

NCOHR Team Building Workshop

Canadian Orofacial Pain Team Workshop Summary Report

November 2013



Background

The International Association for the Study of Pain has designated 2013-14 as the *Global Year Against Orofacial Pain*. In November 2013, [Dr. Gilles Lavigne](#) (University of Montreal) led a workshop of multidisciplinary clinical, research, and knowledge transfer experts from Canada and internationally. This workshop was the first in a series of activities designed to establish a Canadian Chronic Orofacial Pain Team to address the causes and management of chronic orofacial pain.

Aims

The Network for Canadian Oral Health Research (NCOHR) workshop had two aims:

- 1) to identify new pathways for innovative diagnosis and management of chronic orofacial pain states; and
- 2) to identify opportunities for further collaborative orofacial pain research and education in Canada.

Workshop Activities

Three topics related to Chronic Orofacial Pain were explored during the two-day workshop:

- 1) Biopsychosocial Markers and Pain Signatures for Chronic Orofacial Pain;
- 2) Misuse of Analgesic and Opioid Pain Medications for Managing Chronic Orofacial Pain; and
- 3) Complementary Alternative Medicine, Topical Agents, and the Role of Stress in Chronic Orofacial Pain.

Several recommendations regarding orofacial pain research and management for government and health education authorities were proposed.



**Network for Canadian
Oral Health Research**
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Future Plans

Workshop participants determined that further research is needed in the following areas:

- 1) Identification of biomarkers of chronic orofacial post-traumatic neuropathic pain, with a focus on psychosocial, physiological, and chemical-genetic factors (*funding proposal in progress*);
- 2) Validation of short- and long-term safety of opioid use for acute and chronic orofacial pain (*CIHR workshop grant received; paper published*); and
- 3) Improve uptake of the use of topical medications as an alternative treatment in dentistry, and further document the benefits and safety of complementary and alternative medicine, including stress management. It was proposed that burning mouth syndrome, a painful condition that affects mainly postmenopausal women, should receive particular attention.

Specifically, participants agreed that directions for future national and international collaborative research in Chronic Orofacial Pain include the following:

- Develop collaborations among major pain associations
- Reach a consensus on classification (taxonomy)
- Establish standard diagnostic tests
- Integrate biomarker research findings and technological advances within a more comprehensive diagnostic approach
- Conduct interdisciplinary longitudinal studies to assess behavioural, psychological, societal, environmental, and genetic risk factors and disease progression
- Conduct prospective studies and develop evidence-based and tailored treatments for medical, dental, and CAM applications and practice
- Initiate comparative *effectiveness* studies (i.e., real world settings) vs. classical efficacy randomized clinical trials (i.e., too often conducted in overly controlled or selective conditions for regulatory agency needs)
- Establish reliable treatment efficacy and efficiency outcomes by using valid monitoring tests
- Use animal models to identify chronic orofacial pain biomarkers and test CAM mechanisms
- Set clear guidelines or Best Practices guidance, in collaboration with professional organizations and government agencies, on opioid use for safe chronic orofacial pain management (dose, number of pills, unused pill risk)
- Partner with pharmacists and family physicians to prevent opioid misuse
- Promote the use of evidence-based CAM approaches to chronic orofacial pain management
- Develop a strategic communication plan to update clinicians and educate the public on best and safest treatments for chronic orofacial pain.

Workshop Speakers and Participants

Topic 1: Biopsychosocial Markers and Pain Signatures for Chronic Orofacial Pain

F Chouchou (speaker, Lyon, France), T Dao (speaker, Toronto), G Deluca-Canto (Edmonton), L Diatchenko (speaker, Montreal), R Dubner (chair, Baltimore), JP Goulet (Quebec), N Huynh (chair, Montreal), G Lavigne (speaker for P Rainville, Montreal), P Schweinhardt (speaker, Montreal), Z Seltzer (speaker, Toronto), P Svensson (speaker, Aarhus, Denmark), A Velly (speaker, Montreal)

Topic 2: Misuse of Analgesic with a focus on Opioid Pain Medications for Managing Chronic Orofacial Pain

B Cairns (speaker, Vancouver), K Craig (chair, Vancouver), JP Goulet (speaker, Quebec), A Kolta (chair and speaker for S Potvin, Montreal), D Lam (Toronto), G Lavigne (speaker, Montreal), M Lynch (speaker, Halifax), J O'Keefe (Ottawa), N Rei (Montreal), A Samaha (speaker, Montreal), E Whitney (Vancouver)

Topic 3: Complementary Alternative Medicine, Topical Agents, and the Role of Stress in Chronic Orofacial Pain

L Avivi-Arber (chair, Toronto), K Blanchard (Halifax), N Rei (speaker, Montreal), J Sawynok (speaker, Halifax), P Schweinhardt (Montreal), B Sessle (chair, Toronto), P Svensson (speaker, Aarhus, Denmark), V Singh (Edmonton), N Thie (speaker, Edmonton), M Ware (speaker, Montreal), A Woda (speaker, Clermont Ferrand, France)