

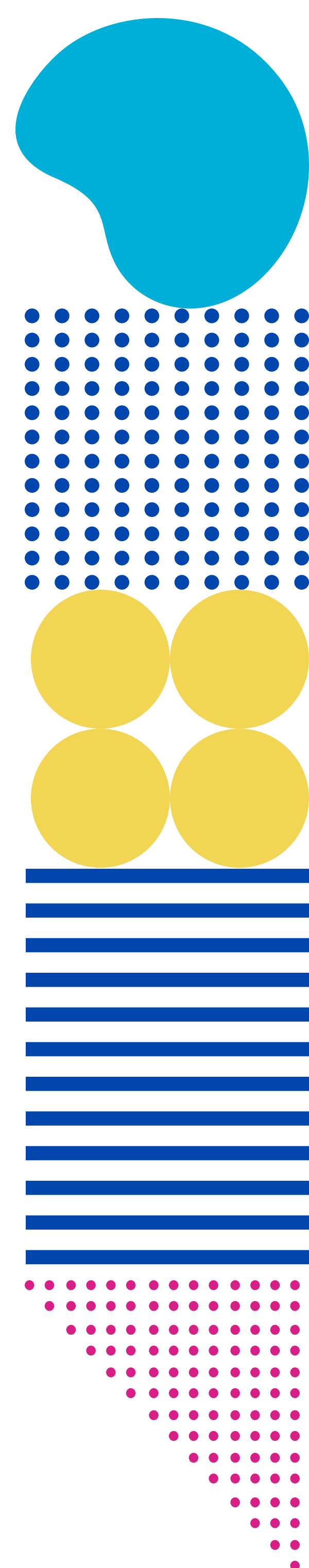
Conference Report

SickKids®

Pain Centre

PiCH  
Pain in Child Health  
Global Research Training

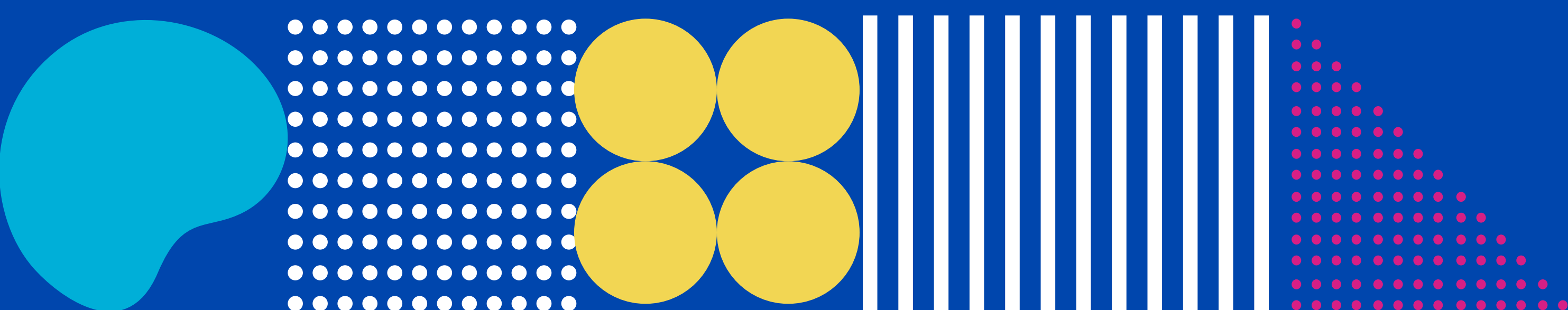
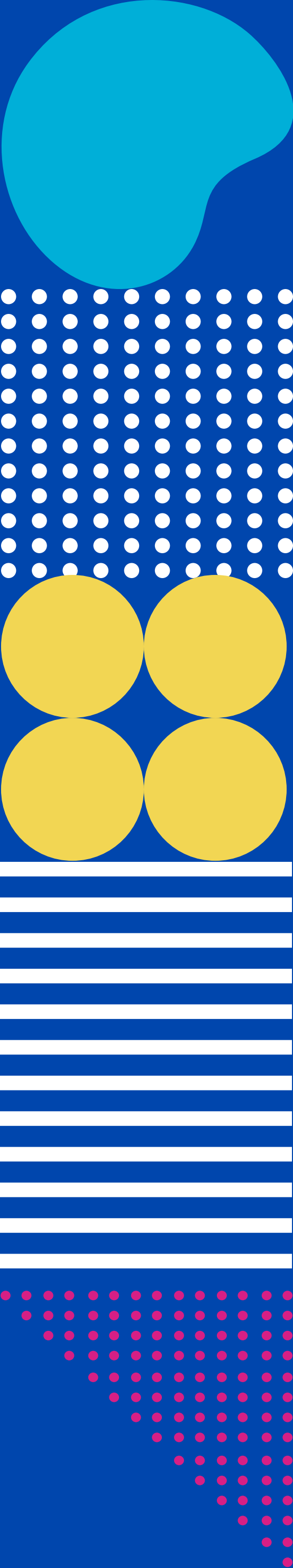
# Conquering the Hurt: Risk and Resilience



20  
20

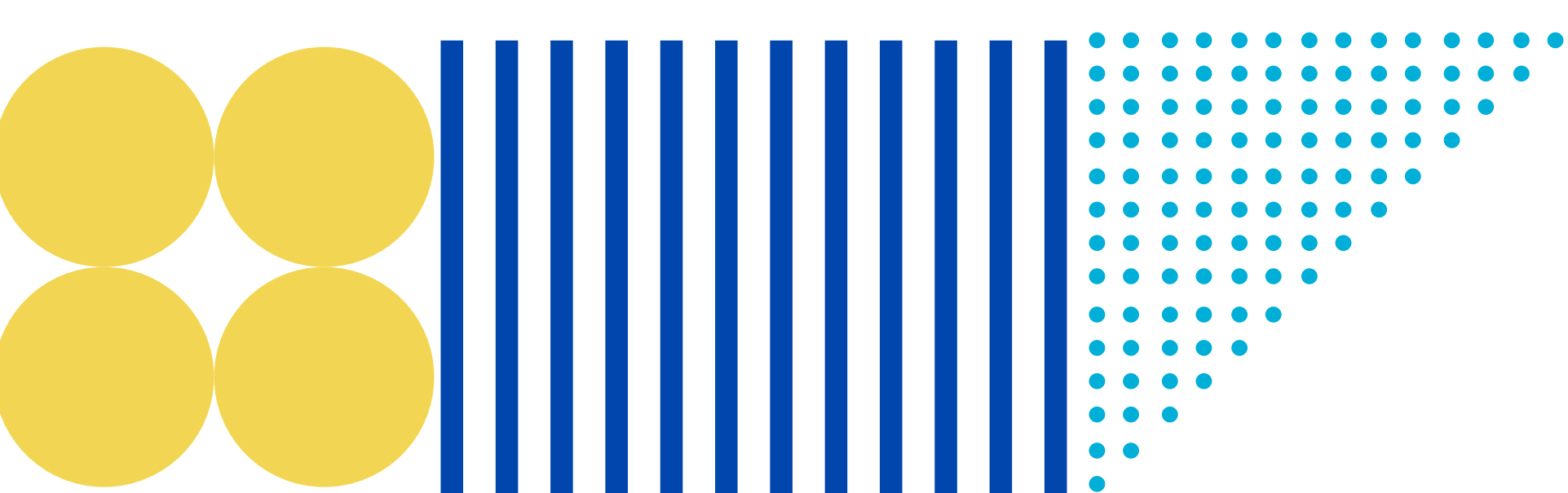
# Content

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*"We were so fortunate to have such a remarkable line-up of speakers and variety of presentations on current and emerging themes in paediatric pain."*



