



## Heal the pain, comfort the patient: Navigating through the diagnosis, treatment and management of neuropathic pain

PANELISTS

**Dr. Amy Alexander • Dr. Caroline Kargel • Dr. Gregory Hariton**

WITH

**Dr. Javed Alloo • Dr. Melissa Holowaty • Dr. Stephanie Zhou • Dr. Peter Selby**



Ontario College of  
Family Physicians

**Practising  
Well**  
Share.  
Inspire.  
Connect.

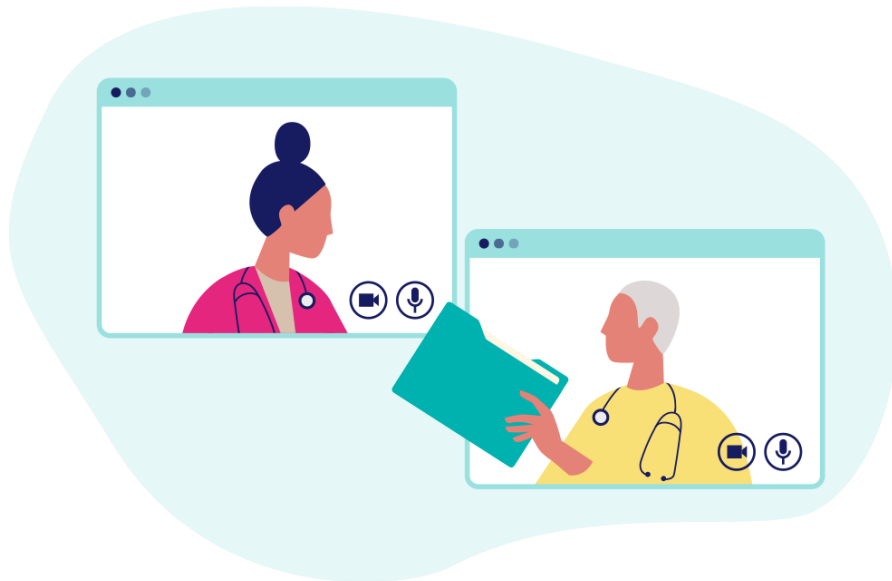


Family & Community Medicine  
UNIVERSITY OF TORONTO

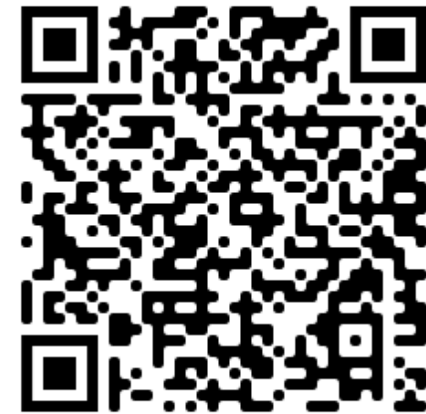
After today's CoP session, continue your learning with:

# Peer Connect

An opportunity to partner with another family physician, one-to-one or in a small group, for support as you explore clinical complexity and increase your confidence caring for patients with mental health challenges, substance use, and chronic pain. A focus can be on your well-being as you engage in this challenging work.



**Connect Now!**



**Contact us!**

[practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca)

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>



## We acknowledge that the lands

on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to the internet and the opportunities it brings.

The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.



First Nations Health Authority  
Health through wellness

<https://www.fnha.ca/about/news-and-events/news/pain-pain-killers-and-indigenous-peoples-choose-the-right-medicine-for-you-in-partnership-with-your-physician>

