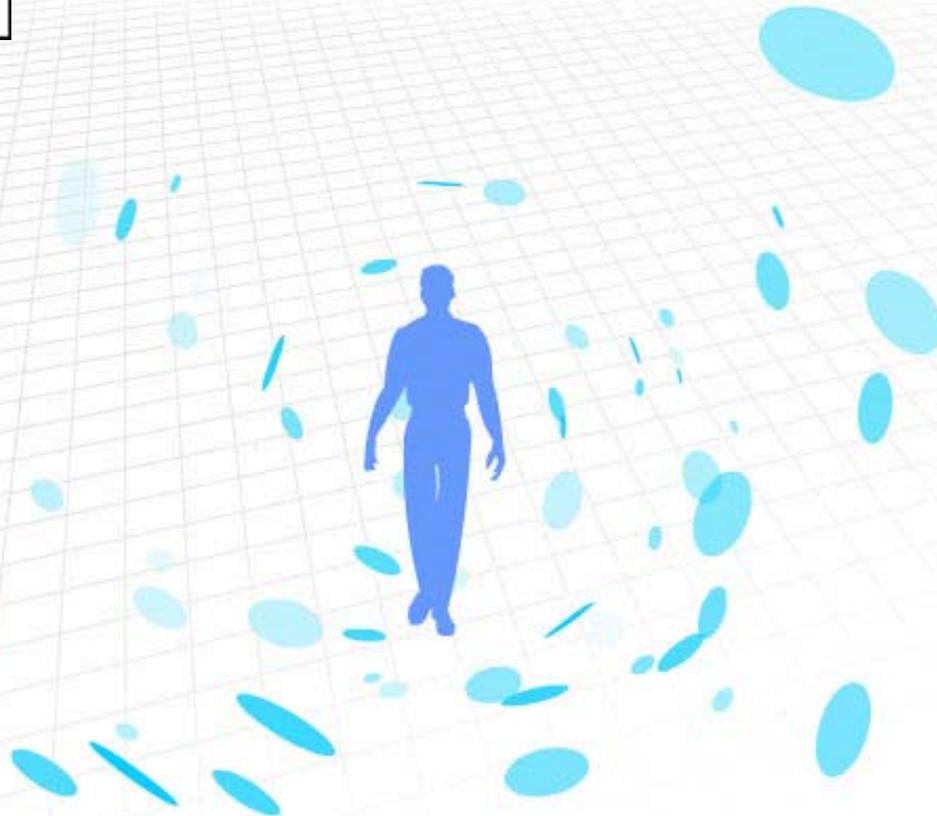




Canadian Institute for the Relief of Pain and Disability



Annual Report 2006



Meeting held June 30, 2006
at the Arthritis Research Centre of Canada
3rd Floor, 895 West 10th Avenue (10th Ave & Laurel)
Vancouver, BC V5Z 1L7

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Annual Report 2006

President's Report

Jack Richman MD



The Canadian Institute for the Relief of Pain and Disability is committed to the prevention and reduction of pain, pain-related suffering, and disability through the creation and dissemination of evidence-informed best practices.

The best way to address any problem, especially one resulting in pain, related pain suffering and disability is through prevention. To this end CIRPD's research training and awards focus has been on mitigating injuries from motor vehicle collisions. Neck pain and its associated disorders, whether arising from occupational injuries, motor vehicle collisions or recreational collisions, are major health concerns in the workplace and in society. It is estimated that neck pain disables 5% of the population and between 10% and 20% of the population experience persistent or chronic neck pain.

