The PICH community has been quite busy over the past few months. Keep reading to find out exactly what we’ve been up to and what’s to come in the near future!

New Website

Over the past several months, our PICH National Collaborators have been working to give you a new website that will remain up to date with all of the latest PICH information. While there are still updates being made, the website has successfully been migrated under the SickKids Pain Centre and can be accessed via the following URL:

http://www.sickkids.ca/PICH

PICH2GO

We have capped off 2017 with another successful event, PICH2GO Indigenous in Halifax, NS.

To ring in the new year, we would like to announce our next venture, PICH2GO Copenhagen in March 2018!

For more information on both events, please proceed to pages 3 and 4 of the newsletter, respectively.

New Trainees

Since our last edition of the PICH Pulse, we are proud to have welcomed 24 new trainees! These new members are both domestic and international with both clinical and basic science research backgrounds.
PICH Events 2017

PICH Malaysia

Many PICH trainees and mentors from around the world were in attendance at the International Forum on Pediatric Pain in Kuala Lumpur, Malaysia. Rebecca Pillai Riddell, Melanie Noel, and Meghan McMurtry organized an interactive PICH training event at the Shangri-La Hotel on the evening of Friday July 7th, 2017. The workshop was entitled: "Finding the Right Spin: Learning Resilience Before Things Spiral".

Although PICH events have been predominantly for trainee development; this event marked somewhat of a departure on this tradition. Rather, the event functioned both as a networking opportunity (akin to what was planned at the last two ISPPs in Stockholm and in Seattle) and as a skill development meeting (akin to our PICH institutes and PICH2GOs). In Malaysia, we consisted of approximately 60% trainees and 40% faculty mentors.

The aim of the workshop was to process each of our own narratives of resilience during our academic journeys and also learn a tip or two to bolster our reserves. After all, resilience is a life-long process and academia is full of highs and lows!

The event began with appetizers, mingling, and an ice-breaker. Then, Rebecca, Meghan, and Melanie each shared their own stories of (academic) resilience and provided kernels of wisdom based on their own experiences. This was followed by a buffet dinner and a series of round table discussions on topics ranging from juggling work and family life to landing your first job. Trainees chose topics that resonated with them and these discussions were facilitated by mentors. The night ended with a wine and cheese reception with members of the SIG council.

It was a full night of sharing and rich discussion about a topic that touches everyone. We look forward to the next PICH event with so many of our international trainees, mentors, and colleagues!
**PICH2GO Indigenous 2017**

**PICH2GO Indigenous** occurred on Oct. 11\textsuperscript{th} and 12\textsuperscript{th}, 2017 in Halifax, Nova Scotia, in partnership with the IWK Health Centre. Together with Dr. Margot Latimer and John R. Sylliboy, of the Aboriginal Children's Hurt and Healing Initiative (ACHH), a 1.5 day conference with an Indigenous focus was executed. Partial funding was provided through a CIHR meeting grant, which helped join leaders from ACHH and PICH together for this wonderful event.

The first day began with a welcoming ceremony that included a land acknowledgement, followed by presentations from Indigenous researchers, Dr. Marcia Anderson and Dr. Carrie Bourassa. Following the first day of the conference, PICH mentors and trainees attended a pizza dinner with an informal presentation on Indigenous knowledge of pain and medicine. Trainees got to pass around samples of Indigenous medicines, and learned the importance of involving the Indigenous community in the research process. The night ended with a beautiful networking event at the Art Gallery of Nova Scotia (AGNS). The event was multi-faceted and included a stunning performance by Indigenous poet laureate, Rebecca Thomas. Attendees were also able to view some of the stunning artwork displayed at the AGNS as part of the ACHH 'Art from the Heart' exhibit, which is a project that demonstrates the impact of pain on Aboriginal children's lives through their artwork. During this event, trainees and students were able to mingle with PICH faculty, mentors, and renowned researchers.