## Pain, Pain Killers and Indigenous Peoples: Choose the right medicine for you in partnership with your physician

Aug 23, 2018

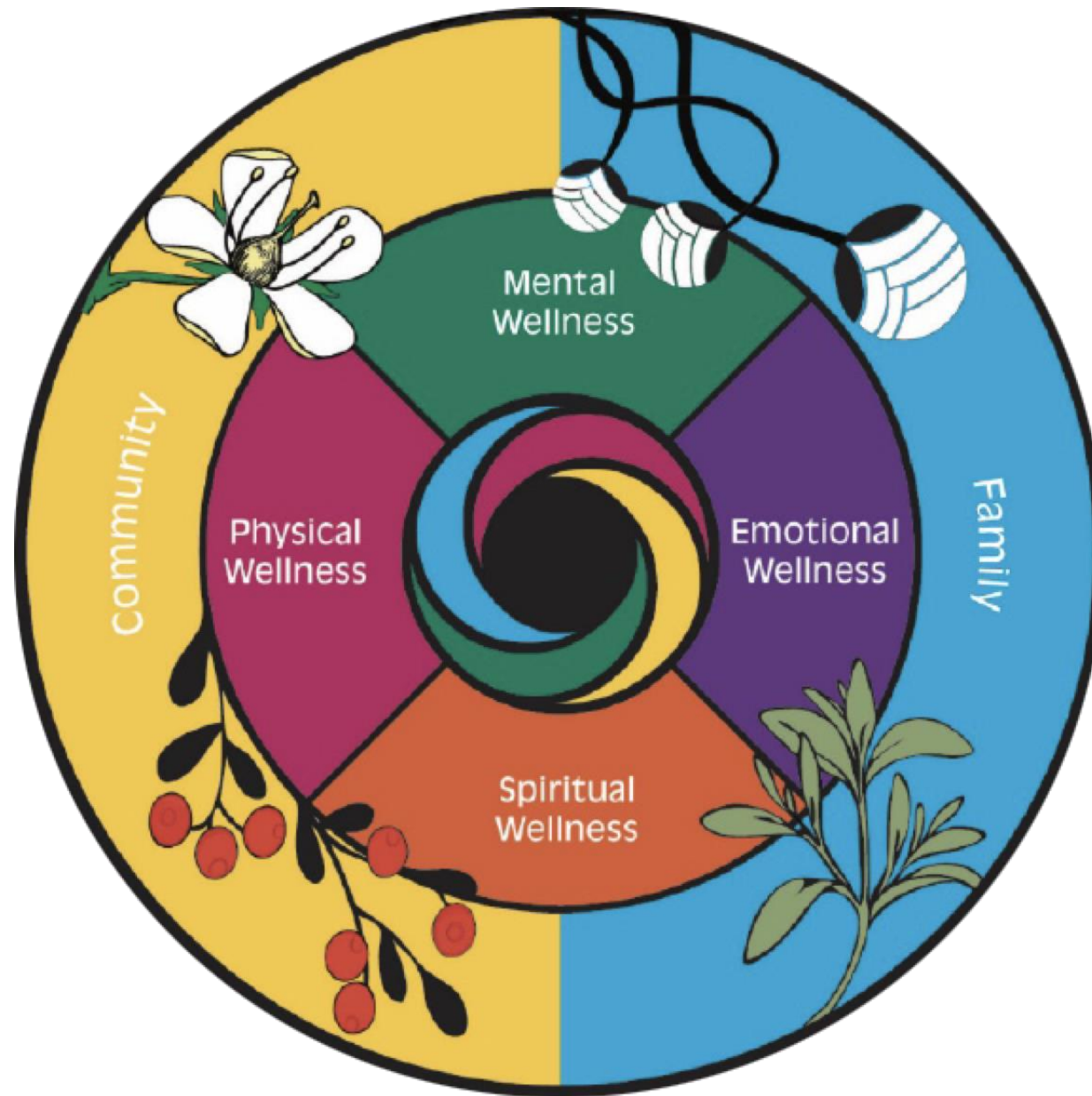
*A message from Dr. Sean Wachtel, FNHA Medical Officer*



Pain is a part of life – we all experience it at some point, and it comes in many forms. There's physical pain, such as after an operation; emotional pain, such as after a relationship breakup; and spiritual pain, such as that experienced by many Indigenous peoples due to the destruction of Indigenous families and culture by colonization and genocide. At the FNHA, we believe in a holistic approach to health that includes the prevention, treatment and management of *all* forms of pain for all Indigenous peoples in BC. We strive to promote and live out the **First Nations Perspective on Health and Wellness** passed down from our Elders and traditional healers.

