

UTCSP eNews
March 15, 2002
Volume 3 Number 3

UTCSP Interfaculty Educational Opportunity in Pain next Week!

During the week of March 18-22, 2002 more than 550 students from six different health discipline programs at U of T will participate in *Pain: A Multidimensional Issue* a week-long interfaculty education program. The program will feature a number of innovative educational strategies, such as a common curriculum delivered to a mixed group of pre-clinical professional students and the use of standardized patients in unfolding case scenarios. Complete information can be found at the program web site <http://icarus.med.utoronto.ca/pain/index.htm>.

Many thanks to the organizing committee for their outstanding work and to the tireless efforts of the chair, Judy Watt-Watson! The members of the committee are Peter Pennefather, Martin Schreiber, Leila Lax, Lalitha Rman-Wilms, Judi Hunter, Jennifer Stinson, Eunice Gorman, Larry Librach, Doreen Cleave-Hogg, David Mock, Allan Gordon and Sandra Langlands. They have all worked above and beyond the call of duty.

PAIN IN THE MEDIA

Negative Thoughts Increase Pain Perception: Study

By Kathleen Doheny (reprinted from Reuters Health, March 7, 2002)

If you arrive at the dentist's office angry--or fearful or sad, for that matter--take a moment to get in a neutral state of mind. That way, the drilling, poking and prodding will seem to hurt less, according to a Canadian researcher who has studied how emotions modulate the pain experience.

"Negative emotions affected the perception of pain more than positive emotions in our experiment," said Quoc Viet Huynh Bao, a dental student at the University of Montreal, who will present his findings Saturday in San Diego at the annual meeting of the International Association for Dental Research.

In the study, Huynh Bao asked 26 men and women in their 20s and 30s to immerse one hand in hot water, at about 113 to 122 degrees Fahrenheit (45 to 50 degrees Celsius). The temperatures were individually adjusted so that each person could tolerate the water for a minute without too much pain, he told Reuters Health.

Next, the investigators used hypnotic suggestion to induce a range of emotions during each one-minute immersion: relaxation, depression, anger, fear, anticipation of relief, and satisfaction. As the hand was immersed, the researchers would induce emotion with statements such as "You feel angry" or "You want to escape, but cannot." Then the study participants reported how much pain they felt and how unpleasant it was.

Study participants felt the pain was more unpleasant when they were experiencing fear, depression or anger, Huynh Bao reported. "With positive emotions there was a reduction in pain, but it was not significant," he added.

Previous studies, he said, have found the opposite: that fear and anger, such as experienced by soldiers at war, reduce pain. But this study found the negative emotions worsened pain perception. "Negative emotion states make pain feel worse," he explained.

The more susceptible study participants were to hypnosis, the stronger emotions they felt and the more their emotions influenced their pain perception, Huynh Bao noted.

For dentists, he added, the message is to try to help their patients get into at least a neutral state of mind before beginning treatment. Patients who arrive at the dentist's office feeling negatively should take a few moments to relax, listen to a joke or take other measures to banish negative emotions, he suggested.

UPCOMING MEETINGS/SYMPOSIUMS/LECTURES/CONFERENCES:

MUPPUT – Multi-Professional Pain Group at the University of Toronto - 2002 Schedule:

April 25, 2002 – Dr. Alex Jadad, Rose Chair in Supportive Care, University of Toronto, UHN presents “**E-Health: Implications for Pain Management and Research**”

May 16, 2002 – Dr. Peter Keir & Dr. Anne Moore, School of Kinesiology and Health Science, York University present “**Repetitive Strain Injury**”

*MUPPUT meetings are held at **5:30 p.m. to 6:30 p.m.** in **Room 3227 Medical Sciences Building (please note room change)**, 1 King's College Circle, University of Toronto. If you plan to attend or for further information, please contact **Lucy Gagliese** at: lgagliese@torhosp.toronto.on.ca*

Wasser Pain Management Centre – Education Rounds

March 20, 2002 – Douglas Gourlay – “**Regulations around Methadone in Pain and Chemical Dependency**”

March 27, 2002 – Claudine Hattab-Blum – “**The Role of Physical Modalities in the Treatment of Chronic Pelvic Pain**”

*Wasser Education Rounds are held at **12:00 noon to 1:00 p.m.** in **Room 1163, Wasser Pain Management Centre, Mount Sinai Hospital, 600 University Avenue.***