Dr. Jennifer Stinson and Dr. Fiona Campbell

# Words from the Pain Centre Co-Directors

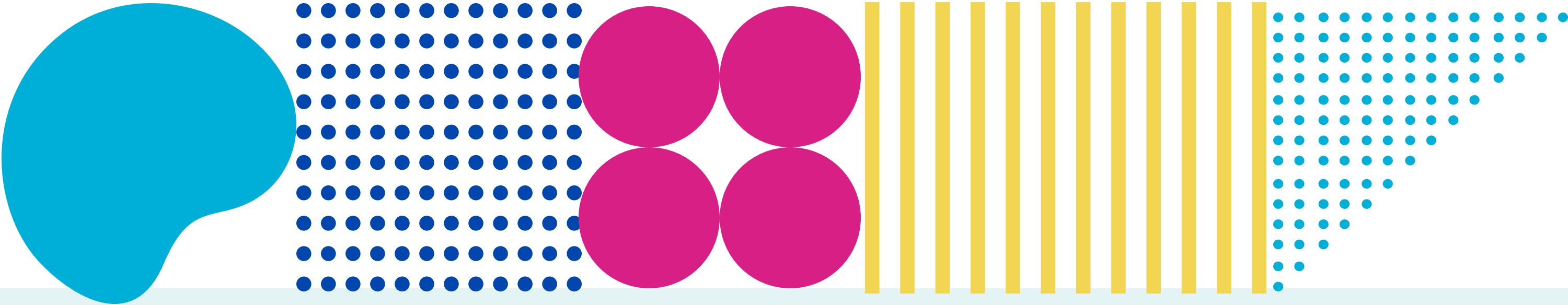
We have been receiving astounding feedback from some of our 300+ attendees from across the world on how exceptional our Patients-Included, virtual Conference was. We were so fortunate to have such a remarkable line-up of speakers and variety of presentations on current and emerging themes in paediatric pain. From mental health & pain during COVID-19, pain in vulnerable populations, disparities in care; equity, diversity and inclusion, and predicting recovery and resilience: novel tools and innovative strategies, we covered a very wide range of topics that made it relevant and intriguing for the persons with lived experience of pain, healthcare professionals, researchers and policy makers in attendance.

This Conference was not meant to be a single event but to serve as a starting point for these important themes and issues to continue to be addressed.

Most sincerely,

Dr. Jennifer Stinson and Dr. Fiona Campbell





# Our Speakers

## Keynotes

Dr. Ronni Cohn, President & CEO, SickKids

Dr. Tim Oberlander, Professor, UBC

Dr. Laura Simons, Associate Professor, Stanford

## Rapid fire presentations

Dr. Hance Clarke, Medical Director, Toronto General Hospital

Dr. Marco Battaglia, Associate Chief, CAMH

Grace Alarcon-Isla, Person with lived experience

Lisa D'Alessandro, Clinical Nurse Specialist, SickKids

## Breakout Sessions

Dr. Frank Symons, Associate Dean, Minnesota U

Dr. Lara Genik, Research Associate, Guelph U

Dr. Sarah Nelson, Psychologist, Boston Children's

Jaimie Beveridge, PhD student, UCalgary

Dr. Lauren Heathcote, Research Fellow, Stanford

Dr. Nicole Alberts, Associate Professor, Concordia

## Panel Discussion

Dr. Katie Birnie, Assistant Scientific Director, SKIP

Dr. Samir Shaheen-Hussain, Emergency Physician, McGill

Lanre Tunji-Ajayi, President, Sickle Cell Awareness Ontario

Frank Gavin, Director, Child-BRIGHT

Dr. Lisa Isaac, Anesthesiologist, SickKids

## Interactive Discussion

Dr. William Zempsky, Professor, Connecticut U

Brandon Parris, Person with lived experience

## Opening/Closing Remarks

Dr. Lindsay Jibb, Assistant Professor, UofT

Dr. Melanie Noel, Associate Professor, UCalgary

Speakers from  
Canada, the  
US and UK



## PICH 3-minute presentations

Dr. Tieghan Killackey

Maria Pavlova

Perri Tuttleman

Giulia Mesaroli

Sodia Addab

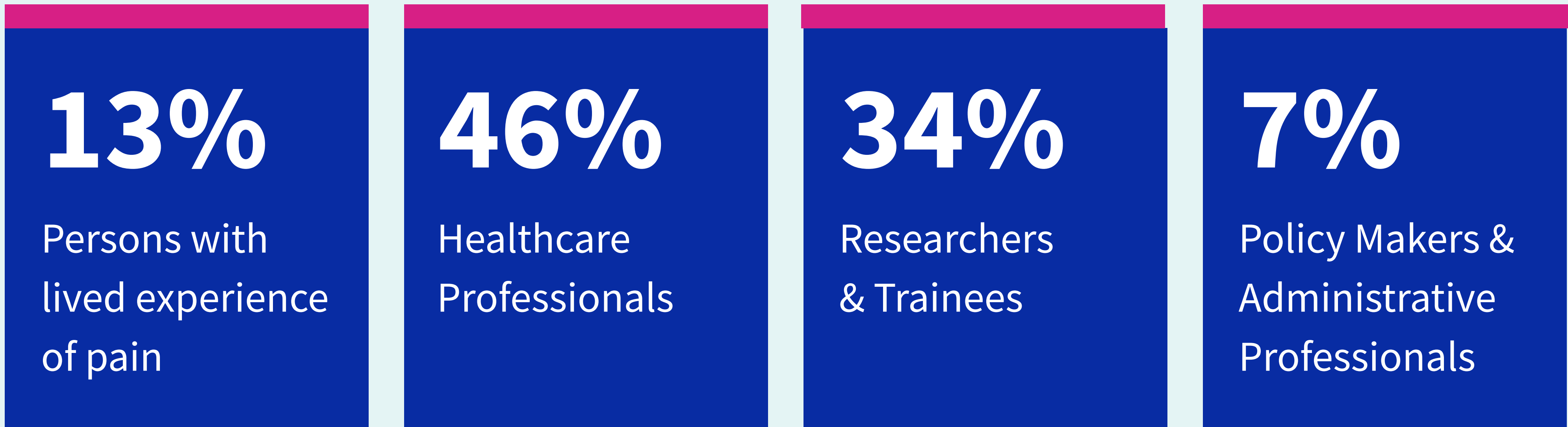
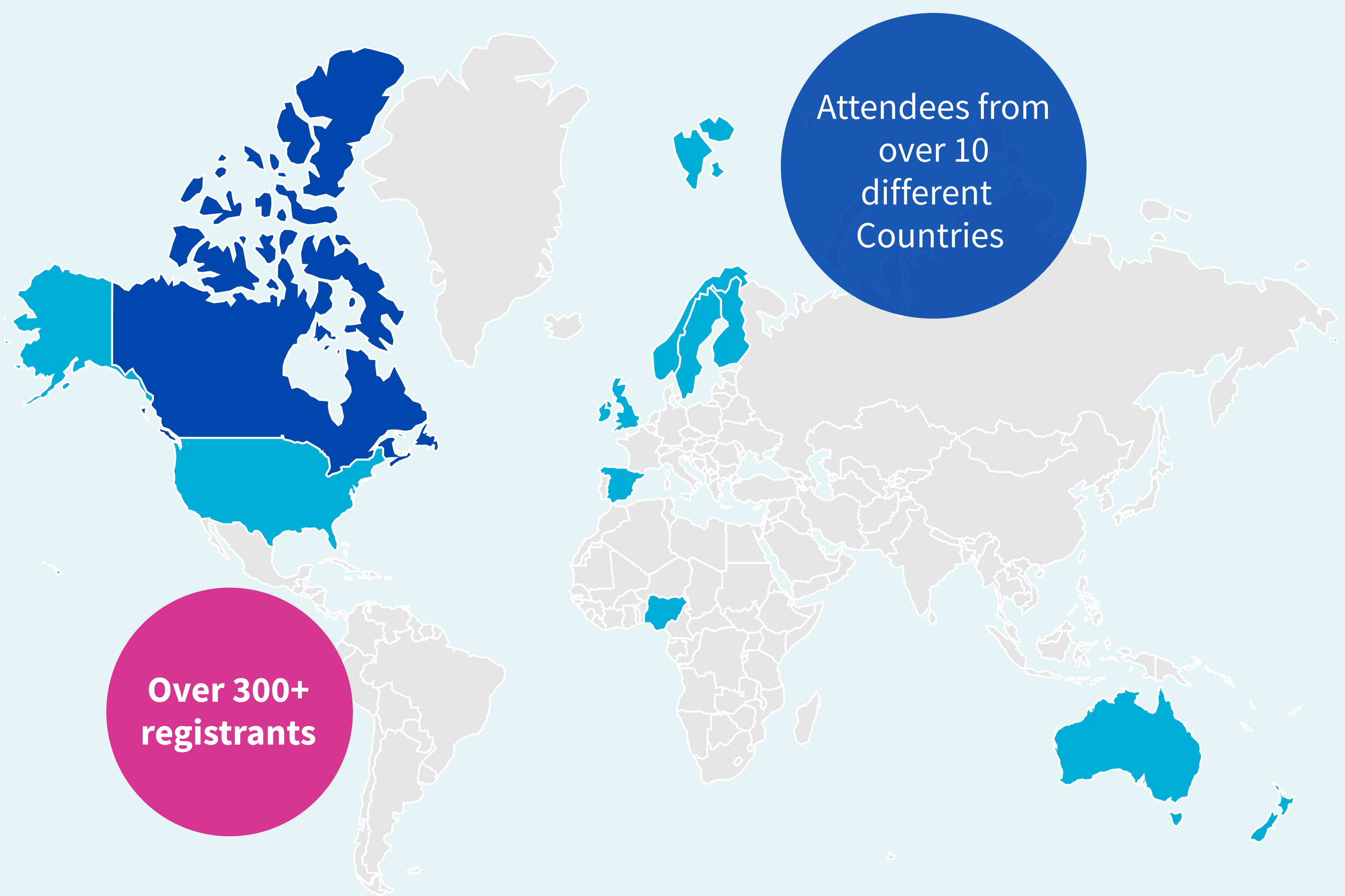
Nicole Mackenzie