# Medicine Wheel

First Nations, Inuit  
and Metis Wellness  
ECHO at CAMH



# Your Panelists: Disclosures



## Dr. Gregory Hariton

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker



## Dr. Amy Alexander

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker



## Dr. Caroline Kargel

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker
- Abbvie – Honoraria for headache talk in March 2021

# Disclosures

## Dr. Melissa Holowaty @MnHolowaty

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – SPC member, Implementation Group co-chair, CoP Speaker
- OMA – Board Director
- CFPC – Chair, MIG Addiction Medicine
- ECHO Liver, META:PHI – Advisory Board Member
- Stonehenge Treatment Community, Allergan, Abbvie – Speaker

## Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member

# Disclosures

## Dr. Peter Selby @drpselby

Relationships with financial sponsors (including honoraria):

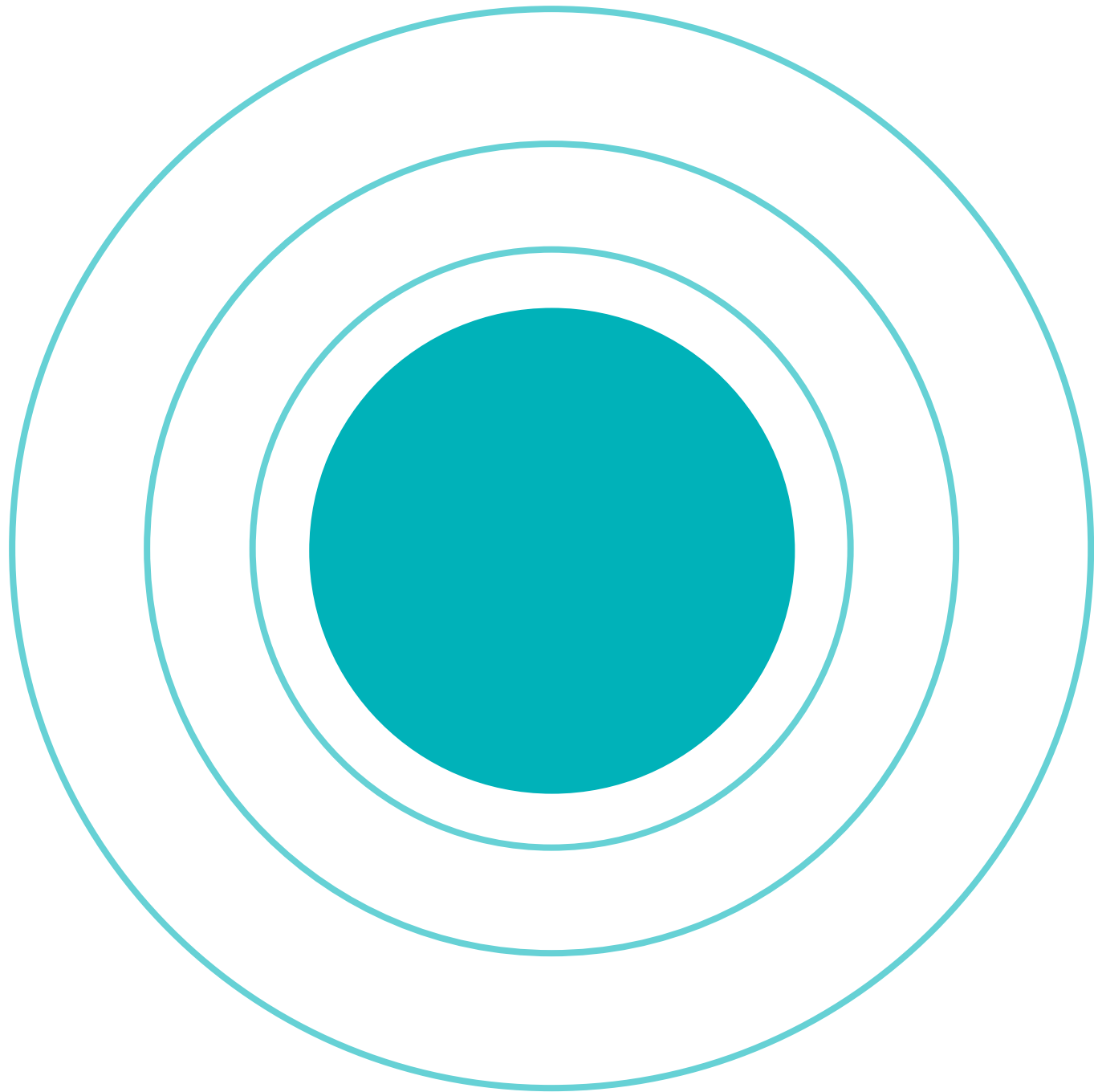
- York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada – Honoraria
- CCSA, Cancer Care Ontario, ECHO Ontario, MOHLTC, CAMH Medical Advisory Committee, Dalla Lana U of T Youth Vaping Cessation – Advisory Board or Advisory Committee Member
- CIHR, Health Canada, Canadian Cancer Society Research Institute, Medical Psychiatry Alliance, MOHLTC, Canadian Partnership Against Cancer, Ontario Neurotrauma Foundation, Patient-Centered Outcomes Research Institute, CAMH, Public Health Agency of Canada – Grants and Clinical Trials
- Pfizer Inc, Johnson & Johnson, Novartis - Vendors of record for providing smoking cessation pharmacotherapy through an open tender process, free or discounted, for research studies in which PS is the principal investigator or co-investigator.
- Ontario College of Family Physicians – Practising Well

