

Annual Report 2005

President's Report

Jack Richman MD



The Canadian Institute for the Relief of Pain and Disability has had a very successful year. Our partnership with [Auto21 Centre for Excellence](#) and the Canadian Institutes for Health Research has provided [9 training awards](#) to further research in the area of injury prevention arising from motor vehicle collisions. Thanks to the partnership of [The Woodbridge Group](#), [Yves Landry Foundation](#) and Auto 21 we created a new division under the Canada Science Fairs which in May 2005 resulted in over 30 finalists of young scientists in junior, intermediate and senior high school competing for medals at the Canada Science Fairs which is hosted by the [Youth Science Foundation](#). The competition was a great success and it was wonderful to see so many young people enthusiastic about contributing to new knowledge. Information about these young winners and their projects are available on our website. Sheila Kerr, our Director for Health Professional and Consumer Education, was instrumental in helping to coordinate 25 judges who volunteered their expertise in the judging process; without their support this program would not have been such a success. Plans are underway to support next year's Canada Science Fair which will be held in Chicoutimi, Quebec, May 13-21, 2006.

Since CIRPD published its report, [Enhancing Stakeholders' Knowledge and Skills in Disability Prevention, Detection and Management](#) there has been a flurry of interest and activity. The report highlighted the need to create healthy, engaging, safe and accommodating workplaces as a pre-requisite for creating effective disability prevention and management programs. In BC a working committee initially called the BC Task Force on Disability Prevention and Management and now renamed the Disability Prevention and Management Collaborative was formed and is gaining attention and interest nationally. The Collaborative is working on a number of initiatives including coordination of our next conference entitled: [Business Health Employee Health: Creation, Retention and Renewal](#), July 7 – 9, 2006 which will be held in Vancouver. In addition, the Collaborative is planning a comprehensive

web-portal to help link stakeholders to implementation resources and to connect research evidence to best practices. This will be a national resource and funding proposals have been submitted to support this project. If you are interested in contributing please contact our office at 604-684-4148 or e-mail info@cirpd.org.

As an affiliate member of the [Canadian Cochrane Network and Centre](#) , CIRPD is committed to the effective dissemination and utilization of high quality research findings.

We would also like to thank the Government of BC, Direct Access Program for providing funding to deliver educational services in BC described in more detail in this annual report.

Thank you again for your support.

Treasurer Report

Jeremy Wong, CA

The Canadian Institute for the Relief of Pain and Disability continues to be successful in its educational and research activities. The partnership agreement with the Canadian Institute for Health Research, Auto21 National Centre of Excellence and The Woodbridge Group was renewed again this year. This partnership has enabled us to effectively leverage contributions on a 3 to 1 matching basis. Under this partnership agreement CIHR covers 50% of each successful training award with Auto21 and CIRPD contributing 25% each. Our grants and awards program continues to be one the Institute's most successful fundraising activities. We greatly appreciate The Woodbridge Group's sustaining support for this exciting program.

Thanks to the increased support of the BC Gaming Commission, Direct Access Program and increased grant revenue we were able to expand our Chronic Pain Support Services.

Based on the financials for the year ending June 30, 2005, CIRPD reduced its overhead expenses this past year by running a virtual office. However with new projects coming on stream this year CIRPD will be seeking new office space to support staff and volunteers working on these initiatives.

It has been a pleasure working with CIRPD.

Executive Director's Report

Marc White PhD



This year CIRPD has received significant in-kind and direct financial support from government, corporate and labour partners, and other community-based organizations to actualize many exciting projects. Thanks to a \$75,000 grant the support from the Direct Access program BC Government, a donation of \$20,000 of software support from Microsoft Canada and an development grant of \$15,000 per year (commitment for 3 years) from The Woodbridge Group, CIRPD has made substantial progress on three projects: Disability Prevention and Management, Evidence-based Resources for People with Musculoskeletal Problems, and Chronic Disease Management for Arthritis. As a primarily volunteer-based organization much of this work could not be possible without the talents and experience of volunteer committee members and our project staff.