CIRPD continues to devote significant resources and attention to the burden of neck pain. To address this issue CIRPD is involved in 3 major projects:

- (i) **Graduate Training Awards** CIRPD created partnerships with the Canadian Institutes for Health Research and Auto21 to fund training awards for graduate students. Prior to this year the program was only eligible for doctoral training awards – this year, thanks to the long-term commitment and financial support of The Woodbridge Group, CIRPD expanded this program to include Masters' students. To view further information about these programs see: <http://www.cihr-irsc.gc.ca/e/31197.html>
- (ii) **Canada Science Fairs** CIRPD in partnership with the [The Woodbridge Group](#), [Yves Landry Foundation](#) and [Auto 21](#), continued their support for the newly created Automotive Division for the Canada Science Fairs. We are happy to congratulate all the young scientists who participated in the Automotive Division competitions and the 25 winners. Please view http://www.auto21.ca/news_science_fair_e.html. There were many award winning projects specifically focused on mitigating injuries including Automobile Wildlife Accident Prevention System; Safe Streets: Preventing Drunk Drivers; Pay Attention!; A Curve in the Road; Now You See Me, Now You Don't; and, Distractions and Reaction.
- (iii) **2nd World Congress in Neck Pain** January 20-22, 2008 in Los Angeles. We are pleased to announce that Dr. Matthew Liang has agreed to the Scientific Chair for the World Congress. Dr. Liang is Professor of Health Policy and Management at Harvard School of Public Health and Professor of Medicine at Harvard Medical School. We are also pleased that Dr. Adrian Lund has agreed to be the Chair for the Traffic Safety and Auto-Engineering Section of the Congress. Dr. Lund is the President of the Insurance Institute for Highway Safety (IIHS). IIHS is an independent, nonprofit, scientific and educational organization dedicated to reducing the losses — deaths, injuries, and

property damage — from crashes. IIHS is a lead research centre investigating the effectiveness of head restraints and creates rating guides to inform the public on the results of vehicle performance on other safety features. Clearly the best way to deal with whiplash-associated disorders is to prevent them. For information about the World Congress visit: www.neckpaincongress.org Deadline for Call for Papers and Posters eligible for Cash Prize Competition is June 18, 2007.

A major activity for CIRPD this past year was planning for the **Business Health – Employee Health: Creation, Retention and Renewal** Conference. The conference occurred in early in the next fiscal year. The conference would not have been possible without the partnership of Healthcare Benefit Trust, Labour-Management Partnership Program, and the Canadian Institutes for Health Research. Other sponsors included The Great West Life Assurance Company, Pacific Blue Cross, Manulife, Marsh Canada, Mercer Human Resource Consulting, WorkSafeBC, Insurance Corporation of BC and Yukon Workers' Compensation Health and Safety Board. In-kind organization sponsors included The Arthritis Research Centre of Canada, BC Government Employees Union, BC Society of Occupational Therapists, The Bone and Joint Decade, Canadian Association for Research in Work and Health, Canadian Association of Disability Management Coordinators, Canadian Association of Occupational Therapists, Canadian Association of Rehabilitation Professionals, Canadian Centre for Occupational Health and Safety, Canadian Chiropractic Association, Canadian Council of Human Resources Associations, Canadian Kinesiology Alliance, Canadian Memorial Chiropractic College, The Canadian Pain Society, Canadian Mental Health Association (British Columbia Division), Canadian Physiotherapy Association, Canadian Society of Medical Evaluators, Centre for the Study of Living Standards, Global Business And Economic Roundtable On Addiction And Mental Health, Human Resources Management Association, Human Resources Professionals of Ontario, Massage Therapists Association of British Columbia, National Spine Network, and the Physiotherapy Association of British Columbia.

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

Treasurer Report

Jason Yip



The Canadian Institute for the Relief of Pain and Disability relies on project funding for most of its operations. Thanks to the support of government and other project funders, CIRPD was able to make significant progress on a number of initiatives. Of particular note is sponsorship support for two projects under the Disability Prevention and Management Collaborative, the Business Health and Employee Health conference and the proposed Web-Portal project as well for the upcoming 2008 World Congress on Neck Pain and related activities.

