

Michael G. DeGroote Pain Clinic Research Newsletter - January 2022

Below is a list of research studies that are ongoing at the clinic:

1. DATACANN (SPOR and IPRC)
2. CUDIT-R (CMCR)
3. Waiting Room Survey (CIHR)
4. iCanCope (SPOR)
5. ROCCR (HHS)
6. Clinic Review (HHS)
7. Pain Management Program Research Database (HHS)
8. Intensive Program Research Database (HHS)
9. Pelvic Pain Program Research Database (HHS)
10. Fibromyalgia Program Research Database (HHS)
11. Young Adult Program Research Database (HHS)
12. CBT Group (HHS)
13. Intensive Follow-Up Study (HHS)
14. Intensive 6 Month Follow-Up Study (HHS and Chronic Pain Centre of Excellence)
15. VECTOR (Chronic Pain Centre of Excellence and HHS)
16. RECOUP (HHS and UHN/TGH)
17. Intensive Program Patient Assessments and Comments on the Impact of COVID-19 (HHS)
18. Differences on the Effectiveness of Yoga Between Veterans and Civilians (HHS)
19. Lumbar Transforaminal Epidural Steroid Injections Retrospective Study and Prospective Study (HHS)

Upcoming Research:

1. Minimal Dataset (SPOR)
2. Genicular Nerve Ablation Study (HHS)
3. Pain Self Efficacy: Discriminant Validity and Clinically Significant Cutoffs (HHS)
4. Comparison on the Stigma Associated with Chronic Pain Between Veterans and Civilians (HHS)
5. Veteran Coaches (HHS)

The research we do was made possible thanks to all our sponsors!



Inside This Issue:

- Sponsors
- Clinical Research Network and Chronic Pain Network
- Research Databases and Pain Management Programs
- Overview on Current and Upcoming Research
- Recent Publications

Visit Our Website:

www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/

We're part of the CPN! To learn more, visit: cpn.mcmaster.ca/

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Clinical Research Network

The Clinical Research Network (CRN) consists of 16 university-affiliated pain centres across Canada. These sites support and generate both pediatric and adult research.

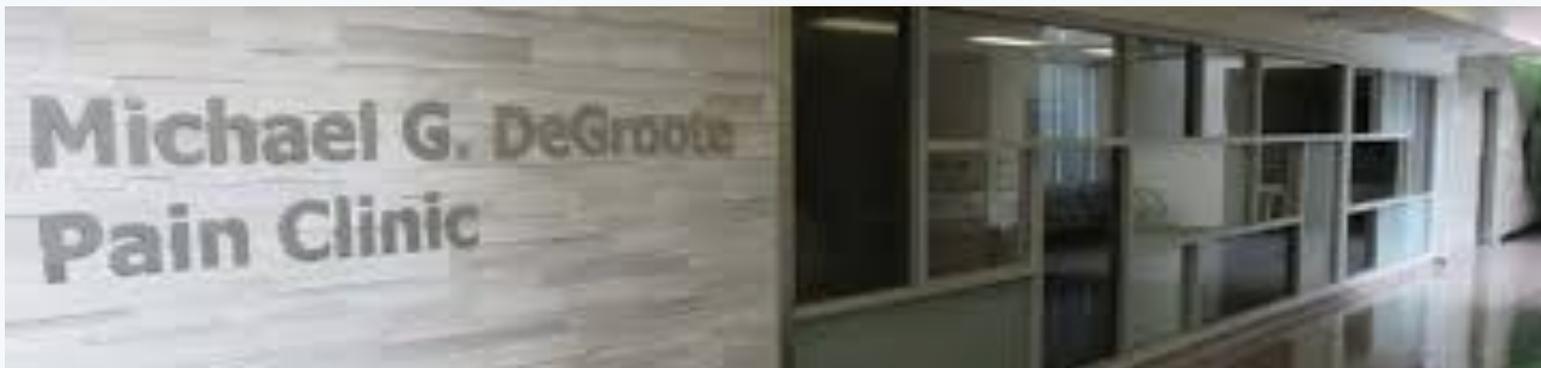
Each site has a Research Coordinator.