Chronic Pelvic Pain: Pathogenic Mechanisms, Treatment Innovations & Implications

Presented by the National Institute of Child Health and Human Development

April 8-9, 2002

Lister Hill Center Auditorium

National Institutes of Health

Bethesda, Maryland

For further information, visit the website at:
http://www.nichd.nih.gov/cpr/rs/pelvicPain_workshop.htm

Treatment Resistant Pain Syndromes – A Case Study Approach

Sponsored by the Greater Philadelphia Pain Society
Philadelphia, PA

April 13, 2002

For further information, contact:

Great Philadelphia Pain Society

Tel: 215-886-7246

Fax: 215-886-8506

e-mail: johnbarb1@aol.com

The Program in Palliative Care Education and Practice

Sponsored by Harvard Medical School Department of Continuing Education
Boston, Massachusetts

April 23-30, 2002

For further information, contact:

HMS Centre for Palliative Care

Attention: Wendy Katz

Massachusetts General Hospital

Founders House 606, 55 Fruit Street

Boston, MA 02114

Tel: 617-724-9509

e-mail: pallcare@partners.org

or visit the website at: <http://www.hms.harvard.edu/cdi/pallcare>

American Society of Regional Anesthesia and Pain Medicine (ASRA) Annual Meeting

Sponsored by the ASRA

Chicago, Illinois

April 25-28, 2002

For further information, contact:

Dr. Patrick McQuillan or Dr. James Rathmell

P.O. Box 10086

Richmond, VA 23230

Tel: 804-282-0010

Fax: 804-282-0090

Or visit the website at: <http://www.asra.com>

New Perspectives on Chronic Pain

Sponsored by St. Joseph's Hospital Chronic Pain Management Program

Thunder Bay, Ontario

May 9 & 10, 2002

For further information, contact:

Marie Murray

Chronic Pain Program

St. Joseph's Hospital

P.O. Box 3251, 35N. Algoma Street

Thunder Bay, Ontario P7B 5G7

Tel: 807-346-2334

Fax: 807-344-0289

e-mail: murraym@tbh.net

Back to the Future: 2002 Conference of the Canadian Pain Society (IASP Chapter)

Winnipeg, Manitoba

May 23-25

For further information, contact:

Sherry Franklin

Secretariat

Canadian Pain Society

50 Driveway

Ottawa, Ontario K2P 1E2

Tel: 613-234-0812

Fax: 613-234-9894

e-mail: sfranklin@can-nurses.ca

or visit the website at: <http://www.canadianpainsociety.ca>

GRANTS/AWARDS/FELLOWSHIPS – CALLS FOR APPLICATIONS/NOMINATIONS:

UTCSP Clinician Scientist Fellowship (2002):

The University of Toronto Centre for the Study of Pain is currently seeking applicants for the UTCSP Clinician-Scientist Fellowship. The Fellowship is intended for those trainees who wish to pursue a career as a clinician-scientist with both basic research in pain and in the application to clinical pain management problems. The award is for the support of an individual doing full time research. Applicants should exhibit high academic achievement, research ability or potential, excellent communication skills, and interpersonal and leadership abilities.

Value and duration:

- The value of the award will normally be \$25,000 for a period of one year. Holders of the fellowship may apply annually (competitive application) for further support up to a maximum of 4 years.

- The fellowship will normally start in July 1 or September 1

Eligibility:

- Applicants must have a professional degree (MD, DDS, B. Pharm or B.Sc.(Nursing) at the time of taking up the award.
- Applicants must be registered or plan to register in a graduate program* that requires a defended thesis in Division IV, Life Sciences, School of Graduate Studies University of Toronto, and carry out research under the supervision of a faculty member of the UTCSP.
- This award is not automatically renewed; students must apply annually to be considered for further funding.

Conditions of the Fellowship:

- You must be enrolled as a full-time student in a graduate program* in Division IV, Life Sciences, School of Graduate Studies, University of Toronto for the full duration of the award.
- You must spend at least 85% of your time on research.
- You cannot be enrolled in a qualifying or “make-up” year or be on a paid educational leave or sabbatical.
- You may accept research assistantships, part-time teaching positions, or other employment, which do not exceed a maximum of 10 hours per week on average.
- You are required to apply for salary support funding from an external agency. A copy of the front page of the application(s) must be forwarded to the UTCSP office prior to payment of the Fellowship being initiated. If external funding is obtained you must accept this funding and the Clinician-Scientist award will fund the differential to a total dependent on your qualifications and postgraduate experience and set by the UTCSP Research Committee.

