

Learning Objectives

- Perform comprehensive assessments and develop evidence-informed treatment plans.
- Safely prescribe and manage analgesics for chronic pain.
- Describe the bio/psycho/social/spiritual complexities of chronic pain and how to guide patients to both medical and non-medical options.
- Refer patients with chronic pain to specialty services at the most appropriate time.

Interdisciplinary Hub Team

- Dr. Bryan MacLeod, MD, CCFP, FCFP
- Dr. Dan James, MD, The Ottawa Hospital
- Karen St. Jacques, PT Reg. (Ont.)
- Nancy Engstrom, OT Reg. (Ont.)
- Kerri-Lynne Capulak-Andrychuk, M.A. C. Psych Assoc.
- Mark Halabecki, Reg., MSW, RSW, CTE
- Andrew Koscielniak, R. Kin, CSEP CEP
- Kim Snelgrove, Therapeutic Recreationist
- Julie Besse, Registered Dietitian, B.Sc. RD
- Jen Dumond, Health Sciences Librarian, MLIS, Northern Ontario School of Medicine
- Jana McNulty, RPh, BSc Pharm, CDE, Centre for Effective Practice

How to Register

www.echo.sjcg.net

Learn More about ECHO

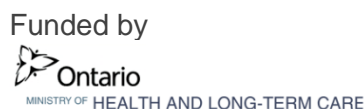
www.sjcg.echoontario.ca

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Program Contact

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Project ECHO® Chronic Pain and Opioid Stewardship

May 2019 - March 2020



Session Information

Project ECHO® (Extension for Community Healthcare Outcomes) provides training, at no cost to the participant and is open to all health care providers in Ontario. You can start any time.

A typical ECHO session:

- Case presentations
- Didactic presentation by content experts
- Post session feedback survey

What equipment do I need?

A computer with a webcam and microphone or an iOS/Android device with internet access.

How do I connect to the sessions?

A session link will be emailed to you on a weekly basis to connect.

How do I get CPD Credits?

Your attendance is tracked and a certificate will be sent at the end of each season. You can receive CME credits for each hour you attend.

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 Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1.5 Mainpro+ credits.

Project ECHO Chronic Pain & Opioid Stewardship SJCG/TOH is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians & Surgeons of Canada.

Register Today!
www.echo.sjcg.net

*Care
Compassion
Commitment*

2019-2020 CURRICULUM

Wednesdays: **Lunch** 12:00 - 1:30 pm; afternoon 3:00 - 4:30 pm; **Evening** 7:00 - 8:30 pm ET

<u>Modules</u>	<u>Date</u>	<u>Modules</u>	<u>Date</u>
Chronic Pain 101 4 sessions Holistic approach, how to speak to patients, chronic pain post surgery, youth-adult transition	May 2019	Chronic Pain & Sleep 2 sessions – Lunch Insomnia including sleep apnea, medical/pharmacological considerations	Oct – Nov 2019
Benzodiazepines, Buprenorphine, Medical Cannabis 3 sessions - Evening Series Decreasing anxiety, microdosing induction, best evidence for medical cannabis & chronic pain	May- June 2019	Chronic Pain as we age (Geriatric) 3 sessions – Lunch Pain in the aging body, communication challenges, polypharmacy/deprescribing	Nov. 2019
Chronic Pelvic & Abdominal Pain 5 sessions Pelvic/abdominal pain in women, pelvic floor dysfunction, pelvic pain in men, common challenges	June- July 2019	Ethical issues in caring for people with chronic pain 3 sessions – Lunch Difficult conversations, disability benefits, challenging cases	Dec. 2019
Chronic Back Pain 3 sessions Overview of back pain, myofascial back pain, back dominant pain	Aug 2019	Chronic Arthritis & Rheumatic Diseases 4 sessions - Evening Series overview, osteoarthritis, non-pharmacological, inflammatory arthropathy	Jan. 2020
Headaches & Craniofacial Pain 4 sessions Migraines, atypical craniofacial pain, PT in management of myofascial headaches, nutrition in management of headaches	Sept. 2019	Chronic Pain & Indigenous Health – 3 sessions Prevalence & co-morbidities, traditional healing, resources for remote communities	Feb. 2020
Chronic Pain & Mental Health 3 sessions – Lunch Trauma, motivating your client, managing chronic pain in setting of drug and alcohol abuse	Oct. 2019	Chronic Pain & Diabetes 3 sessions Peripheral vascular disease & wound, diabetic arthropathy, arthralgia	Mar. 2020

Save the date for our annual in-person practical skills workshops: October 4 & 5, 2019