To learn more about the CPN and the CRN visit <https://cpn.mcmaster.ca/what-we-do/clinical-research-network>.

We are a part of the CPN and the CRN.

Chronic Pain Network

“The DeGrootte Pain Clinic has been part of the Chronic Pain Network (CPN) since its inception in 2016, as one of the members of the Clinical Research Network (CRN). The present funding for the CPN and CRN is coming to an end on March 30, 2022. Negotiations are underway with Health Canada about further funding especially since the Canadian Pain Task Force highlighted the value of the CPN and the CRN as key infrastructure for pain research in Canada. There is a next step for the CPN, and that is framed as a Knowledge Mobilization and Implementation Science Network funded once again by the Strategy for Patient Oriented Research (SPOR) program for each of the five chronic disease networks. This KM-IS plan for CPN version 2 will focus on increasing public awareness of pain and its associated issues, improving pain related healthcare professional education, moving best practice information into care (a role for the CRN clinics especially), providing organizations with best practice information and informing health policy. The application for this ‘CPN version 2’ goes in next week. In the meantime the support for research continues and I just remind everyone that when you make use of the Research Coordinator in the clinic, Jennifer Anthonypillai, please recognize the CPN as a funder for your research and in any publications. We have logos for slides and the wording for funding recognition for publications. Here’s to the future. Thanks very much for your support.” Dr. Norm Buckley



Research Databases

On the first page of this research newsletter, you will note we have the following 5 program research databases currently ongoing:

1. Pain Management Program Research Database (HHS)
2. Intensive Program Research Database (HHS)
3. Pelvic Pain Program Research Database (HHS)
4. Fibromyalgia Program Research Database (HHS)
5. Young Adult Program Research Database (HHS)

Each of our research databases comprise of outcome data collected on REDCap from the following pain programs respectively:

- Intensive Program
- Pain Management Program
- Pelvic Pain Program
- Fibromyalgia Program
- Young Adult Pain Program

We are also collecting outcome measures for the CBT group.

REDCap is a data collection platform used in research.

Self-reported outcome measures are collected at up to 4 timepoints (initial assessment, admission, discharge, and follow-ups) and allow us to increase our understanding of patient response to treatment and assist with ongoing program development, quality improvement, patient assessment, and research.

While we ask that several questionnaires be completed as part of patient participation in our pain management programs, the use of this data for research purposes is optional!

Collaboration with the Endo Clinic

We will also be working on a retrospective study looking at the patients that were referred to the pelvic pain program. This study will involve Dr. Mathew Leonardi. The objective of the study is to review past referrals to determine the percentage of referred patients diagnosed with endometriosis vs another pelvic pain disorder vs Chronic Pelvic Pain Not Yet Diagnosed.

Chronic Pain Research

Along with the research databases described above, we actively conduct research on various aspects of chronic pain. The next 3 pages of this research newsletter provides an overview of the research we currently have ongoing as well as upcoming research.