Rhiannon Joslin

Dr. Nicole Proudfoot

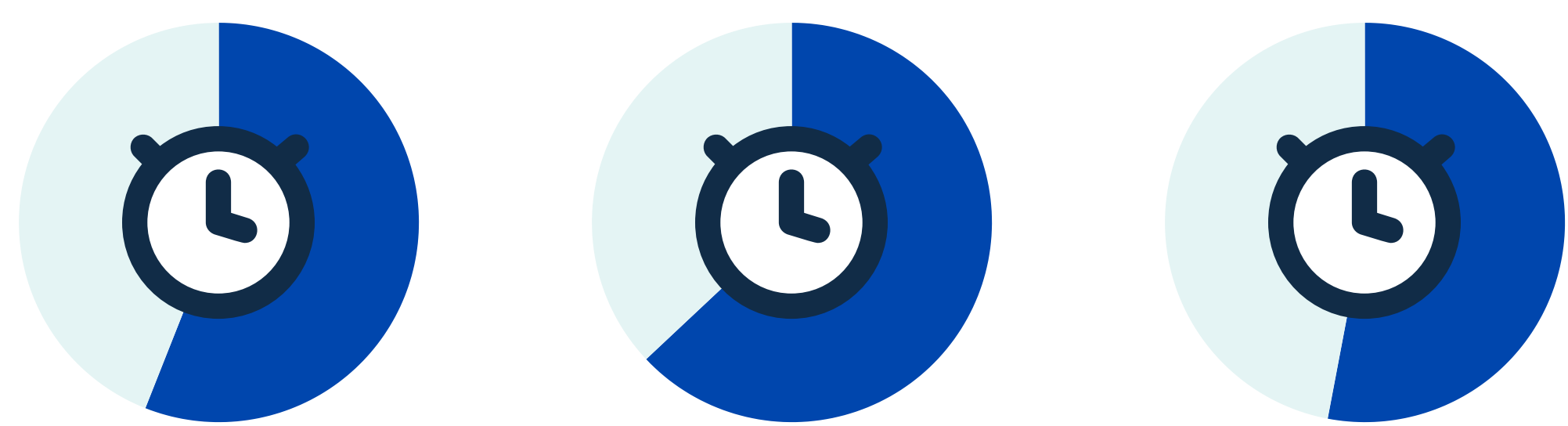


# Attendees from across the World

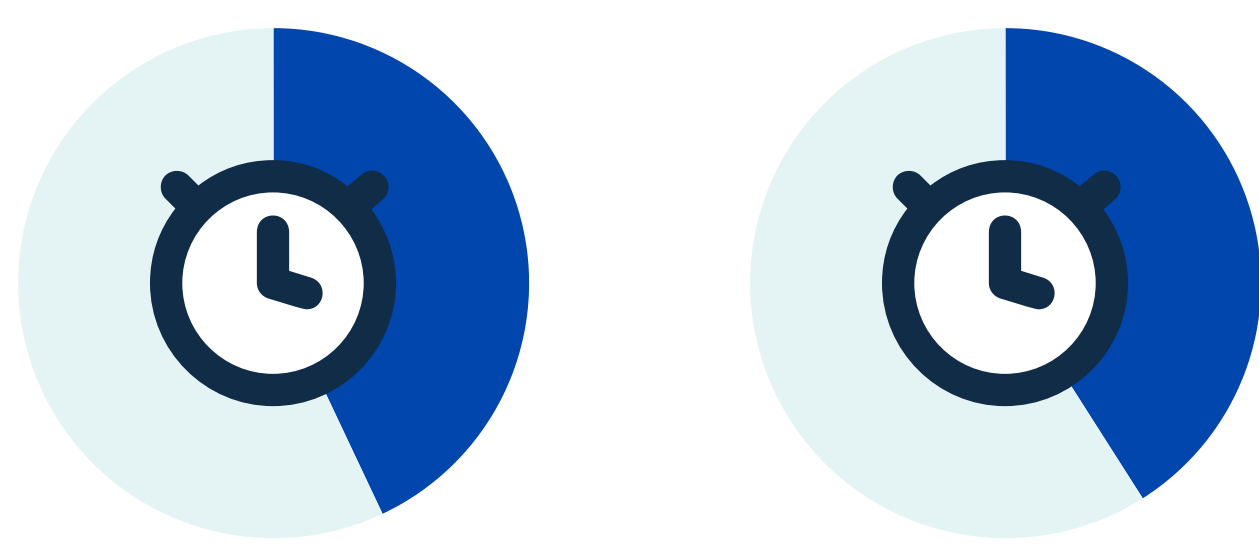


# Attendee Engagement

Percent of total attendees per time of day



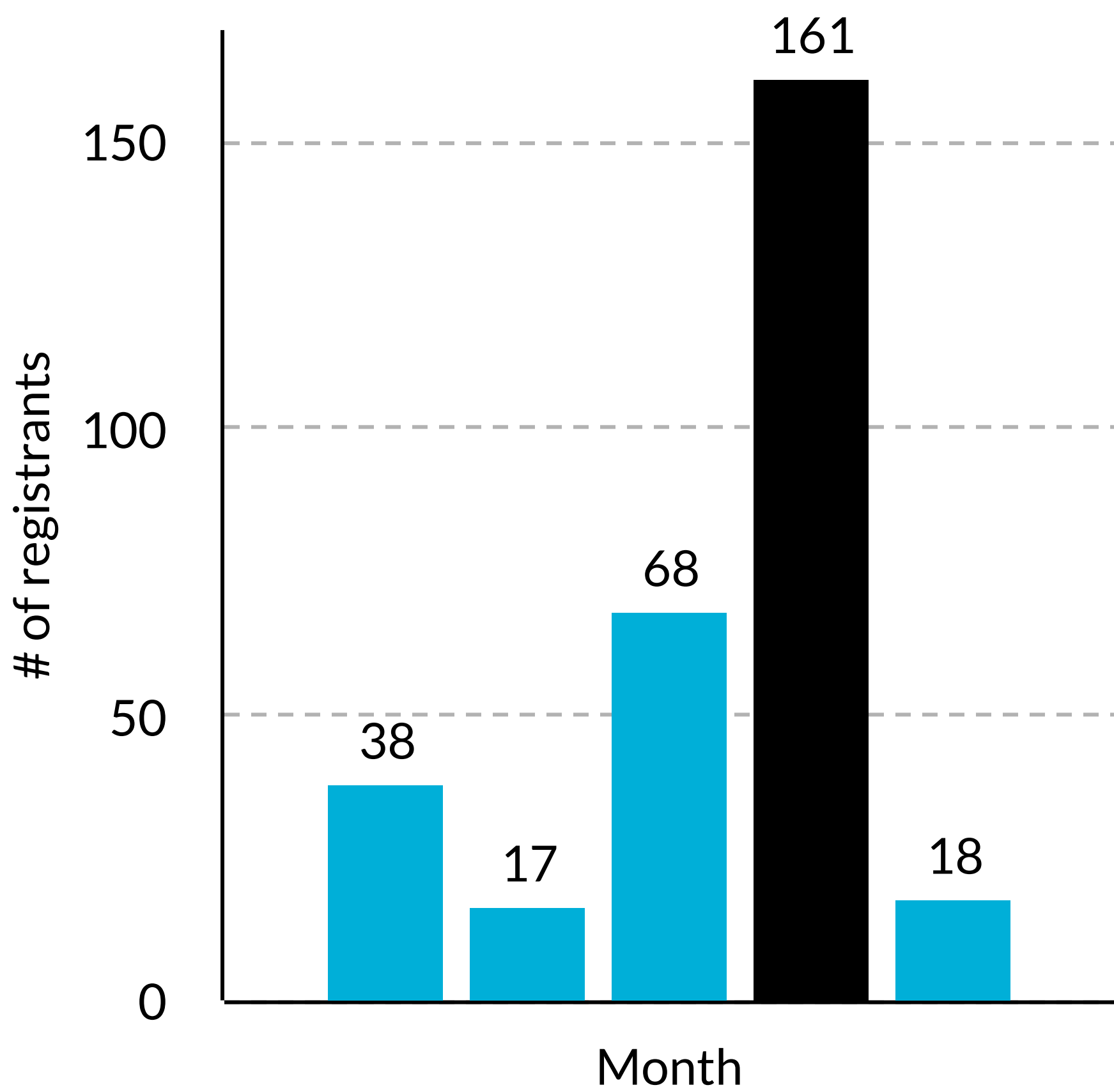
9am - 1030am 56% 1030am - 12pm 63% 1pm - 230pm 53%



