



## Dr. Celeste Johnston Reports from Moose Jaw, Saskatchewan and Halifax, Nova Scotia

### November 4 to 5: Building the Momentum, Pain the 5<sup>th</sup> Vital Sign Conference

In Moose Jaw, the Deputy Minister of Health spoke at the reception the night before the Building the Momentum, Pain the 5<sup>th</sup> Vital Sign Conference and he showed quite an interest in pain, so, I think that folks in Saskatchewan should see a change sooner than later.

I spoke to the Saskatchewan Nurses Association on the role of the nurse in pain assessment and management. About 160 were present from all over the province. They are doing some great work there. There was a recent report called Patient First and following that, they are forming a multidisciplinary pain task force.

CPC was front and center at that meeting, thanks mostly to the work of Anna Power-Horlick. She is a member of the CPS Nursing Special Interest Group and is really promoting CPC to her patients and encouraging other nurses to do the same.

### November 6: Halifax Pain Service at QEII Hospitals

In Halifax, the Pain Service at the QEII hospitals was featured in the gala fundraiser with over 900 people in attendance!!! Helen Tupper, CPC Advisory Board, was in several video clips as was Terry Bremner of Action Atlantic and other patients. Mary Lynch, President of the Canadian Pain Society, gave an awesome and inspiring talk.

## Janice Sumpton Reports from London, Ontario

### November 2: Rogers Daytime London Cable 13 and Carlton University Interview

I was interviewed live on Rogers Daytime show and asked questions about the CPC, NPAW, and events taking place around the London area. The show aired again at 4:00 p.m. and 11:00 p.m. later that day.

I gave a 40 minute interview with a Carlton University journalism student writing a paper. He asked many excellent questions including what the barriers to pain are, how I thought the best method to increase awareness, etc. Some of the research papers go on to be published.

## November 5: Brainworks Presentation Entitled,

### Easing Chronic Pain: Medical, Legal and Psychological Perspectives...Suffering is Optional!

On behalf of the CPC, I attended an enlightening presentation that included guest speakers Dr. Dwight Moulin (medical perspective), Mr. Jim Mays, Lawyer (legal perspective), and Arden McGregor (psychological perspective). Following the presentations there was an opportunity for a question-and-answer period from the speakers, which provided more helpful expert information for those in attendance.



Janice Sumpton accepts a donation from Arden McGregor

At this point, Arden McGregor, the Executive Director of Brainworks, presented me, as a representative of CPC, with a generous donation to the CPC from Brainworks. I was then able to give an acceptance speech in which I thanked them for their generosity and provided the attendees with information about the CPC, the Pain Resource Centre (PRC), and *Pennies for Pain*. I invited anyone who had not visited the display table of CPC materials to please do so. I then fielded questions at the display table and encouraged people to check out the website and PRC.

Thank you to Brainworks for aligning their annual meeting with NPAW, hosting and organizing the breakfast seminar, and inviting the CPC as part of their event. CPC bookmarks were at every place setting, on each table, with a NPAW poster as the centre piece. Thank you to Brainworks for their generous donation to the CPC. The Brainworks website is [www.brainworksrehab.com](http://www.brainworksrehab.com).