Project Staff working on these projects include:



Sheila Kerr BPT
Director of
Professional and
Consumer Education



Valerie Levitt
Conference
Secretariat

Susan Lowe
Manager, Health
Promotion

Jill Pollack, Website Resources
Consumer-based Research
Assistant

Disability Prevention and Management - Creating Healthy, Safe and Productive Workplaces - Prevention of Work Disability - Facilitating Return to Work

Musculoskeletal conditions and mental health issues represent the second-largest economic burden of illness in Canada and are among the top priorities of the BC Ministry of Health Services' Chronic Disease Management Initiatives. The objective of this program is to facilitate the use of evidence-informed best practices across a broad base of stakeholders to improve workplace health, enhance workplace productivity, reduce absenteeism, increase work satisfaction, prevent unnecessary disability and improve disability management. A major goal is to reduce the socio-economic burden of illness and disability by closing the gap between what is known by high quality research and what is taught and practiced by various stakeholders (consumers, consumer organizations, business leaders, labour representatives, occupational health and safety personnel, decision/policy makers, rehabilitation professionals, human resource consultants, disability consultants, and academic and clinical researchers).

CIRPD established the BC Task Force on Disability Prevention and Management as part of its provincial education activities to create a provincial action plan. As many of the resources needed to facilitate the creation of best practices are of interest to stakeholders across Canada, meetings are underway to facilitate the creation of a national collaboration which we have called the Disability Prevention and Management Collaborative. The Collaborative has expanded to 70 members and has created four primary committees to facilitate program development and program implementation. These committees are:

- (i) Knowledge Dissemination (Conference Sub-Committee, e-Bulletin Sub-Committee, Web-Portal Sub-Committee),
- (ii) Scientific Review Committee,
- (iii) Matched Funding Committee, and,
- (iv) Knowledge Creation.

Projects under this initiative include:

Disability Prevention and Management Collaborative Website

A major problem identified by stakeholders and consumers is the lack of resources to facilitate the implementation of best practices in disability prevention and management. To address this issue in consultation with over 70 stakeholders participating in the planning process a State-of-the-art Disability Prevention and Management Collaborative website is being developed and is expected to be launched in the Spring of 2007. The website will enable all stakeholders including, but not limited to: consumers, consumer-based organizations, government policy-makers, health authorities, human resources and health and safety professionals, health

care providers, disability management coordinators, clinical researchers and doctors to access current research evidence on the prevention and effective management of impairments and disability as well as implementation tools and resources. To facilitate committee activities and member communications, an intranet site is being developed. All consumer-based resources will be publicly accessible as part of CIRPD's commitment to create and deliver evidence-based educational programming to enhance quality of life and reduce unnecessary utilization of health care resources.

An application has been made to the Labour Management Partnership Program. Preliminary meetings in Ottawa had demonstrated interest in this project and it is anticipated that various federal bodies will provide additional support to the project.

E-Bulletin

To ensure stakeholders are aware of important developments, training opportunities, late breaking research findings and new implementation tools the E-Communications Committee is creating an E-Bulletin to alert all stakeholders of new information on the website as well as important consumer-based resources. The E-Bulletin is expected to be initially a bi-monthly electronic bulletin anticipating that it would eventually become a monthly publication.

Business Health – Employee Health: Creation, Retention and Renewal, Connecting Research to Practice Conference July 7 – 9, 2006

Planning is underway to host a BC focused conference working in collaboration with various provincial ministries, health authorities, public and private insurers, consumers, employers and labour and professional organizations. Academic sponsors include UBC, SFU, UNBC and BCIT. The Consumer Advisory Board of the Arthritis Research Centre of Canada is assisting us with this project. For conference details visit: www.cirpd.org/dtf/conf2006 . Funds generated from the conference will be directed to support development costs associated with the work of Disability Prevention and Management Collaborative. CIRPD has partnered with Healthcare Benefit Trust as a major collaborator on this project.