230pm - 4:00pm 43% 4pm - 5pm 41%

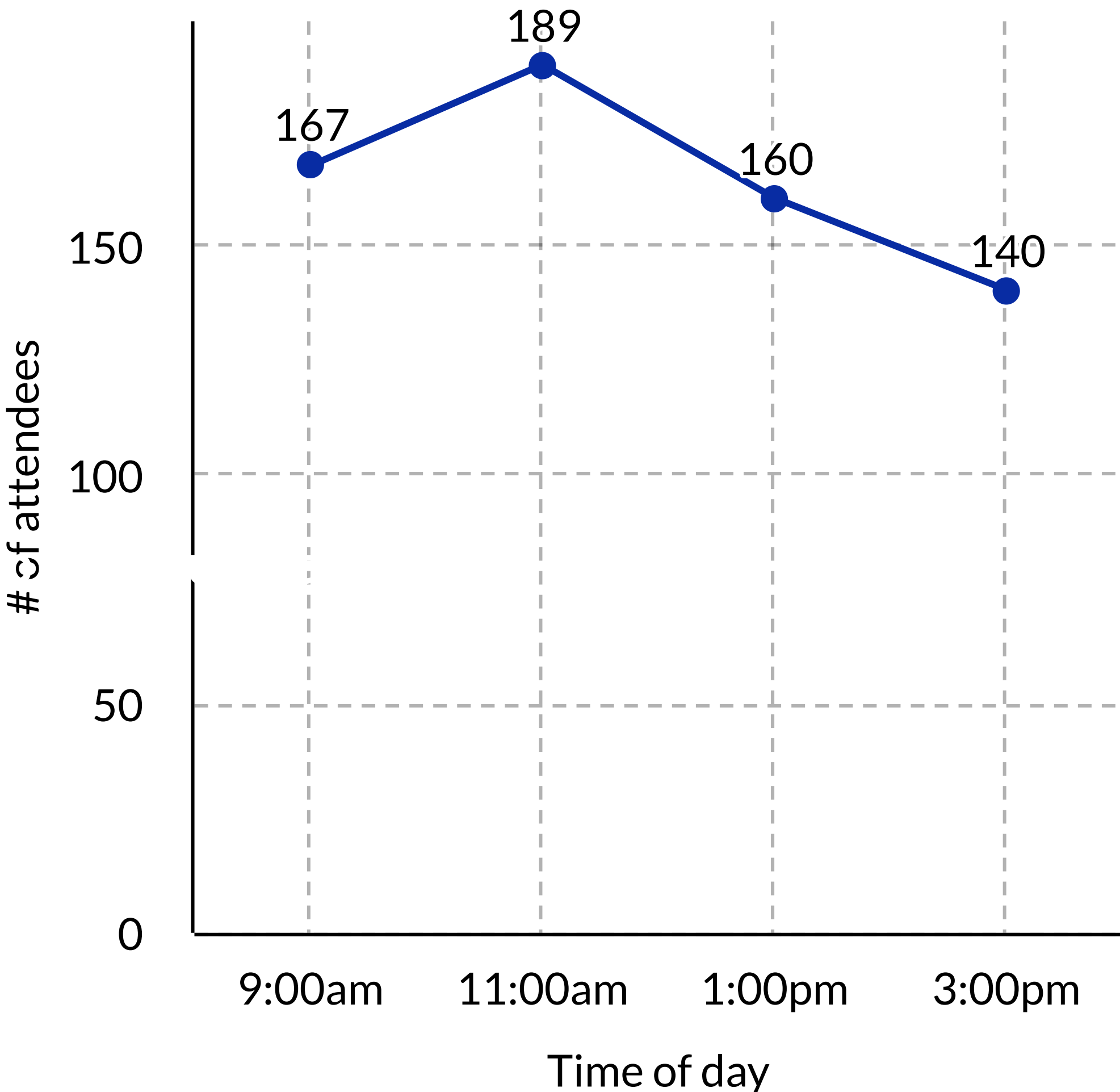


When did attendees register for the Conference?



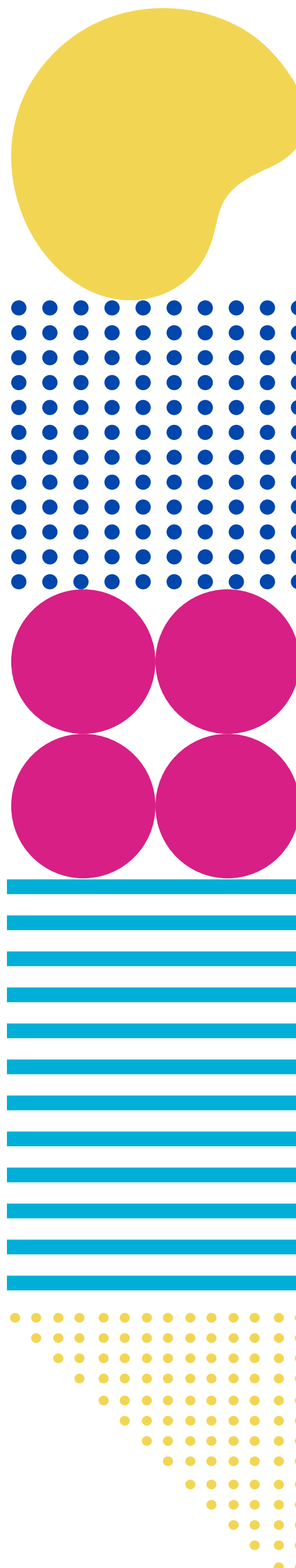
July August September October November

Attendees who were not able to attend the live event were able to access the post-conference presentation recordings



## Engagement throughout Day

Most attendees were present for the morning and early afternoon sessions. The highest number of attendees for one presentation was 189. Some attendees left and came back to attend certain talks and others planned on watching the conference recordings later due to the different time zones.





# Twitter Analytics



Tweets using #ConqueringtheHurt2020

434,900

Impressions

1,438

Likes

334

Re-tweets

164

Tweets

77 new Twitter followers @SKPainCentre

Tweets from @SKPainCentre

Oct 19-Nov 3

41,300

Impressions

382

Likes

157

Re-tweets

1,121

Profile Visits

161

Mentions

275

Link clicks



## Top Tweet

"Thanks to everyone for an amazing day filled w/ learning and discovery."

Join us for our next Conquering the Hurt Conference in 2022..."

