic Pain Network. For more information or to register, visit [cirpd.org](http://cirpd.org).

**Who:** Chronic Pain Network

**What:** Webinar: Patient Derived Network Priorities

**When:** April 28, 2017  
A webinar with guest speaker Patricia Poulin. More details will be available soon.

**Who:** Canadian Pain Society

**What:** Annual Scientific Meeting

**When:** May 23-26, 2017

**Where:** Halifax, Nova Scotia

The CPN will be holding a plenary session, as well as sponsoring the trainee event. Visit [canadianpainsociety.ca](http://canadianpainsociety.ca) for more information or to register.

**Who:** Canadian Institute for the Relief of Pain and Disability

**What:** Safe, Healthy and Productive Workplace Conference

**When:** June 1-3, 2017

**Where:** Vancouver, British Columbia  
Chronic Pain Network members are eligible for "Member of Participating Organization" rates for the conference. Please visit [cirpd.org](http://cirpd.org) for more information or to register.

**Who:** International Association for the Study of Pain

**What:** International Symposium on Pediatric Pain

**When:** July 6-9, 2017

**Where:** Kuala Lumpur, Malaysia  
For more information, visit [ispp2017.org](http://ispp2017.org).

**Who:** Chronic Pain Network

**What:** Annual General Meeting

**When:** September 14, 2017

**Where:** Hamilton, Ontario

Save the date for the Chronic Pain Network's first Annual General Meeting. More details will be available in the coming months.

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The Chronic Pain Network includes patients, families, advisory groups, healthcare providers, scientists, clinical scientists, clinicians, leaders of provincial and national patient advocacy groups, foundations and support networks.

Alberta Children's Hospital Research Institute	McGill University, Alan Edwards Pain Management
University of Alberta, Anesthesiology & Pain Medicine	Michael G. DeGroote Institute for Pain Research and Care
The Arthritis Society	Université de Montreal, Department of Anesthesiology
University of British Columbia, Anesthesiology	Mount Sinai Hospital, Wasser Pain Centre
Canadian Anesthesiologists Society	Multiple Sclerosis Society of Canada
Canadian Pain Society	The Ottawa Hospital Research Institute
Centre de recherche du CHUS	Proove Biosciences, Inc.
Centre de recherché du Centre hospitalier de l'Université de Montreal	Purdue Pharma
Children's Hospital Foundation of Saskatchewan	Quebec Pain Research Network
Dalhousie University, Department of Anesthesia	Queen's University
Eli Lilly Canada Inc.	University of Regina
GeneYouIn Inc.	University of Saskatchewan, College of Medicine
Hamilton Health Sciences	Saskatchewan Health Research Foundation
Hamilton Information Research Unit, McMaster University	Université de Sherbrooke, Faculty of Medicine and Health Sciences
Hospital for Sick Children (SickKids) Research Institute	University of Toronto Centre for the Study of Pain
Hotel Dieu Chronic Pain Clinic, Queen's University	University of Toronto, Faculty of Music
The Improving the Lives of Children with Chronic Pain	Western University, Department of Physical Therapy
Charitable Foundation (ILC)	University Health Network Toronto
Laval Université, Faculty of Medicine	
University of Manitoba, Department of Anesthesia	
McGill University	

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