This past year CIRPD has created a volunteer community-based organizing committee (21 committee members), a scientific planning committee and a sponsorship package; prepared a call for papers; identified potential speakers; secured a primary partner; listed potential sponsors; created a conference website; and secured in-kind sponsorship of community-based organizations and academic and professional bodies. Planning has begun to engage various BC Ministries and Health Authorities involved in workplace health in program planning.

Knowledge Creation

A major challenge in the area of disability prevention is many programs are not rigorously evaluated and knowledge gained from innovative programs in disability prevention are not shared. To address this gap, CIRPD is working with the Canadian Institutes for Health Research (CIHR) under their Small Health Organization Partnership Program and Industry-Partnership Program to create a new training awards program that will support up to \$93,000 per year for 3 years for graduate students to investigate promising intervention programs at Canadian worksites.

Timeline: Current - CIRPD is currently having a consultant configure the required hardware and software for website development. **1-4 Months** - E-Communication Committee is selecting volunteer sub-editors and creating job descriptions for volunteer roles. CIRPD IT staff working E-Communication Committee will create a beta version of the intranet and extranet website for stakeholder review and input. Once funding support is in place CIRPD will hire librarian staff on contract to work with the E-Communication Committee to help populate the site. A Scientific Committee will be created to review resources and materials to help stakeholders translate research findings and make an informed judgment about their scientific value (strengths and weaknesses). **5-8 Months** Local stakeholders represented on the Collaborative will participate in a needs assessment to ensure information needs will be addressed in the final planning process for the website. **8-12 Months** A beta version of the site will be launched and tested.

Evidence-based Resources for People with Musculoskeletal Problems

With the rapid growth of information on the internet (including commercial interests) claiming cures, treatments, products for people with back pain, whiplash, and other common musculoskeletal problems, consumers, health care administrators and health professionals are all looking for more accurate evidence-based resources for patients. This program specifically is focused on the creation and dissemination of patient education materials and resources and delivery of volunteer-based chronic pain educational services. Project outcomes focus on reduction of unnecessary and inappropriate health care utilization, collaboration of community partners to reduce and prevent duplication of services and creation of more volunteer-based services with the ultimate goal of the prevention of unnecessary disability.

This past year CIRPD has been involved in a number of initiatives to bring evidence-based resources to people living in British Columbia. Programs activities include: direct educational programming, telephone support services, community program planning and website resources including a developing database of key research articles with consumer-based summaries.

Thanks to the support of Direct Access we were able to devote more staff time to the creation of meaningful resources and provide direct services to people with chronic pain and their families. This year CIRPD produced a new Directory of Chronic Pain Resources in the Lower Mainland and Victoria. CIRPD expanded on what is now an annual Community Health Series program at the Kitsilano Community Centre and created educational programs in collaboration with the Fraser Health Authority at Surrey Memorial Hospital. With the additional support from Direct Access funding CIRPD was able to participate in a planning meeting with Interior Health in Kelowna to expand programming in the Interior of BC. The Institute has also opened new networks and developed a partnership in the Northern Health Authority, which contributed to new programming in Prince George as part of our **Chronic Disease Management Program for Arthritis**. After considerable research and planning, CIRPD has completely revised its website www.cirpd.org with more comprehensive resources for people with chronic pain.

This resource is being used by consumers, consumer organizations, and social service agencies in BC. This coming year we are working with partners on a number of projects including the development of web-streaming health programs in collaboration with Simon Fraser University and reviewing links to other health sites.

Chronic Disease Management Program for Arthritis

Given BC demographics the Ministry of Health and other stakeholders are concerned about BC's aging population and its social and economic impact. For this reason the Ministry is working in partnership with community-based organizations to address high impact chronic diseases. In BC 16% of the population over the age of 15 has been diagnosed with arthritis. Osteoarthritis (OA) is the most common form of arthritis and affects 1 out of 10 Canadians. It is estimated that the direct and indirect costs of the management of arthritis (much of it is OA) is over \$23 billion a year in Canada. From a public health perspective, OA is the single largest cause of long-term disability in Canada. People with OA may experience a reduction in their activities of daily living or function and without proper management this can lead to a significant reduction in quality of life. Rheumatoid Arthritis (RA) and Osteoarthritis (OA) are the leading causes of disability. OA alone will affect 25 percent of the elderly and disable at least 10 per cent.