## Dr. Javed Alloo @javedaloo

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians, Ontario Medical Association, Centre for Effective Practice, Centre for Addictions and Mental Health, Trillium Hospitals, Memotext, Canadian Partnership Against Cancer – Honoraria, Consulting, Employed
- Canada: Novo Nordisk, Boehringer Ingelheim, Lupin, Astra Zeneca – Advisory Boards
- CIHR, U of T – Research Grants







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You raised important questions we'll try work through together today:

1. How can we manage patient expectations around medication and pain relief?
2. What are some effective treatments, both pharmacological and non-pharmacologic?
3. What are some resources I can share with my patients to help with their pain management?

And other questions you add in the Q&A box... 

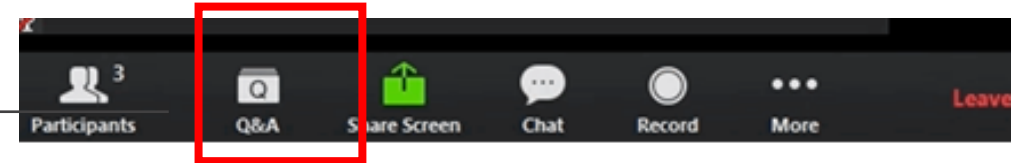
# How to Participate



## Q&A

Use the Q&A window to ask questions to the panelists; some questions will be answered verbally and some answers will be written directly in the Q&A window.

Click “thumbs up” to up-vote questions you see on the list, to make sure they’re answered



Q&A

All questions (1)

My questions

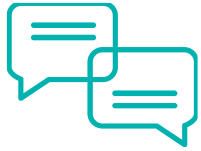
Lee 01:54 PM

Will there be a follow-up session?



Comment

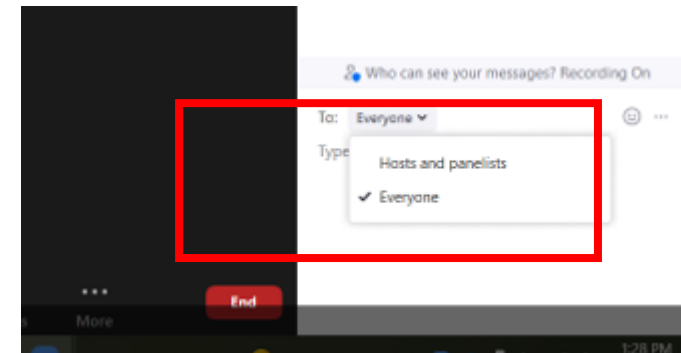
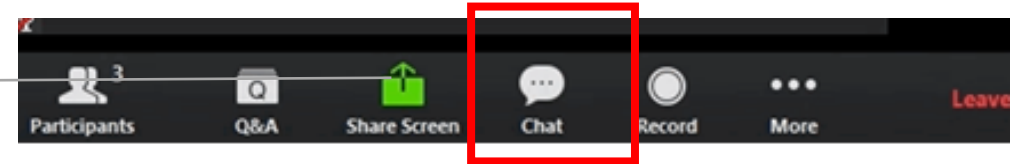
# How to Participate



## Chat

Use the chat to share reflections or resources.

To send your message to everyone on the call today, make sure to select **“everyone”** from the dropdown menu.



Please introduce yourself in the chat!