This year CIRPD received less funding support from the BC Gaming Commission Direct Access Program. A reduction of \$25,000 has reduced our capacity to meet the growing demand for services in British Columbia. We are currently in the process of preparing next year's application seeking province-wide support to better meet demand in Northern and Interior Health communities.

Increases in revenue are counterbalanced by increases in project expenditures mostly related to hiring project staff to address project deliverables.

It has been a pleasure working with CIRPD.

Jason Yip is a senior associate working in the Audit and Assurance Group at PricewaterhouseCoopers, and will qualify as a Chartered Accountant in December 2006. He is currently working in the Mining Industry Practice, and has experience working on engagements under the Sarbanes-Oxley Act. Jason moved to Vancouver with his family at the age of eleven, and attended the University of British Columbia where he completed a Bachelor of Commerce degree in Accounting and Transportation & Logistics.

Executive Director's Report

Marc White PhD



Closing the gap between research and practice often require changes in individual and organizational behaviour. Research concerned with health care services, organizational change and health professional change has found that there are many different vehicles for implementing change. Change initiatives include quality assurance programs, practice guidelines, clinical audits, safety audits, continuing professional education, improvements in research, engagement of consumers/patients as stakeholders etc. However, many change initiatives produce only small changes in practice and rarely do they directly lead to improved patient health outcomes. Researchers investigating changing organization culture and behaviour realize that creating effective interventions requires the engagement of many stakeholders who have participated in a process of root cause analysis and have identified organizational factors as well as individual factors that can hinder or facilitate desired changes. It is also evident that significant changes in workplace culture require leadership commitment and champions.

This year CIRPD received significant in-kind and direct financial support from government, corporate and labour partners, and other community-based organizations to actualize many exciting projects. 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.

Disability Prevention and Management Collaborative - Creating Healthy, Safe and Productive Workplaces

The Disability Prevention and Management Collaborative (DPMC) mission is to facilitate the creation and use of evidence-informed best practices to improve business health and employee health. The recognition of the socio-economic burden of chronic disease, mental health, poor public health, work absenteeism and the need to improve workplace productivity are factors that have brought stakeholders together to work collaboratively to create and deliver knowledge, tools on best practices in disability prevention and management and related subjects such as mental health, depression and physical activity. Rather than attempting to deal with similar challenges alone, consumers, labour, management and academics are sharing research evidence, practical knowledge and experience to showcase excellent win-win DPMC policies and practices to create safe, productive, healthy workplaces.

CIRPD has brought together a large, diverse group of stakeholders from numerous sectors (consumers/patients, consumer organizations, academic and business leaders, labour / union representatives, BC Health Authorities, government professionals, occupational health and safety personnel, psychologists, disability management professionals, workplace wellness professionals, WorkSafeBC employees, physiotherapists, occupational therapists, human resources professionals, and employee assistance program workers). The stakeholders identified key challenges, activated committees, and created and delivered tools and direct services to address these challenges. This year the focus has been on preparation for the Business Health – Employee Conference held at UBC in July 2006 and planning for the DPMC Web-Portal.

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

Business health and employee health are inextricably linked. Factors contributing to workplace productivity and innovation also have an impact on disability prevention and successful disability management. The conference addressed two primary questions.

- What do we know about the relationship between business health and employee health?
- How can we translate this knowledge into training and best practices?

The conference faculty included consumers, business and labour leaders, academic researchers and occupational health and safety professionals sharing current research and best practices across sectors. Keynote speakers included Dr. Joe Leutzinger (Academy for Health and Productivity), Dr. Ben Amick III (University of Texas), Dr. Patrick Loisel (Sherbrooke University) and Dr. Renee-Louise Franche (Institute of Work and Health).

Further information about this conference can be found on our website: www.cirpd.org/dtf/conf2006 and the President's report (page 2).