The Arthritis Chronic Disease Management Strategy is a special strategic initiative in a partnership with The Arthritis Society BC and Yukon Division (TAS), the Arthritis Research Centre of Canada (ARC) and the BC Ministry of Health Services to create a systematic approach to improving healthcare for people with osteoarthritis and rheumatoid arthritis in BC. In May 2005, CIRPD - as a community-based consumer-driven organization - participated

in the Chronic Disease Management Strategy for Rheumatoid Arthritis presented by TAS and the BC Ministry of Health Services attending the BC Arthritis Summit. The summit focused on improving diagnosis and care for rheumatoid arthritis in BC through dialogue and collaboration, resulting in "Improving Chronic Disease Management: A Business Plan for improving Rheumatoid Arthritis Management in British Columbia."

As part of this initiative, CIRPD has been working with the ARC's Consumer Advisory Board to plan, implement and evaluate consumer-based educational programming. In October 2005, CIRPD held a public forum on Living Well With Arthritis in Prince George in collaboration with The Arthritis Society and the University of Northern British Columbia. Working with ARC's Consumer Advisory Board and SFU, CIRPD is currently planning a pilot educational program for consumers on Back Pain and has applied for additional funding from the United Way of the Lower Mainland. CIRPD as a leader in community-based planning is also working with researchers at ARC to plan focus groups with different stakeholders to identify barriers or enablers that could improve patient awareness and access to appropriate RA care. CIRPD is also member of the National Coalition for Active Living to keep abreast of other provincial and national initiatives to promote safe active living.

Prevention and Management of Whiplash-Associated Disorders

Planning is underway to hold CIRPD's 2nd World Congress on Whiplash-Associated Disorders and Neck Pain in late 2007 or early spring 2008 in Chicago. The conference will coincide with the release of the [Bone & Joint Task Force on Neck Pain](#). CIRPD is currently networking with government agencies, non-profit organizations, professional associations, and auto-related industries and organizations to create three major congress streams addressing Prevention, Diagnosis and Management and Case Management. We anticipate the Call for Papers to be released in February 2006.

CIRPD, Auto21, CIHR Training Award Partnership – Mitigation of Injuries and Disability Arising from Motor Vehicle Collisions (October 2004 CIHR Competition)

CIRPD is pleased to announce three winners of the 2004 CIRPD, Auto21, CIHR Training Program: (i) [E. Kent Gillin](#), Faculty of Health Sciences, University of Western Ontario. Research Project: *A virtual simulation of factors influencing older adults' line of sight during automobile driving*; (ii) **Diane Gregory**, Faculty of Applied Health Sciences, University of Waterloo. Research Project: *Examining the effects of prolonged standing on the lumbar spine and the potential for low back pain using an in vitro and in vivo approach*; (iii) **Nadine Dunk**, Faculty of Applied Health Sciences, University of Waterloo. Research Project: *Time varying changes in the lumbar spine from exposure to sedentary tasks and their effects on injury mechanisms and pain generation*.

CIRPD partnered with the Canadian Institute for the Health Research (CIHR) through CIHR's Health Research Partnership Fund in 2002 and 2003 to offer peer-reviewed training awards to cultivate and mentor new researchers concerned with mitigating disability through research concerned with injury prevention, enhanced diagnosis and management. In 2003 CIRPD extended this partnership with [Auto21 – Network Centre of Excellence](#) to specifically support graduate students working in the area of enhancing safety and mitigating injury through the advancement of auto-engineering and related medical and social sciences. The CIHR Health Research Partnership Program in 2005 has been renamed and is called the [Small Health Organization Partnership Program](#).

This past year has been tremendously successful thanks to the over 120 volunteers working with CIRPD and CIRPD project staff. We are all looking forward to the coming year activities which will put into action many of the planning and development activities which occurred in this past fiscal period ending June 30, 2005.