Your name,  
Your community,  
Your twitter handle



@OntarioCollege  
#PractisingWell



The first week of November is [National Pain Awareness Week](#)

**1 in 5**

~ 8 million

Canadians live with Chronic Pain



**> 1 in 3**

of those with Chronic Pain, have Neuropathic symptoms



**➔ 2x**

of those with Chronic Pain experience Depression or Anxiety



<https://www.frontiersin.org/articles/10.3389/fpain.2020.00001/full>

<https://academic.oup.com/painmedicine/article/10/3/586/1930948>

<https://www.hindawi.com/journals/prm/2016/9815750/>

[https://www.researchgate.net/publication/6650645\\_Prevalence\\_and\\_Determinants\\_of\\_Pain\\_and\\_Pain-Related\\_Disability\\_in\\_Urban\\_and\\_Rural\\_Settings\\_in\\_Southeastern\\_Ontario](https://www.researchgate.net/publication/6650645_Prevalence_and_Determinants_of_Pain_and_Pain-Related_Disability_in_Urban_and_Rural_Settings_in_Southeastern_Ontario)

<https://www.canada.ca/en/health-canada/news/2022/11/message-from-the-minister-of-health-and-minister-of-mental-health-and-addictions-and-associate-minister-of-health-on-national-pain-awareness-week.html>

# Your Panelists



**Dr. Greg Hariton**

Burlington, ON



**Dr. Amy Alexander**

Oakville, ON



**Dr. Caroline Kargel**

Barrie, ON



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# DN4 – QUESTIONNAIRE

To estimate the probability of neuropathic pain, please answer yes or no for each item of the following four questions.

## INTERVIEW OF THE PATIENT

### QUESTION 1:

Does the pain have one or more of the following characteristics? YES NO

Burning .....  YES  NO

Painful cold .....  YES  NO

Electric shocks .....  YES  NO

### QUESTION 2:

Is the pain associated with one or more of the following symptoms in the same area? YES NO

Tingling .....  YES  NO

Pins and needles .....  YES  NO

Numbness .....  YES  NO

Itching .....  YES  NO

## EXAMINATION OF THE PATIENT

### QUESTION 3:

Is the pain located in an area where the physical examination may reveal one or more of the following characteristics? YES NO

Hypoesthesia to touch .....  YES  NO

Hypoesthesia to pinprick .....  YES  NO

### QUESTION 4:

In the painful area, can the pain be caused or increased by: YES NO

Brushing? .....  YES  NO

YES = 1 point  
NO = 0 points

Patient's Score: /10

## The S-LANSS Pain Score

1.	In the area where you have pain, do you also have "pins and needles", tingling or prickling sensations?	
	<input type="checkbox"/> NO – I don't get these sensations	0
	<input type="checkbox"/> YES – I get these sensations	5
2.	Does the painful area change colour (perhaps look mottled or more red) when the pain is particularly bad?	
	<input type="checkbox"/> NO – The pain does not affect the colour of my skin	0
	<input type="checkbox"/> YES – I have noticed that the pain does make my skin look different from normal.	5
3.	Does your pain make the affected skin abnormally sensitive to touch? Getting unpleasant sensations or pain when lightly stroking the skin might describe this.	
	<input type="checkbox"/> NO – The pain does not make my skin abnormally sensitive to touch.	0
	<input type="checkbox"/> YES – My skin in that area is particularly sensitive to touch.	3
4.	Does your pain come on suddenly and in bursts for no apparent reason when you are completely still? Words like "electric shocks", jumping and bursting might describe this.	
	<input type="checkbox"/> NO – My pain doesn't really feel like this.	0
	<input type="checkbox"/> YES – I get these sensations often.	2
5.	In the area where you have pain, does your skin feel unusually hot like a burning pain?	
	<input type="checkbox"/> NO – I don't have burning pain	0
	<input type="checkbox"/> YES – I get burning pain often	1
6.	Gently rub the painful area with your index finger and then rub a non-painful area (for example, an area of skin further away or on the opposite side from the painful area). How does this rubbing feel in the painful area?	
	<input type="checkbox"/> The painful area feels no different from the non-painful area	0
	<input type="checkbox"/> I feel discomfort, like pins and needles, tingling or burning in the painful area that is different from the non-painful area.	5
7.	Gently press on the painful area with your finger tip and then gently press in the same way onto a non-painful area (the same non-painful area that you chose in the last question). How does this feel in the painful area?	
	<input type="checkbox"/> The painful area does not feel different from the non-painful area.	0
	<input type="checkbox"/> I feel numbness or tenderness in the painful area that is different from the non-painful area.	3
<b>Total score:</b>		