36

Likes

11

Re-tweets



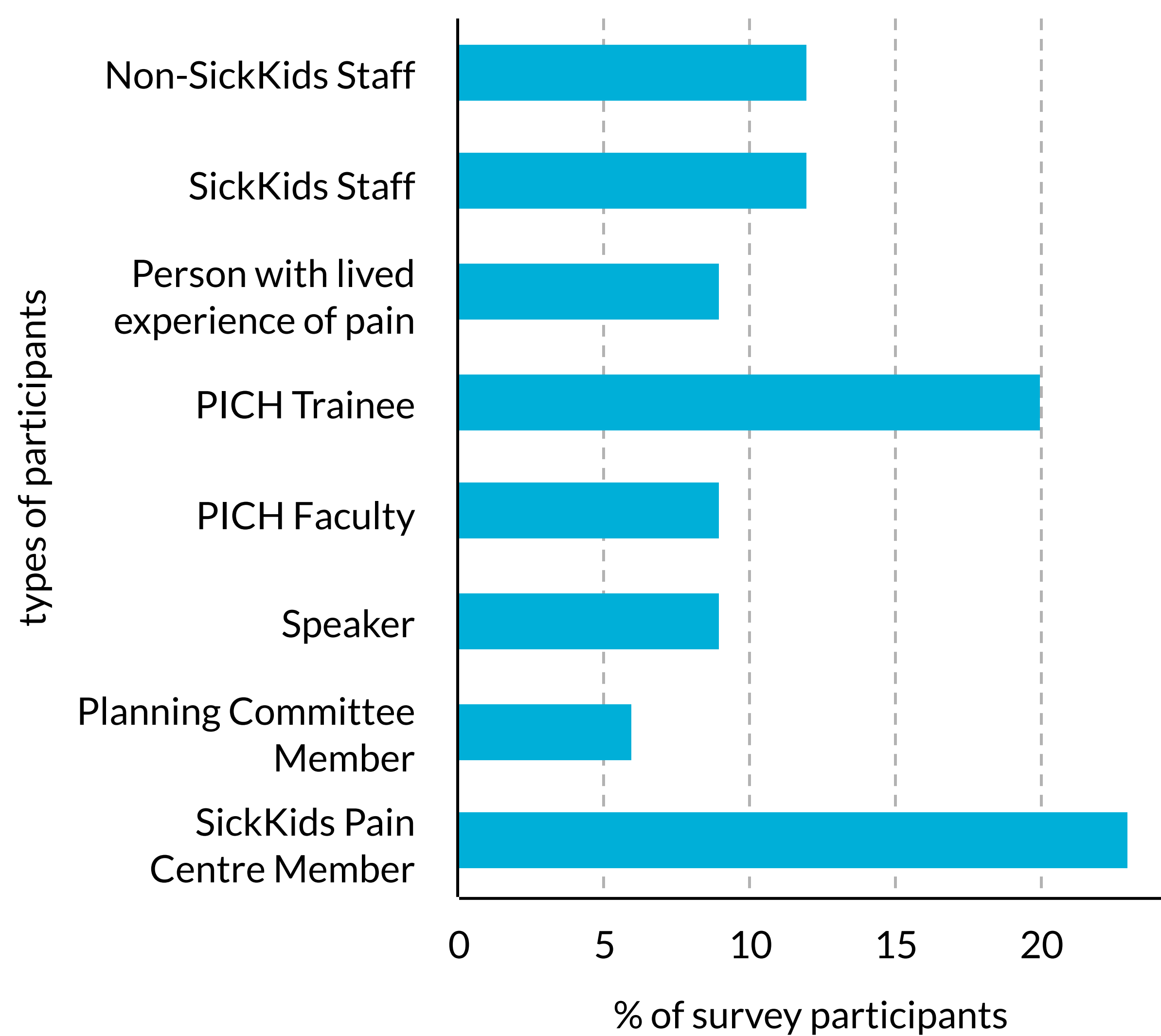
Conquering the Hurt Speakers



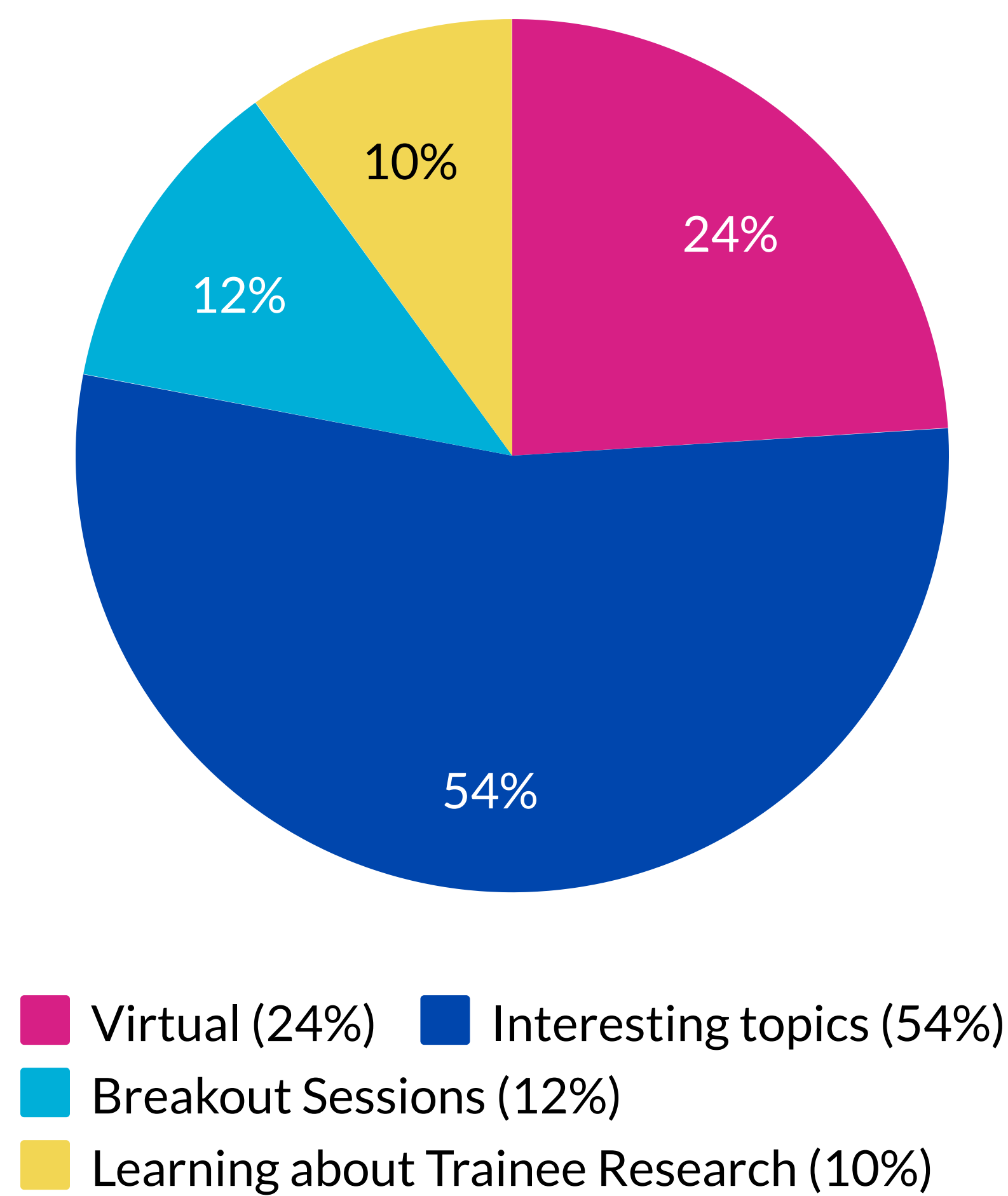


# Post-Conference Survey Responses (1/2)

Breakdown of Survey Participants



What Participants liked most about CTH

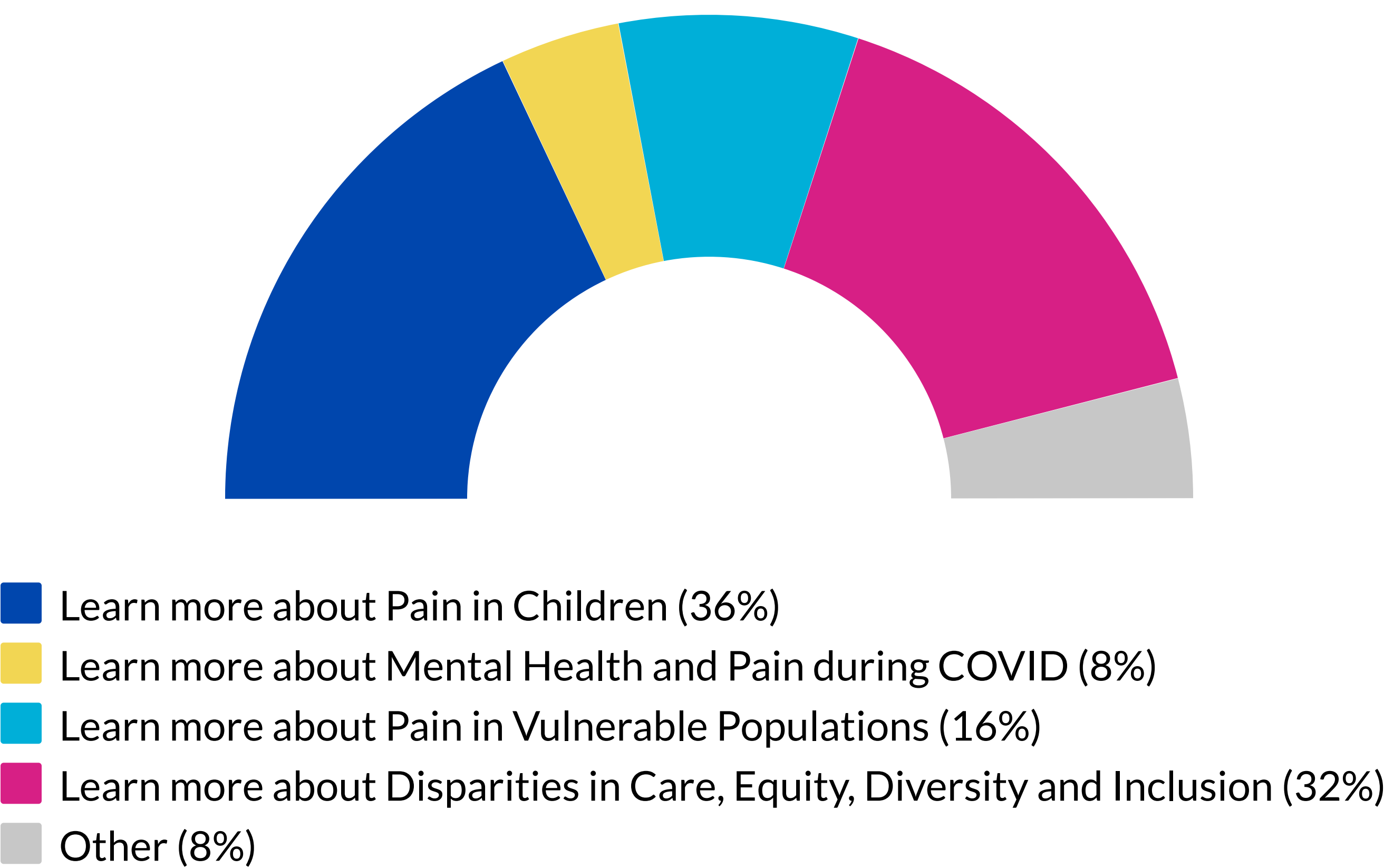


93% of survey participants would recommend the Conference to a colleague



Participants preferred the Conference being virtual but missed in-person networking

Participants Primary Learning Objectives



86% of survey participants accomplished their primary learning objective



# Post-Conference Survey Responses (2/2)

## What would you like to see changed or added?

- more input from a wider range of allied health care professionals (e.g., occupational therapists) and more persons with lived experience of pain
- More time allotted to the talks
- More breakout sessions versus plenaries

## What topics should be considered in the future?

- Intergenerational trauma
- Acute pain post-surgery
- Working with Indigenous Children and their communities
- Pain in the context of advanced illness/end-of-life care
- Continued focus on patient engagement, pain in vulnerable populations and equity, diversity and inclusion
- Predictors of transitioning from acute to chronic pain
- Family impact of chronic pain
- Rural pain care

## Other Comments

- "The conference organizers did a great job facilitating a smooth and engaging virtual conference experience."
- "The speakers were excellent and the topics were timely"
- "Great conference. Keep up the good work!"
- "Very successful virtual conference! Nothing to be changed or added. everything was awesome."
- "Really enjoyed the presentations. I was curious how it would go virtually but found it very effective and enjoyable."
- "Great conference! I found the content accessible for someone with lived experience."
- "The panels were fantastic! Very glad to have access to the talks via recordings after the conference"