DPMC Web-Portal

The DPMC Web-Portal mandate is to provide tools and resources to support knowledge transfer and implementation of best practices in workplace innovation, productivity in the context of disability prevention and management. The Web-Portal will provide easy access to evidence-informed, peer-reviewed research and summaries, implementation tools and resources providing all stakeholders with one-stop access to comprehensive, accurate and credible knowledge resources and implementation tools.

Thanks to donations from Microsoft Canada, Nintex, and Radiant Communications the project has moved from the planning phase to the development and implementation phases. The table below shows the main categories and topics being proposed for the web-portal.

| DPMC Web-Portal Topic List | |
|---|--|
| <p>Disability Management</p> <ul style="list-style-type: none"> • Case Management • Delivery Models • Long Term Disability • Outcome Measurements • Return to Work Interventions • Short Term Disability | <p>Labour Management Partnership</p> <ul style="list-style-type: none"> • Best Practices • Employer-Employee Relations • Employment Rights |
| <p>Healthy and Productivity</p> <ul style="list-style-type: none"> • Economic Analysis • Demographic/Societal Trends • Productivity Benchmarks • Health Policy Making | <p>Occupational Medicine</p> <ul style="list-style-type: none"> • Epidemiologic Trends • Evidence-based Rehabilitation • Functional Capacity Evaluation • Medical Communications • Occupational Injuries/Illnesses |
| <p>Human Resources Management</p> <ul style="list-style-type: none"> • Absence Management • Employee Assistance Programs • Employee Retention • Job Accommodation • Performance Appraisal | <p>Legislation</p> <ul style="list-style-type: none"> • Duty to Accommodate • Human Rights • Occupational Health & Safety • Privacy • Workers' Compensation Legislation |
| <p>Insurance and Compensation</p> <ul style="list-style-type: none"> • Claim Management • Disability Insurance • Risk Assessment • Workers' Compensation | <p>Wellness and Prevention</p> <ul style="list-style-type: none"> • Ergonomics • Organizational Culture • Organizational Wellness Audits • Work Life Balance • Workplace Health Promotion |

Community Education Programming in British Columbia

An important focus for CIRPD is the provision of credible educational resources and services for people living in British Columbia. CIRPD has created and maintains a directory of services for people with chronic pain which is available on our website. CIRPD partners with many organizations, health authorities, research centres and seniors' centres to identify educational needs and delivers programs to fulfill these needs. Program partners included Fraser Health Authority, Kitsilano Community Centre, Renfrew Community Centre, University of Northern British Columbia, Arthritis Research Centre of Canada and The Arthritis Society BC & Yukon Division). This year our BC Community Education Program Coordinator, Susan Lowe, continued to facilitate the delivery of programs in local communities.

Dr. Kenneth Craig gave two presentations on the topic of **Depression & Anxiety in People Living with Pain**. In one presentation Dr. Craig discussed the factors associated with resiliency and emotional health as well as non-pharmacological or behavioural treatment options and their cost effectiveness. In the other presentation he summarized current research on the potential for mood, worry or social problems that complicate the lives of people with chronic pain. The presentations took place at Surrey Memorial Hospital and the Kitsilano Community Centre. **Fibromyalgia: Learn to Recover and Thrive** was presented by Dr. Teresa Clarke at Surrey Memorial Hospital. Dr. Clarke presented her integrated bio-psycho-social model for helping fibromyalgia patients learn how to support their recovery from this complex chronic pain condition with non-pharmacological approaches. **Improving Your Quality of Sleep** was presented by Dr. Jonathan Fleming at the Kitsilano Community Centre. A second presentation at the Renfrew Park Community Centre focused on older adults. Dr. Fleming summarized recent research on how to improve quality of sleep. Dr. Kenneth Blocka delivered a health forum on **Living Well with Arthritis – Ask the Expert** in Prince George. **Osteoporotic Compression Fractures: Risk Factors** was presented by Dr. Maziar Badii. Dr. Badii provided an update on what is known about osteoporosis and the risk of vertebral compression fractures and discussed surgical procedures including vertebroplasty that have demonstrated success in patient treatment. **Regaining Function in the Face of Chronic Pain** was presented at the Kitsilano Community Centre. Neil Pearson provided current scientific research on chronic pain, the nervous system and techniques to apply to regain function. Drs. Merv Gilbert and Tony LePage delivered a forum at Kitsilano Community Centre on **Depression and Work: Monday Morning Coming Down**. They spoke on mental health difficulties as a major concern for employers and society as well as consumers and their families. Promising practices in prevention, identification and management of depression in the workplace were offered.