Application Procedures

Deadline for application is **April 1, 2002**. **The following documents must be submitted in triplicate:**

- **Curriculum vitae including publication list, awards, name of supervisor.**
- **Copies of current and previous academic program transcripts.**
- **A one-page summary outline of the proposed research and how this fellowship will help further the applicant's goals.**
- **Two letters of reference. Letters of reference should be either mailed directly to the UTCSP or included in the application package (letters should be in sealed and signed envelopes).**
- **A letter should be provided by the proposed supervisor stating that he/she agrees to accept the student into their lab.**

Submission of applications:

Submit your application to Ms. Nancy Mitchell, University of Toronto Centre for the Study of Pain, Faculty of Dentistry, Room 374, Toronto, Ontario M5G 1G6, Tel: (416) 979-4762, Fax: (416) 979-4936, nancy.mitchell@utoronto.ca

Selection:

Applicants will be ranked and selected by the UTCSP Research Committee

* In exceptional cases an individualized training program can be set up in lieu of official registration as a student in the School of Graduate Studies. A supervisory committee would oversee the fellow’s training program.

Purdue Pharma OGSST Award – 2002/2003 Competition:

The University of Toronto Centre for the Study of Pain is currently seeking applications from eligible students for the 2002/2003 Purdue Pharma OGSST Award. The applications are due no later than **April 1, 2002.** This award is open to Graduate students in the Faculty of Medicine who are studying in the area of pain and working with a member of the University of Toronto Centre for the Study of Pain. Second preference will be given to graduate students at the University of Toronto who are studying in the area of pain and working with a member of the University of Toronto Centre for the Study of Pain.

For an application or to obtain additional information/requirements, contact **Sheila Wolfe** at the **Office of the Associate Dean, Graduate & Inter-Faculty Affairs, Faculty of Medicine, Room 2113, MSB, phone: 946-7317, e-mail: sheila.wolfe@utoronto.ca**

2002 John J. Bonica Trainee Fellowship

IASP is pleased to announce the call for applications for the John J. Bonica Trainee Fellowship to be awarded in 2002. This award will be \$US 25,000 for a 12 month period, the purpose of which is to support training in clinical and basic science research in the field of pain. The deadline for applications by IASP is **September 1, 2002.**

Awards will be announced by December 15, 2002. For information on eligibility and application procedures, please visit the IASP website:

<http://www.iasp-pain.org/bonica.html>

or contact:

IASP Secretariat, Collaborative Grants
909 NE 43rd Street, Suite 306
Seattle, Washington 98105-6020 USA
Tel: 206-547-6409
Fax: 206-547-1703
e-mail: IASP @locke.hs.washington.edu

POSITIONS AVAILABLE:

Pain Management Coordinator (Steamboat Springs, CO, USA)

Full time with excellent benefits. Will coordinate and develop pain management program. Willing to train committed and interested individuals. Pain Mgt certification and prescriptive authority preferred, but not required. Must have current Colorado RN license.

Yampa Valley Medical Center is a community-owned, not for profit, regional hospital with 29 inpatient beds, a Level III trauma center, a Level II Nursery. YVMC opened in November 1999 on a beautiful campus that also includes the Doak Walker Care Center (a 59 bed long term care center), GrandKids Child Care Center and a medical office

building. Come work and play in Steamboat Springs, CO!
Send resume to: Yampa Valley Medical Center, 1024 Central Park Drive, Steamboat
Springs, CO 80488, USA. (Fax 970-870-1223; Phone 970-870-1118;
dawn.laplaca@yvmc.org; www.yvmc.org

**Professor/Post-doc./PhD positions in Human Experimental Pain Research and
Cortical Plasticity (Aalborg, Denmark)**

Center for Sensory-Motor Interaction, Laboratory for Experimental Pain Research,
Aalborg University, Denmark, invites applications for 5-year professor/post-doc.
positions in human pain research with focus on cortical reorganization. The Center
provides unique facilities for experimental pain research in combination with human
electrophysiological laboratories (128 ch EEG). Applicants are expected to supervise
PhD students, give PhD courses, and initiate and facilitate research within the area.
A number of 3-year PhD grants within the area are also open for applications.
Applicants should send CV, suggestion for research program(s), reprints of recent
publications, and names of at least three references to Prof., Dr. Lars Arendt-Nielsen,
Center for Sensory-Motor Interaction, Aalborg University, Fredrik Bajers Vej 7, D-3,
DK-9220 Aalborg, Denmark (Fax: +4598154008; Email: LAN@smi.auc.dk; Web:
www.smi.auc.dk

UTCSP eNews is a monthly newsletter published by the **University of Toronto Centre
for the Study of Pain**

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