All survey responses will be used to inform future Conquering the Hurt events



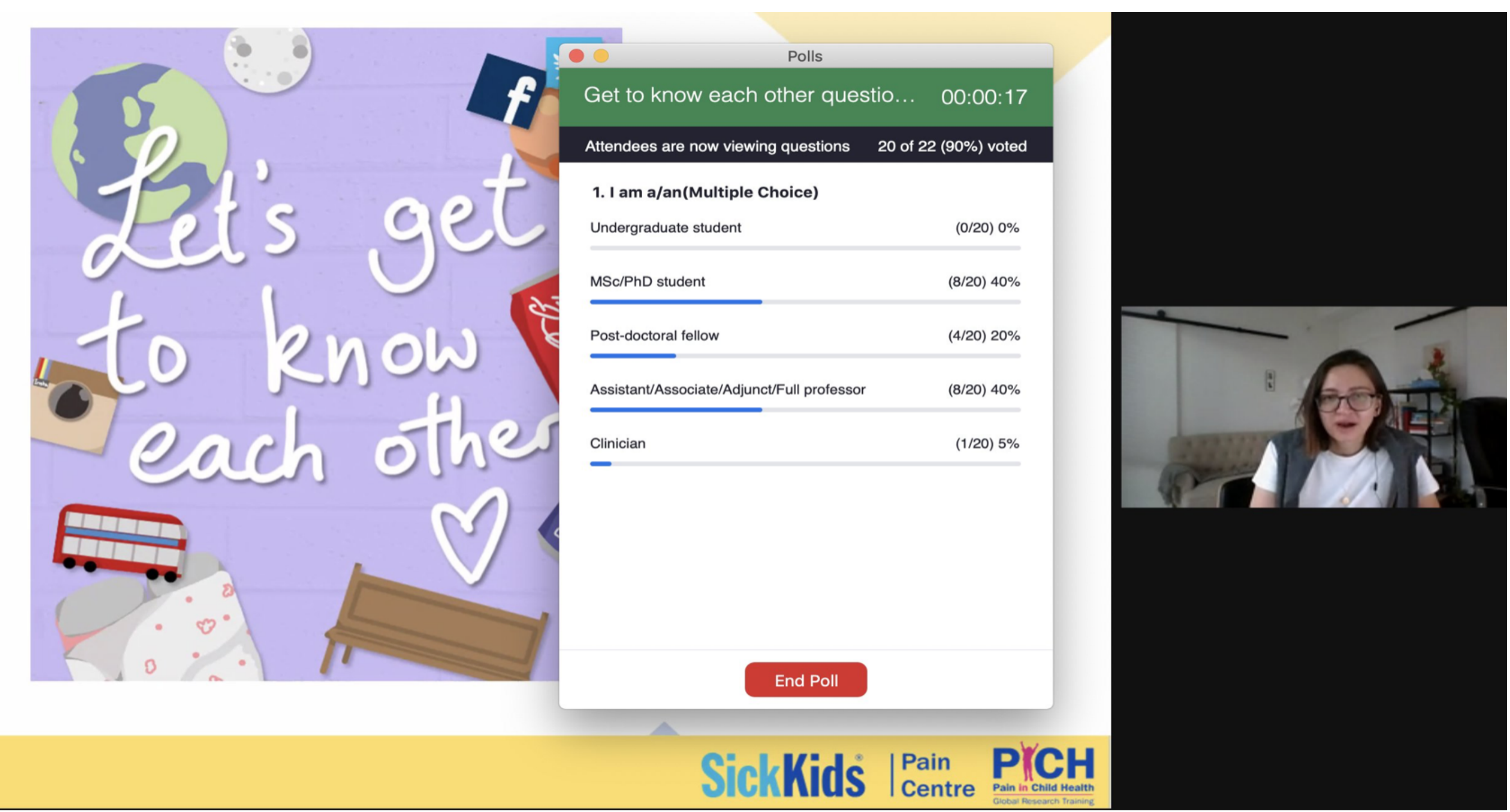


# PICH Networking & Engagement

## Paediatric Pain Trivia

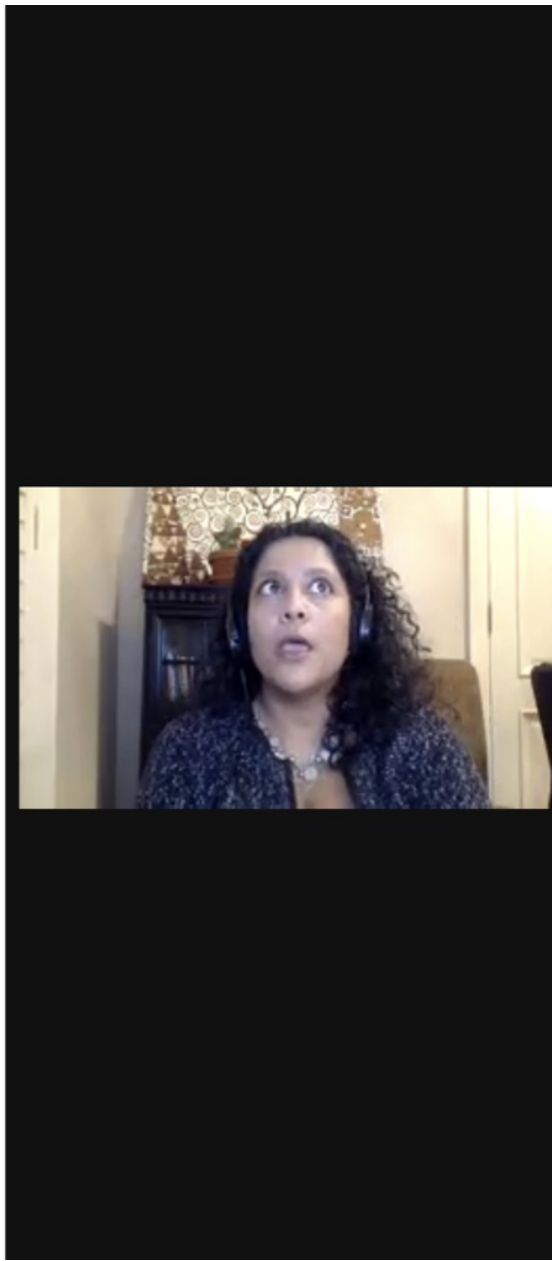
On November 2nd, PICH faculty and trainers gathered to answer some fun live poll questions exploring exciting topics in paediatric pain with Maria Pavlova and Dr. Nynke van den Hoogen.

Although questions were mainly about best practices for paediatric pain management, participants also got to see what people were doing differently during COVID. Some people bought a pet as others started new exercise routines.



### Harnessing Scholarly Strength - Data

- 4 Tri-Council grants supporting understanding of biological, psychosocial, social, clinical, and cultural mechanisms in healthy child and preterm infant pain.
- First ones out, last ones in for data collection.
  - Alternate data collectors, alternate methodology
  - Use the pause. What would you change, resubmit ethics
- Process it, if you got it
- Worked with our software company to allow for remote access of computing analytics from our lab – spend money (smartly!)
  - Ensuring all our lab members have remote access and computing



## Research Continuity in the Face of the Pandemic

Also on November 2nd, National Collaborator, Dr. Rebecca Pillai Riddell, in her role as Associate Vice-President, Research at York University, explored research continuity in the face of the pandemic; not just from the perspective of a researcher but a trainee, a parent and a human being!

Dr. Riddell explored meaningful questions with PICH faculty and trainees:

- What has changed?
- where do we go from here?
- What will we have to differently moving forward?

All participants who attended the PICH networking events would recommend them to a colleague and thought the topics were very interesting! However, future events should incorporate more breakout sessions where trainees and faculty can network and have time for more conversation.

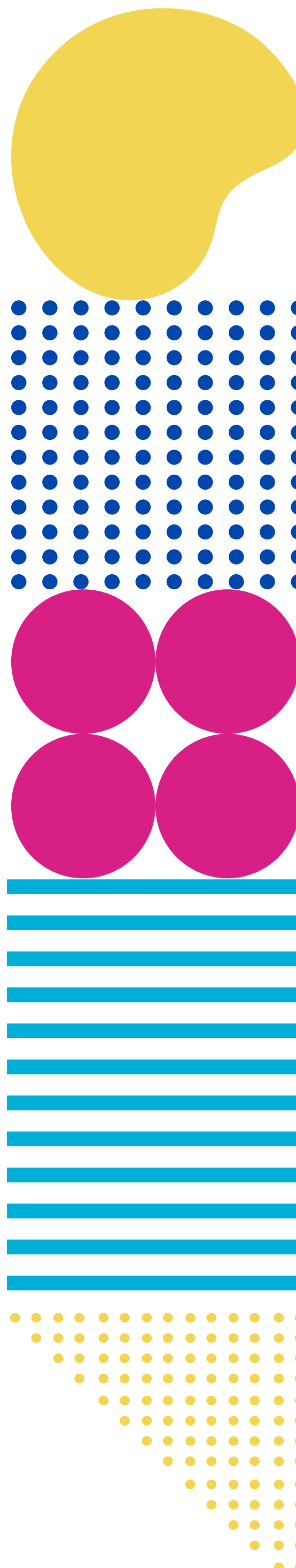
## PICH Rapid Fire Presentation Winners

PICH trainees submitted abstracts to participate in the CTH conference. Eight trainees were selected to present from the applications.

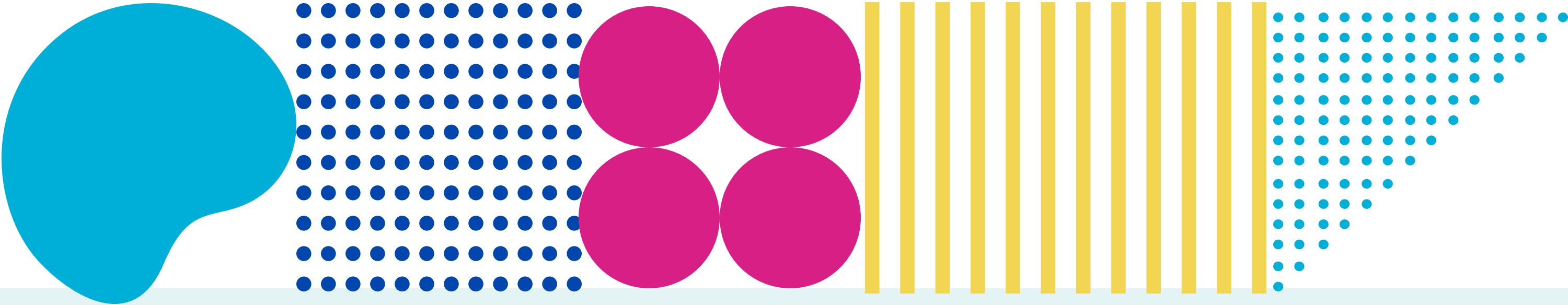
Trainees were given 3 minutes to present with 2 minutes for Q & A. Prizes were given for 1) best visuals, 2) best speaker and 3) best research project.

Participants who watched the presentations were able to vote for their top 3 presenters in the above categories. The winners were announced at the end of the Conference day.

Maria Pavlova won best visuals, Nicole Mackenzie won best speaker and Perri Tutelman won best research project!