![Sharing circle made up of many of our PICH members](image1.png)

![Outside the Cineplex Theatre at IWK Health Centre](image2.png)

![Some of the artwork featured at the Art Gallery of Nova Scotia](image3.png)

The final morning of the conference resumed with additional presentations from Indigenous researchers, Dr. Chris Mushquash, Dr. Debbie Martin, and the ACHH Initiative team members. As the didactic portion of the conference concluded, trainees, students, mentors, and faculty were broken up into breakout sessions to complete an interactive case study, as well as to network through team work. The conference came to an end with an emotional sharing circle that allowed everyone to share their biggest take away from PICH2GO Indigenous.
Other News and Events

PICH2GO Copenhagen 2018

We are excited to announce that our first international PICH2GO is scheduled for March 25th - 27th, 2018 in Copenhagen, Denmark. PICH will be partnering with the University Hospital Copenhagen and the Pain in Early Life (PEARL) group to give you another amazing event focused on pediatric pain. The theme of PICH2GO Copenhagen will be “Partnering Against Pediatric Pain - Early pain and its long-term consequences”. While many details are still being finalized, we can ensure you this event will have a strong focus on pediatric pain with an emphasis on networking and mentorship opportunities.

PICH2GO Travel Awards will be available in the near future, with more details to be released over the PICH listserv.
PICHers in the Community

Since 2014, **Justina Marianayagam** (Supervisor: Paula Forgeron, University of Ottawa) has worked alongside the Chronic Pain Service at the Children's Hospital of Eastern Ontario (CHEO) in Ottawa to help facilitate their monthly Comfort Ability workshops. Comfort Ability is designed to help children with chronic or recurrent pain and their parents learn strategies to better manage pain and improve day-to-day functioning. This full-day workshop teaches how pain functions in the body and introduces cognitive behavioral and biobehavioral strategies for improved pain management. CHEO is one of three pediatric pain institutions in Canada who carry out this program. Justina acts as a Youth Speaker and conducts hour-long sessions with patients on the challenges of living with chronic pain, such as managing interpersonal relationships, based on her personal experiences as a former pediatric pain patient. She then speaks and generates discussion separately with their caregivers on what it is like to have a child living with chronic pain. Following the positive feedback from patients and parents, CHEO has decided to branch out and develop a drop-in pediatric patient workshop which has a youth-to-youth focus. Justina is working closely with the Chronic Pain Service at CHEO to develop this new curriculum and will be one of the lead facilitators launching this new program in January 2018.

**Rhiannon Joslin** (Supervisor: Lisa Roberts, University of Southampton) has been working for the Brilliant Club, an award winning charity that exists to increase the number of pupils from under-represented backgrounds processing to highly selective universities in the UK (www.thebrilliantclub.org). They employ PhD tutors to share their academic expertise with 11-18 year olds in state schools. Rhiannon delivers a 6-week program that she designed based on her PhD topic of chronic pain in children and adolescents. The groups of 6-8 students attend six university style tutorials and learn about the science of pain, the impact of chronic pain on young people, and then explore the research. They complete the course by designing their own research for an intervention that could help young people with chronic pain in their school.

From working with young people in schools, Rhiannon has recognized ways to improve how she explains chronic pain to her patients. She is also developing a tool based on all the diagrams she used in the classroom, to facilitate conversations about the science of pain in a way that can be individualised to a person or situation.
PICHERs in the Community

Members of CIHR's Pain in Child Health (PICH) strategic training initiative, Dr. Denise Harrison and Mr. Jiale (Gary) Hu are working together with Dr. Wendy Gifford from the University of Ottawa and Dr. Hong Ruan from Shanghai Jiaotong University (Primary Investigators) to implement a collaboration research project at the Shanghai Ninth People's Hospital in China. The research focuses on leadership for implementing pediatric pain management practices and is supported by International Research Acceleration Program at University of Ottawa. During their visit to Shanghai Ninth People's Hospital in May 2017, the team had research meetings, observed clinical practice in pediatric pain management and led workshops and lectures to disseminate evidence on pediatric pain management. They also conducted a focus group and individual interviews to understand the barriers and facilitators to implementing evidence-based pediatric pain management in the Chinese context. The visit was productive and beneficial for building a mutual understanding of different cultures and contexts that influence evidence-based pediatric pain management.