Scoring a score of 12 or more suggests pain of predominantly neuropathic origin





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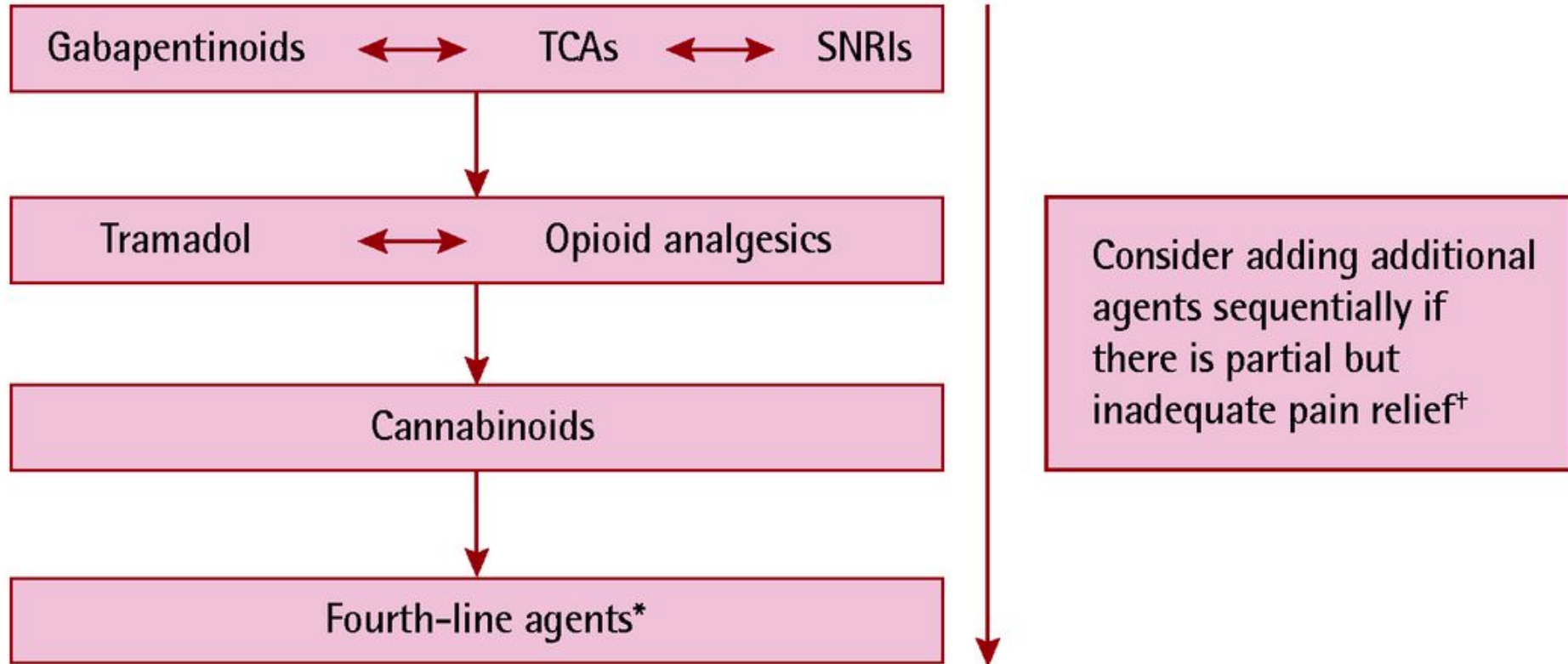
Oakville, ON



**Dr. Caroline Kargel**

Barrie, ON

**Figure 1.** Algorithm for the pharmacologic management of neuropathic pain



SNRI—serotonin-norepinephrine reuptake inhibitor, TCA—tricyclic antidepressant.

\*Fourth-line agents include topical lidocaine (second-line for postherpetic neuralgia), methadone, lamotrigine, lacosamide, tapentadol, and botulinum toxin.

†There is limited randomized controlled trial evidence to support add-on combination therapy.

Adapted from Moulin et al.<sup>7</sup>

# Resources

# Tools



Links to resources shared today will be sent to participants following the session.

