



# ECHO "North" Chronic Pain & Opioid Stewardship

May 1, 2019 - Mar. 11, 2020  
3:00 - 4:30 pm ET

Evening module: 7:00 - 8:30 pm  
May 29, June 5, June 12

To Register:  
[echo.sicg.net](http://echo.sicg.net)  
(807) 624-3400 x. 3339  
[sjcgecho@tbh.net](mailto:sjcgecho@tbh.net)

Join from anywhere  
online or by phone!



## 40 ECHO sessions in 12 Chronic Pain modules

### Evening modules (7:00 - 8:30 pm ET)

**Weaning Benzodiazepines; Buprenorphine; & Medical Cannabis** (May 29, June 5, June 12)

**Arthritis & Rheumatic Diseases:** *Newest evidence and best practice for diagnosing & treating the number one complaint in the arthritis population, persistent pain.* (4 evenings TBA, Oct.-Jan)

### Afternoon modules (Wednesdays, 3:00 - 4:30 pm ET)

**Chronic Pain 101:** *Pain education improves outcomes - a holistic approach to chronic pain management, including surgical & paediatric transition populations.*

**Chronic Back Pain:** *A fresh & evidence based approach to all facets of primary care's most common presenting pain.*

**Chronic Pelvic & Abdominal Pain:** *Exploring key pain generators in women & men, from the viscera to the abdominal wall.*

**Headaches & Craniofacial Pain:** *Difficult migraines, atypical craniofacial pain, myofascial headache, nutritional management.*

**Chronic Pain & Mental Health:** *Influences of trauma; client motivation; drug & alcohol use on chronic pain outcomes.*

**Chronic Pain & Sleep:** *Insomnia treatment; medical/pharmacological considerations*

**Chronic Pain as we Age (Geriatric focus):** *Physiological changes & assessment; communication challenges; polypharmacy & deprescribing.*

**Chronic Neuropathic & Nociceptive Pain:** *Key pharmacological & interprofessional approaches to nerve pain in your practice.*

**Chronic Pain & Indigenous Health:** *Prevalence, co-morbidities; traditional healing; remote communities*

**Chronic Pain & Diabetes:** *Diabetic peripheral neuropathy, diabetic wound; diabetic arthropathy, arthralgia; interprofessional tips & tricks.*



*Project ECHO Chronic Pain & Opioid Stewardship - SJCG/TOH is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. | This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 1.5 Mainpro+ credits.*