Current Research

- **DATACANN** - This is a cohort database project which provides an opportunity to collect data over time on patients who are living with CNCP and prescribed medical cannabinoids for the purpose of research. This resource will allow researchers to conduct valuable research such as: determining characteristics of CNCP using cannabinoids, monitoring, evaluation and reporting on CNCP patients using cannabinoids, identifying benefits, harms and unintended consequences, health care utilization, identifying factors associated with higher risk of poor outcome following prescription of medical cannabis, and help inform avoidance of prescribing cannabis among patients at high risk for adverse events.
- **CUDIT-R** - This research aims to determine whether the Cannabis Use Disorder Identification Test-Revised (CUDIT-R) and the Marijuana Consequences Questionnaire (MACQ) accurately screen for cannabis use disorder compared to a structured clinical interview in a sample of patients with chronic pain who are using cannabis for medical purposes.
- **Waiting Room Survey** - We're conducting research looking at chronic pain patients' needs from a patient perspective. These patient waiting room surveys provide us with regional, real-time snapshots into access problems and wait times being experienced by patients with chronic pain. They will be critical in informing the creation of tailored chronic pain eConsult service in each region.
- **iCanCope** - The aim of this research is to evaluate the effectiveness of iCanCope with Pain, the first integrated smartphone and web-based program for AYA aged 15-25 years with chronic pain. This study is a part of the SPOR initiative.
- **Retrospective Opioid Cannabis Chart Review (ROCCR)** - High usage of opioids has led to suboptimal pain outcomes, dependence and addiction/diversion, alternative medication therapy is routinely suggested and utilized. Many individuals suffering from chronic pain have either attempted a cannabis trial or are interested in supplementing with medical cannabis. The primary objective of this study is to determine the degree to which cannabis has modulated opioid consumption at 6 months after the initiation of medical cannabis in chronic non-cancer pain patients.
- **Clinic Retrospective Review** - The retrospective chart review aims to describe the sociodemographic characteristics of the clinic's patients, medical data, and clinic information (e.g., programs and treatments available, number of participants who have been involved in programs, staff compliment). The benefit of this review will be to provide knowledge to assess the socio-demographic population attending the clinic since 2015 to inform decision making about future program development at the clinic aimed at meeting the needs of the patient sociodemographic seen.
- **Intensive Follow-Up Study** - This is a follow-up outcomes study for patients who have attended the program in the last 5 years. Data have already been collected and analyzed by Dr. Hapidou and her students.
- **Intensive 6 Month Follow-Up Study** - As of last June, we have established a Virtual Chronic Pain Management Program. We are now evaluating its outcomes at both Discharge and Follow-up. Participants are invited to complete a 6 month follow-up survey and are offered \$20 gift cards for their participation.
- **VECTOR** - We're doing a longitudinal database study, similar to DATACANN, on veterans who are using cannabis for medical purposes and monitoring the benefits and risks associated with usage as it pertains to their pain and mental health comorbidities. This research will help identify the primary indication for cannabis use amongst veterans, identify the types, forms, and quantities of cannabis used for funded/non-funded indication, and identify which drugs/doses, non-pharmaceutical treatments change with cannabis

Current Research Continued

- **RECOUP** - Patients with chronic pain are often prescribed long-term opioid therapy. Considering the growing concerns on the risks of opioid use, The Toronto General Hospital (TGH) created the world's first multidisciplinary perioperative Transitional Pain Service Program (TPSP). The TPSP enables targeted, mechanism-based, treatment innovations aimed at safe weaning of opioids for patients on opioids after major surgery. The aim of this study is to determine the effectiveness of the TPSP.
- **Intensive Program Patient Assessments and Comments on the Impact of COVID-19** - This is a qualitative study where comments collected as part of patient assessments for the Intensive Program are being analyzed so we can identify any emerging themes.
- **Lumbar Transforaminal Epidural Steroid Injections Chart Review and Prospective Study** - We are doing a chart review and prospective study on patients who had received and will be receiving lumbar transforaminal epidural steroid injections. This injection is commonly given to patients with spinal stenosis. The aim of the study is to identify predictive factors that may improve the management of patients with spinal stenosis. Some of the objectives of the study are to examine whether corticosteroid injections are beneficial for patients with spinal stenosis and whether the degree of stenosis is associated with benefits seen from the procedure.
- **Differences on the Effectiveness of Yoga Between Veterans and Civilians** - As part of the Intensive Program, patients are completing a questionnaire on yoga. We are looking at the comments provided by both veterans and civilians on how they found yoga and whether it was effective for their chronic pain.

