

# The Pain Society of Alberta Alberta Pain Education Collaborative Invitation

Chronic Pain Connections  
Friday May 24, 2024  
Lethbridge & District Exhibition AgriHub  
3401 Parkside Drive  
1900-2100h \*light refreshments will be served

## AGENDA

### Learning Objectives for this event

- Learn about the science of chronic pain.
- Find local and provincial resources for treating and managing chronic pain.
- Gain insight and peer support from a person living with chronic pain.

1900h      Welcome and Introductions  
                 Diane Roylance, Moderator

1910h      Coping with Chronic Pain: Building Resilience and Wellness  
                 Suzanne Buchanan

Chronic pain is a complex and diverse individual personal journey. By encompassing holistic care that incorporates the physical, mental, emotional, spiritual elements with a trauma informed focus, those that are experiencing chronic pain may be able to find a pathway forward to have a good and meaningful quality of life. This presentation will share an Indigenous view of health around chronic pain.

1930h      Pain Science is Brain Science  
                 Dr. Flo Slomp

Pain neurophysiology is incredibly complex and how it is experienced is also incredibly personal and multi-faceted. You know that as you live with it daily. Dr. Slomp will guide you through the science of pain and demonstrate how the brain is key to understanding how you can change your pain. She will describe the biopsychosocial-spiritual model of understanding pain and how it interacts with the complex neurophysiology in easily understood language. Dr. Slomp will demonstrate how your response to pain can directly influence the site of your pain.

1955h Refreshment Break  
Visit our Resource Exhibitors

2015h Alberta Virtual Pain Program  
Dr. Magali Robert

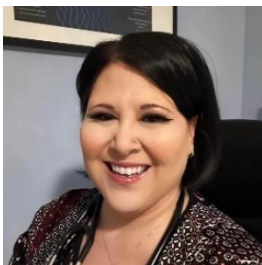
Have you ever felt lost, not knowing where to turn to for help, and alone with your chronic pain? People with lived experiences often express that are getting lost in a complex health care system which leaves them feeling isolated, voiceless, and losing hope. The Alberta Virtual Pain Program is trying to fill this care void. It can be difficult to know where, and how to access care; more importantly, care that is reputable. The Virtual Pain Program has used a patient centered approach and balanced this with research evidence to develop a program that is accessible to all Albertans. The only requirements are internet or telehealth access and a willingness to explore self-management strategies. I will go over what it has to offer, how to access it and what we will build in the future.

2035h Tips on Managing Life in Chronic Pain from a Family in Chronic Pain  
Penny Kowalchuk

Living with pain is unquestionably challenging, especially with the recent doctor shortages in southern Alberta. Besides the physical things we can do to cope, such as getting enough sleep, physiotherapy, eating well and so on, there are other practical things that can affect our quality of life and the way we access the help that we need. This can require creative thinking and sharing of ideas. Using examples of real pain patients in my family, we will explore some of these steps such as finding help in unexpected places, getting around roadblocks and capitalizing on the joy and hope in our situation.

2055h Closing Remarks  
Diane Roylance

## Our Presenters and Moderator



Suzanne Buchanan MN, NP

Suzanne Buchanan works at the Blood Tribe Department of Health Inc., as the Director of the Lethbridge Wellness Shelter and Stabilization Unit and Manager of Nurse Practitioner Services. She graduated from the University of Alberta, with a Bachelor of Science in Nursing and worked as a registered nurse in the emergency room, medical surgical and day surgery areas before going to practice remote outpost nursing in the high Arctic settlement of Arctic Bay Nunavut. She fell in love with northern nursing and had the privilege to travel to many communities in Nunavut before heading closer to home and working in the Northwest Territories.

Suzanne completed her Master of Science in Nursing - Family Nurse Practitioner in 2023 and decided to focus her nursing practice in southern Alberta with the Blood Tribe Department of Health Inc. When she isn't working, Suzanne enjoys travelling, writing, film, sports, crafts, cooking, and music.

Suzanne feels very fortunate to work with Indigenous populations and she loves to try and learn the language and culture of all peoples through her work and when she travels. With her passion for learning and sharing knowledge, Suzanne aspires to shed light on Indigenous focused health care concepts and seeks to bridge the gap in health inequity and promote well-being for those accessing medical services. Thank-you to all who desire to learn, teach others and carry knowledge.



**Diane Roylance PT BSc (Zool), BScPT, FCAMPT, Certified GunnIMS (she/her)**  
**Chair, Alberta Pain Education Collaborative (APEC)**  
**Pain Society of Alberta Board of Directors**

Diane is a Fellow of the Canadian Academy of Manipulative Physiotherapists and has practiced physiotherapy for 29 years primarily in the areas of orthopedics and complex pain. She is passionate about helping people move whether an elite athlete or a reluctant mover. Diane's practice areas include private practice and interdisciplinary care. She helps educate other health care providers and students on chronic pain, myofascial pain and fibromyalgia to name a few, through lectures, workshops, curriculum development and in clinic mentorship. Diane loves moving and is happiest when skiing, biking, climbing, swimming, meditating...with her loved ones.



**Penny Kowalchuk**  
**Person with Lived Experience**

After working as an executive assistant and in marketing and communications for over a decade, Penny had to stop due to symptoms of Ehlers Danlos Syndrome and Rheumatoid Arthritis. Since then, she has cared for family members with similar conditions and has volunteered as a patient advocate and as South Zone Representative for Help Alberta's Pain, providing advocacy, support, and education for better treatment of chronic pain.



**Dr. Magali Robert**

Dr. Robert is a Professor in the Cumming School of Medicine, University of Calgary. She is the Medical Director of the Calgary Chronic Pain Program and the Medical Lead of the Alberta Virtual Pain Program. Magali is the Chair of the Urogynecology and Pelvic Floor Disorders Committee of the International Federation of Gynecology & Obstetrics.



### Dr. Flo Slomp

Flo earned her PhD in Medicine from the University of Alberta. She is the Clinical Director of FJS Rehabilitation Consulting, Inc. offering diverse services for people suffering from pain. In 2023 she was a Chronic Pain Mentor for the Alberta College of Family Physicians where she mentored Physicians struggling to find treatment options for their patients with chronic pain. Flo is an Expert Witness in the Provincial Court of the King's Bench and executes medical-legal opinions as well as provides Injury Lawyer firms with Independent Rehabilitation Consulting on the files of claimants who have sustained injuries in a motor vehicle accident.

As a Pain Educator, Flo spearheaded the AHS Provincial Pain Program with a few other colleagues. She is currently the content expert and instructor for MacEwan's Micro-credential "Experiential Pain Assessment: decoding the pain score". Flo has extensive rehabilitation experience with various populations integrating the Biopsychosocial-spiritual model of pain within physical rehabilitation. She has also been involved in clinical research projects. She has been a Director with the Pain Society of Alberta for over 6 years. Dipping into her deep well of compassion, empathy and education, Flo works with each person with deep respect for their unique and contextual situation. She simplifies complex neurophysiology in ways each person can understand. Nothing makes her feel more joy than when the people she works with get their life back.

Flo loves nature, music and the arts, history and learning. When possible, she loves to travel and immerse herself in the local culture of the people who live there.

## Visit Our Resource Exhibitors

- Help Pain AB
- Alberta Health Services
- Blood Tribe Health Inc.
- Thriftway Pharmacy
- Adaptive Technologies
- Rehab Advice Line
- FJS Rehabilitation Consulting, Inc