Resources

## For You

Ontario Health Chronic Pain Quality Standard

<https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-quality-standard-en.pdf>

PEER Simplified Chronic Pain Guideline

<https://www.cfp.ca/content/68/3/179>

Chronic Non-Cancer Pain (CEP)

<https://cep.health/clinical-products/chronic-non-cancer-pain/>

Optimizing Care Using a Trauma Informed Approach

<https://www.practicalpainmanagement.com/treatments/psychological/optimizing-care-using-trauma-informed-approach>

Pharmacologic Management of Chronic Neuropathic Pain

<https://www.cfp.ca/content/cfp/63/11/844.full.pdf>

Resources

## For You - Screening

DN4 Questionnaire

[https://aci.health.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0014/212900/DN4\\_Assessment\\_Tool.pdf](https://aci.health.nsw.gov.au/__data/assets/pdf_file/0014/212900/DN4_Assessment_Tool.pdf)

The S-LANSS Pain Score

<https://bpac.org.nz/BPJ/2016/May/docs/s-lanss.pdf>

Resources

## For Your Patients

Tame the Beast

<https://www.tamethebeast.org/#tame-the-beast>

Resources

## Videos

Nociceptive, neuropathic and nociplastic pain by Andrea Furlan MD PhD

<https://www.youtube.com/watch?v=bNdxG5cYW0E>

Neuropathic Pain, Post-herpetic neuralgia, Sciatica, and nerve pain

<https://www.youtube.com/watch?v=oa53SDg3fn0>

Why Things Hurt - Dr. Lorimer Moseley Ted Talk

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Resources

# Education

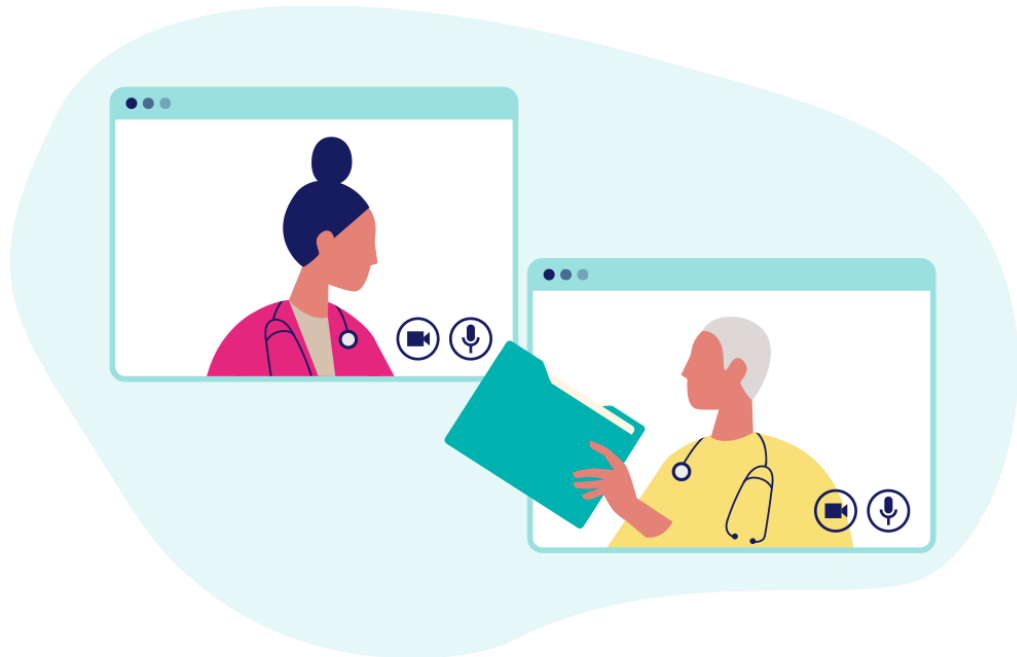


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<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>

# Meet our Peer Guides with an interest in chronic pain

Connect with a Practising Well Peer Guide for more individualized educational support.



Dr. Gregory Hariton

Connect Now!



Dr. Bryan MacLeod

Connect Now!



Dr. Caroline Kargel

Connect Now!



Dr. Paul Hoogeveen

Connect Now!



Contact us!  
[practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca)



<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>

# Continue your learning journey on chronic pain



ECHO Chronic Pain & Opioid Stewardship (UHN)  
<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/information-exchange/practising-well-partner-programs/echo-ontario-chronic-pain-and-opioid-stewardship>

Project ECHO: St. Joseph's Care Group – Chronic Pain & Opioid Stewardship  
<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/information-exchange/practising-well-partner-programs/project-echo-st.-joseph-s-care-group-chronic-pain-opioid-stewardship>



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<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/information-exchange/practising-well-partner-programs>



Fully- virtual, including two live-streamed days:  
**January 27 and January 28, 2023**

**Registration is now open**

Join us as we discuss important topics from **culturally inclusive care** to the anticipated **impacts of an ageing family physician workforce**.