Planning took place over more than a year for the community based arthritis education program entitled **Roundtable On Arthritis Research** which was held on Saturday, September 30, 2006. This program was planned in partnership with the Arthritis Research Centre and its Consumer Advisory Board and The Arthritis Society. CIRPD has noted a substantial increase in interest among seniors and seniors' centres regarding these programs.

The website continues to update and provide new resources and tools for consumers with chronic pain conditions. These programs could not take place without the funding support CIRPD receives from BC Government Direct Access Programs and the many hours of volunteer and staff support of community partners. Community partners provide facilities, support marketing and

promotion and assist with program planning, implementation and evaluation. The new Web-Portal we are developing is specifically creating public access knowledge and resources to support ActiveBC. ActiveBC is an initiative of the BC Government to promote healthy living and working. For a complete list of programs and resources CIRPD offers please visit our website.

World Congress on Neck Pain

Planning for the World Congress on Neck Pain and the rapid dissemination of the findings of the latest evidence-based synthesis on neck pain (to be released Summer/Fall 2007) is underway. The main congress will take place January 20-22, 2008 in Los Angeles, California. In addition to the main congress, planning is underway for pre and post congress workshops. We anticipate over 35 professional organization partners to kick off our Call for Scientific Papers and Posters and participate in the dissemination process.

- Deadline for abstract submission eligible for Cash Prizes - June 18th, 2007
- Deadline for late breaking abstracts - August 13th, 2007

Congress Themes are Injury Prevention (traffic safety and auto-engineering, occupational health and safety, public health initiatives); Biomechanics of Injury; Incidence and Risk; Diagnosis and Treatment; Adverse Effects and Complications; Prognosis; and Policy and Regulation.

Neck pain and its associated disorders, including headache and radiating pain into the arm and back, are major health concerns in society. It is estimated that neck pain disables 5% of the population and between 10% and 20% of the population experience persistent or chronic neck pain. Whether neck pain arises from occupational injuries, motor vehicle collisions or recreational activities the socio-economic burden of neck pain is a major population health concern. Given the staggering socio-economic burden of neck pain and whiplash, CIRPD continues to focus its external research activities on injury prevention (see President's Report). Clearly the best way to deal with neck pain is to prevent it.

Value of Human Resources

CIRPD is primarily a volunteer based organization and we would like to thank the many volunteers who have contributed to the success of CIRPD projects in 2005/06. The Disability Prevention and Management Collaborative members identified high priority information needs areas and created several very active committees moving these priorities into action. Special thanks to Dr. Allon Reddoch for his participation as Scientific Chair for the DPMC and Business Health-Employee Health Conference and members of the Organizing Committee - Cathy Rambarran (Chair), Ken Hemphill, Ruth Johnston, Bill Dyer, Lori King, Jane Petruniak, Peter Drzymala. Thanks to the members of the E-Comm and Web-Portal Committee, key topic areas and a nomenclature were created for the web-portal. Committee members include Lori King (Chair), Maria King, Cathy Rambarran, Jane Petruniak, Bill Dyer, Ruth Johnston and Allon Reddoch. In addition, special thanks go to the following Collaborative members for their time and contributions: Roz Kennedy, Anita Gill, Catherine Fast, Judy Denham, Henry Harder, Otto Kamensek, Rick Lane, Trudy Langthorne, Tony LePage, Merv Gilbert, Geraldine Milligan, Laurel Mansfield, Bill Meechan, Vincent Russell, Kathy Taberner, Nina Demelis, and Gerry

Smith. It is only through the in-kind and financial contribution of our over 100 Collaborative members and their organizations that we have been able to be successful with these endeavors.