Under the mentorship of her supervisor, Dr. Lonnie Zeltzer (UCLA), Dr. Sarah Martin served as first author for the 10th issue of a series of policy and educational briefs from the Pain Action Alliance to Implement a National Strategy (PAINS) and the Center for Practical Bioethics. PAINS began in response to the Institute of Medicine's report, *Relieving Pain in America*, with the goal of establishing chronic pain as a public health priority. The PAINS Policy & Educational Brief Series profiles issues relevant to the management of chronic pain and aims to advocate for evidence-based pain policy. The current issue, *Pediatric Chronic Pain: Prevalence, economic impact, and its relevance to the current opioid epidemic*, describes the state of pediatric chronic pain management and highlights the need for increased policy development and funding directed towards evidence-based, biopsychosocial pediatric chronic pain management. In October, Dr. Zeltzer and the two co-directors of PAINS met with members of U.S. congress and the press to present this brief and advocate for pediatric pain policy improvements. A copy of the brief can be found here.
Lab Feature: Trang Lab, University of Calgary

Dr. Tuan Trang, BSc, PhD had his doctoral training at Queen's University, in Pharmacology and Toxicology, focused on the effects of opioid drugs in the brain and spinal cord. He is currently an Associate Professor at the University of Calgary, where he runs a basic science lab. Please continue reading to learn about the contributions of the Trang Lab to pediatric pain research. For more detailed information, please visit their lab website: https://www.painandpoppies.com/.

Chronic pain affects 6–8% of children in Canada. Our work aims to answer key questions, such as: Why do some children go on to develop chronic pain whereas others, with apparently similar disorders or injuries, do not? Why is pain in children so difficult to treat? To begin to unravel the paradox of pain, our research focuses on discovering the fundamental molecules and processes involved in chronic pain. We use sophisticated biochemical, molecular, and live cell imaging techniques to solve the cellular mysteries of pain. Cutting edge technology enables us to employ an integrative and comprehensive approach to dissect the key genes and proteins that drive chronic pain at the single cell and whole systems level. We have made advances in understanding how injury in early life can have a profound impact on how pain signals are communicated, and the potential consequence for developing chronic pain in later life. A strong focus of our research is the role of an understudied class of cells known as microglia, which are immune cells in the central nervous system, and the complex interplay between microglia and neurons in chronic pain.
Webinars

All webinars can be viewed live or the archives can be accessed from the new PICH website. All passwords are released through the PICH listserv following the webinar, or you can email rachel.gough@sickkids.ca.

2:30PM Atlantic Time
1:30PM Eastern Time
12:30PM Central Time
11:30AM Mountain Time
10:30AM Pacific Time

Past Webinars

Friday, June 16th, 2017
Presenter: Rachel Moline (University of Guelph)
Title: What Hurts? Investigating the Role of Nonverbal Characteristics of Parental Reassurance and Distraction on Child Pain Outcomes
Discussant: Dr. Christine Chambers

Friday, Sept 15th, 2017
Presenter: Kristen Bailey (Dalhousie University)
Title: Adolescent pain trajectories following major surgery and psychosocial predictors of those trajectories
Discussant: Dr. Carl von Baeyer

Friday, October 20th, 2017
Presenter: Jiale (Gary) Hu
Title: Skin conductance for pain assessment in ventilated infants
Discussant: Dr. Bonnie Stevens

Upcoming Webinars

Friday, November 17th, 2017
Presenter: Shokoufeh Modanloo (University of Ottawa)
Title: Evaluating the effect of a parent-targeted resource in vaccination pain management of infants
Discussant: Dr. Jennifer Stinson

Friday, December 15th, 2017
Presenter: Tim Disher (Dalhousie University)
Title: A network meta-analysis of interventions for retinopathy of prematurity
Discussant: Dr. Mariana Bueno

January 19, 2018
Presenter: Soeun Lee (University of Guelph)
Title: Child and parent positive psychological factors associated with pain and quality of life outcomes in youth with chronic pain
Discussant: Dr. Lindsey Cohen