Upcoming Research

- **Minimal Dataset** - This project is part of the Canadian Institutes of Health Research – Strategy for Patient Oriented Research -funded Chronic Pain Network (CPN) initiative. There are presently no national standardized and harmonized measures to monitor quality of care and health outcomes for chronic non-cancer pain patients. Without appropriate tracking, it is impossible to know whether organizational and clinical changes made to services/care to improve pain management occur and translate into the intended benefits to patients and society. The aim is to standardize the measures that are collected across all the pain clinics.
- **Genicular Nerve Ablation** - We will be starting a prospective study on patients with persistent ipsilateral post-operative knee pain for 3 months or longer after a total knee arthroplasty and are considered for genicular nerve ablation. The primary objective of this study is to determine if radiofrequency ablation of the genicular nerves will reduce the pain score on Visual Analog Scale (VAS) at 3, 6 and 12 months following the procedure.
- **Pain Self Efficacy: Discriminant Validity and Clinically Significant Cutoffs** - A retrospective analysis of previously completed PSEQ questionnaires will be used to establish clinically significant cutoffs of the PSEQ.
- **Comparison on the Stigma Associated with Chronic Pain Between Veterans and Civilians** - This is a qualitative study looking at the differences in the stigma associated with reporting chronic pain between veterans and civilians.
- **Veteran Coaches** - This is a quality improvement initiative where we're trying to establish veteran coaches to speak to their experiences regarding their participation in the Intensive Program so veterans that don't see the Intensive Program as a fit for them can consider it.

New Publications:

- Hapidou, EG, Hanna, C., Borg Debono, V., Anthonypillai, J., Pham, E., Altena, S., Patterson, L. & Zacharias, R. "Qualitative Analysis of Long-Term Chronic Pain Program Management Outcomes: Veterans and Civilians". *Journal of Military, Veteran and Family Health*. In Press.
- Bisson EJ, Katz L, Vader K, Bossio JA, Wilson R, Duggan S. Pain-related Fear in a Mixed Chronic Pain Population: Development and Psychometric Validation of a Brief Form of the Tampa Scale of Kinesiophobia. *Arch Phys Med Rehab*, 2021. In Press.
- Lakha, S.F., Hapidou E. G., Mailis A. Comparison of Motor Vehicle Accident (MVA) survivors and non-MVA pain patients attending an interdisciplinary pain management program. *Psychological Injury and Law*. In Press.

Accepted and Under Revision:

- Mohammed Ali, O., Borg Debono, V., Anthonypillai, J., & Hapidou, EG. A Qualitative Study of the Impact of the COVID-19 Pandemic on a Sample of Patients with Chronic Pain. *Journal of Patient Experience*.

Published Abstracts:

- Reduction of Fibromyalgia Symptoms And Improved Physiologic Outcomes After a 6 Week Interdisciplinary Program. *International Fibromyalgia Conference in Berlin*

CPS Poster Abstracts 2022:

- Changes in wellbeing in patients with chronic pain attending an intensive virtual chronic pain management program during the COVID – 19 Pandemic: Hapidou, EG, Park, J. & Anthonypillai, J.
- Experiences of Yoga in Chronic Pain Treatment: A Qualitative Exploration: Huang, A & Hapidou, EG.
- Psychometric Properties of the Evaluation of Program Benefit Scales (EPB): Hapidou, EG, Katz, L., & Noh, H.
- Establishing Pain Self-Efficacy Questionnaire (PSEQ) Cut-Offs for Patients with Chronic Pain: Bishay, F., Tippin, G., Fransson, A., & Hapidou, EG.
- A Qualitative Study of the Impact of the COVID-19 Pandemic on a Sample of Chronic Pain Patients: Mohammed Ali, O., Borg Debono, V., Anthonypillai, J & Hapidou, EG.
- Determining the Effectiveness of Incorporating Physician Assistants in a Chronic Pain Care Clinic to Improve Access to Care: Millar, J., and Kroetsch, D.
- Program Evaluation of In-Person and vs. Virtual Interdisciplinary Chronic Pain Group Programs: Tippin, G., Muere, A., Wong, V., Anthonypillai, J., and Katz, L.

Contact Us

If you are interested in participating in research or if you have any questions please contact our Research Coordinator, Jennifer Anthonypillai via email anthonypij@hpsc.ca or telephone 905-521-2100 ext. 74279.