### **What to expect:**

- Keynotes, talks and panel discussions from **thought leaders** and **clinical experts** on the topics that matter most.
- A unique learning experience with the flexibility to **join live or learn later**, with conference content available until July 31, 2023.
- An opportunity to earn up to **40 Mainpro+ credits**.



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keynote speakers  
include:**

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**Lieutenant-General (ret)  
The Honourable Roméo  
Dallaire**

**Global humanitarian, PTSD  
and mental health advocate**

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**Dr. Arika Lafontaine**

**President, Canadian Medical  
Association**

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**Dr. Robert Varnam**

**Leadership coach and  
ex-national director Primary  
Care Improvement,  
NHS England**

Resources

# Supports



Links to resources shared today will be sent to participants following the session.

Resources

# Supports



OMA Physician Health Program

<https://php.oma.org>

Centre for Addiction and Mental Health  
Health Care Provider (HCP) Resource Site

<http://www.camh.ca/covid19hcw>

CMA Wellness Hub

<https://www.cma.ca/physician-wellness-hub>



- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC

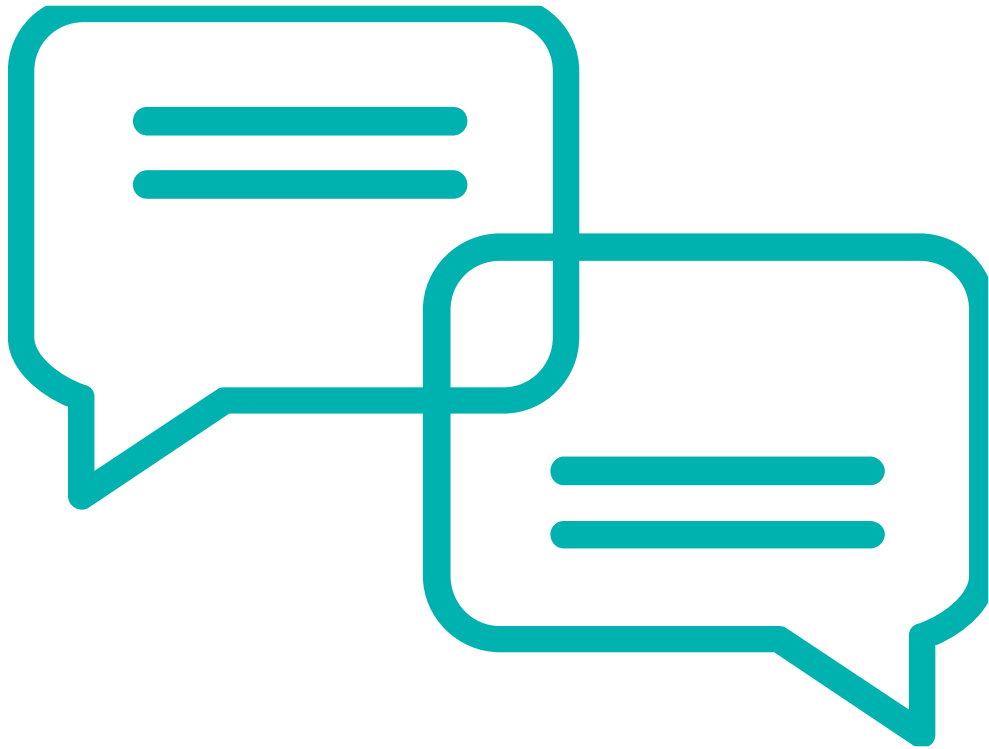


- <https://www.ontario.ca/#support-health-care-worker>
  - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)



- ECHO Coping with COVID
    - for health providers (educational credits)
    - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>

Support for you and those you care about.



One thing you might do differently...

when helping a patient manage neuropathic pain?

# Upcoming Community of Practice

## Addressing overwhelm: How to set boundaries and prioritize self over practice

with Drs. Patricia Rockman, Sue Shepherd and Shira Taylor

**December 14, 2022**  
**8:00am – 9:00am**

[Register Now](#)

[practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca)



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 24 credits.