CIRPD would also like to thank volunteers who helped to input data on the practice patterns survey for massage therapists. The data will be analysed in the near future and the results will be published. I would also like to thank Dr. David Ewert for his longtime service on CIRPD's Board of Directors from May 1999 to February 2006.

CIPRD has small, but dedicated staff that coordinates and supports the various projects of the organization.

Nan Bai, our information service project coordinator and librarian, has spent many hours working with the KnowledgeCentrix, our contracted IT company, in developing the infrastructure for the Web-Portal. Nan is currently focusing on identifying gold sites around the world committed to the provision of evidence-based resources. Nan will be working in the new year with information resource personnel from participating organizations to continue content selection, review and development. A beta version of the site is expected to be available in the Spring of 2007.

Valerie Levitt was the conference secretariat for the Business Health Employee Health Conference and as such was involved in all aspects of the logistics of this project. Thanks go to Valerie for the superb organization of this event and for her success in securing professional and organizational sponsors. Valerie is currently working on the World Congress on Neck Pain as well as assisting with database management in the office.

Carys Jones our administrative assistant kept us all on track with her outstanding organizational skills. Carys mastered our internal membership database and has trained other staff members in its use. Carys was the external link to our organization addressing consumer inquiries and providing information about chronic pain services. We all enjoyed the added bonus of her wonderful sense of humour.

Mehmet Ali Vural is our IT manager and outstanding web designer. He updated the CIRPD website and created a website for the Business Health-Employee Health Conference. Mehmet programmed the shell for the WebCT Low Back Pain E-Learning Course for Massage Therapists and solved the technical issues that students had with the course. Mehmet designs and produces all of our visual promotional materials from e-mail through to print posters. Mehmet is learning SharePoint programming which will involve all aspects of web-communication (web-subscription), web-development, intranet development, positive exploitation of SharePoint features for internal and external purposes

Susan Lowe, Manager of Health Promotion coordinated and participated in the engagement of key stakeholders/leadership for the Disability Prevention and Management Collaborative and assisted in identifying high priority information needs of stakeholders. Susan worked with key committee members and continues to be responsible for project development and coordination. This includes oversight on strategic planning, timelines, creation and implementation of metrics for success, and individual communication with DPMC members. Susan also coordinated the delivery of public health forums related to chronic pain management. Nine forums were held in

2005/06 in the lower mainland and in Kelowna. Susan will work to increase offerings to the public of evidence-based information related to chronic pain.

Sheila Kerr, Director of Health Professional Education, was focused on the development and implementation of educational materials for health professionals. In this capacity Sheila has been working with Marc White on planning for the World Congress on Neck Pain and related dissemination projects. Sheila co-developed, coordinated and facilitated an Evidence based Low Back Pain E-learning module for the Massage Therapy Association of BC (MTABC) hosted by the University of Northern British Columbia. The program was delivered through UNBC and forty-nine students successfully completed the course last year. Sheila developed evidence-based educational brochures for the MTABC, assisted in the background development of research projects on practice patterns of massage therapists, and a project assessing the perceived value of using validated outcome measures in massage therapy practices. Sheila is the Acting Director of CIRPD when Marc. White is away in the United States as part of his research fellowship at Harvard Medical School.

Marc White PhD is the Executive Director and Co-Founder of the Canadian Institute for the Relief of Pain and Disability. Marc is a Research Fellow in Medicine at Brigham and Women's Hospital and Harvard Medical School, and Clinical Assistant Professor with the Department of Family Practice at the University of British Columbia.