# Impact at a glance



Increased traffic to Partner websites & resources



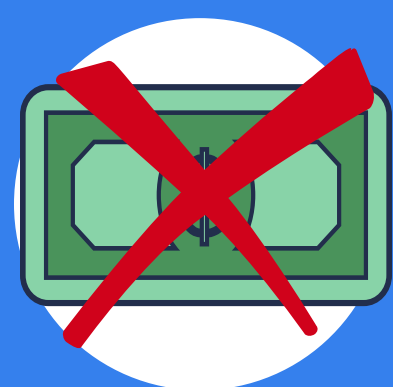
Over 60+ new Pain Centre members



Over 75+ new Twitter followers



Over 20+ Pain Centre Newsletter subscriptions



Free for persons with lived experience and low-to-middle income Countries



Over 300+ registrants



PICH and Twitter Award Winners



International attendees and guest speakers



Patients Included. Patients involved in planning and presenting



Conquering the Hurt's first Virtual Conference



Explored timely and relevant topics in EDI, Mental Health & COVID



Pre-launch of the Online Paediatric Pain Curriculum



Over 30+ speakers





# Testimonials

*"Being at my first virtual conference, I was amazed by the amount of projects, research studies, case studies and content that was discussed today. In addition to that, how motivated health-care professionals, trainees, researchers, policy makers, patients and families are to advocate, share their research and knowledge on chronic pain. This conference was extremely well organized and informative. I have learned a lot today about several topics that I have never heard of before and am glad that I was able to expand my knowledge. As a 17 year old with chronic pain, I am grateful to have gotten this experience."*

**Natasha Trehan**

Person with lived experience of pain

*"I want to thank you so much for giving me the precious opportunity to attend this year's Conquering the Hurt 2020 conference.*

*I was amazed at the level and quality of research being undertaken by our colleagues and I was so much interested in the presentations made at the rapid fire session. I also loved the experience shared by the caregiver/mom as well as that by the sickle-cell advocate/patient.*

*This conference has stimulated my academic brain tremendously. I look forward to attending this conference again in the future and have my colleagues from this part of the world attend too.*

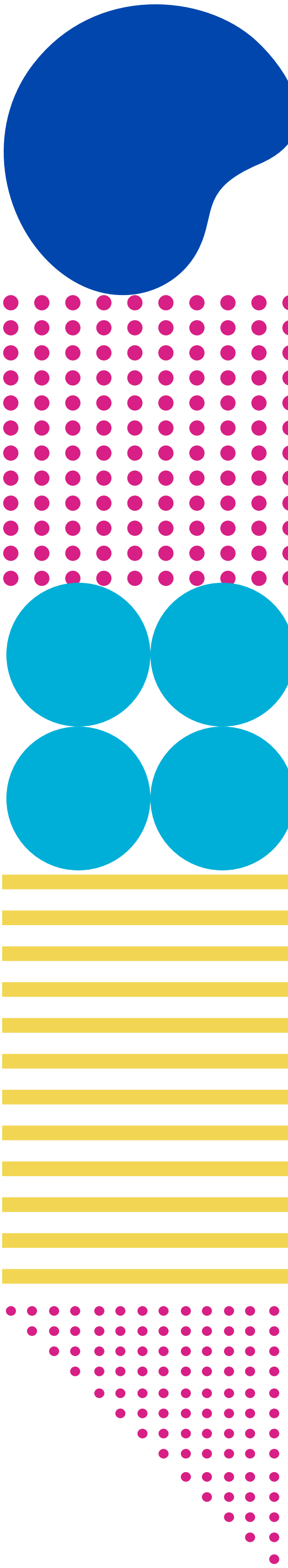
*Thanks so much!"*

**Dr. Tonia C. Onyeka**

*(MBBS Nig; DA WA; MSc Pain Mgt Cardiff, Wales; FWACS)  
Associate Professor/Consultant Anesthetist,  
Pain Physician, Palliative Medicine Physician*



Dr. Tonia C. Onyeka





# Partners & Sponsors



# Conference Program Snapshot (1/2)

## Virtual Conference Itinerary

### Welcome, Acknowledging Land and Opening Remarks

9:00am

**Dr. Fiona Campbell**, Pain Centre Co-Director & Medical Director of the Chronic Pain Program, SickKids

**Dr. Lindsay Jibb**, Assistant Professor, UofT, & Pain in Child Health (PICH), Co-Director

### Leading in Equity, Diversity and Inclusion

9:05am

**Dr. Ronald Cohn**, President & CEO, SickKids

### Mental Health & Pain during COVID-19

9:30am

### Keeping Chronic Pain Patients Alive During and After the Pandemic

**Dr. Hance Clarke**, Director of Pain Services & Medical Director of the Pain Research Unit, Toronto General Hospital

### Early-life Adversities, Anxiety and Pain Sensitivity

**Dr. Marco Battaglia**, Associate Chief, Division of Child and Youth Psychiatry, CAMH

### Transcending Geography with Virtual Care for Children with Pain. Patient and Caregiver Satisfaction

**Lisa D'Alessandro**, Clinical Nurse Specialist, SickKids

### Pain in Vulnerable Populations

#### Opening Keynote

Pain in Children with Developmental Disabilities: What to do When Pain Persists Even When you are Doing Everything Right

11:10am

**Dr. Tim Oberlander**, Professor, Division of Developmental Pediatrics, UBC

### The Individual and Intergenerational Impact of Adverse Childhood Experiences on Youth with Chronic Pain

1:40pm

**Dr. Sarah Nelson**, Instructor Psychologist, Pediatric Chronic Pain, Boston Children's Hospital, & Instructor in Psychology, Harvard Medical School

**Jaimie Beveridge**, PhD student, Clinical Psychology program, University of Calgary

### Pain in Child Health (PICH) Trainees - Rapid Fire Presentations

1:40pm

**Dr. Tieghan Killackey**

**Maria Pavlova**

**Perri Tuttleman**

**Giulia Mesaroli**

**Sodia Addab**

**Nicole Mackenzie**

**Rhiannon Joslin**

**Dr. Nicole Proudfoot**

### Disparities in Care, Equity, Diversity and Inclusion

### Panel Discussion

2:30pm

**Dr. Katie Birnie (moderator)**, Assistant Scientific Director, SKIP, & Assistant Professor, UCalgary

**Lanre Tunji-Ajayi**, President & CEO, Sickle Cell Awareness Group of Ontario

**Dr. Samir Shaheen Hussain**, Pediatric Emergency Physician, & Assistant Professor, McGill University

**Dr. Frank Gavin**, Citizen Engagement Director, CHILD-BRIGHT

**Dr. Lisa Isaac**, Anesthesiologist, SickKids, & Assistant Professor, UofT

### Treatment of Sickle Cell Pain: Fostering Trust and Justice

3:15pm

**Dr. Bill Zempsky**, Division Head, Pain & Palliative Medicine, Connecticut Children's, & Professor, University of Connecticut

**Brandon Parris**, young adult living with Sickle Cell Disease



# Conference Program Snapshot (2/2)

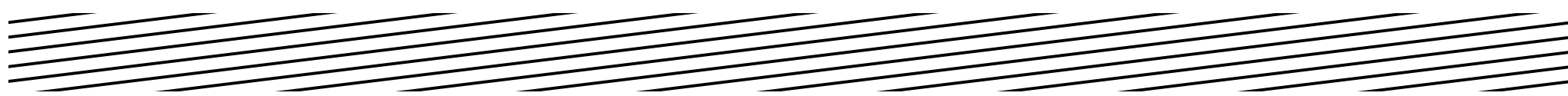
Pain and Complex Care Population | ECHO at the Conquering the Hurt Conference



12:00pm  
**Dr. Alvin Loh**  
Medical Chief of Staff,  
Surrey Place

## Lunch

12:00pm



Predicting recovery and persistence - Novel tools and strategies

## Closing Keynote

3:50pm  
**Dr. Laura Simons**, Associate Professor of Anesthesiology, Perioperative and Pain Medicine, Stanford University Medical Center

## Breakout Sessions

Pain after Childhood Cancer: Is it Different and How Should we Manage It?

1:00pm  
**Dr. Lauren Heathcote**, Postdoctoral Research Fellow, Anesthesiology, Perioperative and Pain Medicine, Stanford University

**Dr. Nicole Alberts**, Associate Professor, Department of Psychology, Concordia University

A Peek into Complex Care Issues in Pain and Children with Intellectual and Developmental Disabilities

1:00pm  
**Dr. Frank Symons**, Associate Dean for Research and Policy, Department of Psychology, University of Minnesota

**Lara Genik**, PhD student, Clinical Psychology: Applied Developmental Emphasis, Guelph University

## Closing Remarks

4:40pm  
**Dr. Jennifer Stinson**, Pain Centre Co-Director & Senior Scientist, SickKids  
**Dr. Melanie Noel**, Associate Professor, UCalgary, & Pain in Child Health (PICH) Co-Chair



Pain Centre

