



# 2019 ANNUAL SCIENTIFIC MEETING ON PELVIC PAIN

OCTOBER 17-20 | TORONTO, ONTARIO, CANADA

Be Informed.  
Gain Perspective.  
Improve Your Practice.  
Stay Connected.

## Preliminary Program



# IPPS PRE-CONFERENCE SESSION

## Clinical Foundations: An Integrated Approach to the Evaluation and Treatment of Chronic Pelvic Pain

\*Optional session that requires separate registration

**Thursday, October 17, 2019**

**ROOM: Tudor 7&8**

*Unless otherwise noted.*

6:30 AM–5:30 PM	<b>Registration Desk Open</b> <i>(In the Tudor Foyer)</i>	
6:30–7:30 AM	<b>Continental Breakfast</b>	
7:30–7:50 AM	<b>Program Introduction – Welcome</b>	Jorge Carrillo, MD Alexandra Milspaw, PhD
7:50–8:35 AM	<b>Pain Pathophysiology Unraveled</b>	Janelle Moulder, MD, MSCR
8:35–9:20 AM	<b>Gynecology</b>	Kathy Witzeman, MD
9:20–9:35 AM	<b>Break</b>	
9:35–10:05 AM	<b>Urology</b>	Kathy Witzeman, MD
10:05–10:35 AM	<b>Gastrointestinal</b>	Janelle Moulder, MD, MSCR
10:35–11:00 AM	<b>Psychosocial Assessment</b>	Alexandra Milspaw, PhD
11:00–11:10 AM	<b>Break</b>	
11:10–12:15 PM	<b>Neuro-Musculoskeletal Foundations</b>	Meryl Alappattu, DPT
11:10–12:15 PM	<b>Neuro-Musculoskeletal Physiotherapy and Physical Medicine Treatment Approaches</b>	Karen Brandon, DPT Allyson Shrikhande, MD
12:15–1:15 PM	<b>Lunch</b> <b>“The A Team” – Building an Interdisciplinary Team</b>	Alexandra Milspaw, PhD Faculty present at each table
1:15–1:55 PM	<b>Physical Exam Simplified</b>	Karen Brandon, DPT
1:55–2:30 PM	<b>Pain Pharmacology 101: Clinical Applications</b>	Jorge Carrillo, MD
2:30–2:35 PM	<b>Break</b>	
2:35–3:40 PM	<b>Behavioral Approaches in Chronic Pain</b>	Alexandra Milspaw, PhD
3:40–3:50	<b>Break</b>	
3:50–4:35 PM	<b>Interactive Session – 1st Case</b>	<i>Moderator: Jorge Carrillo, MD</i>
4:35–5:20 PM	<b>Interactive Session – 2nd Case</b>	<i>Moderator: Jorge Carrillo, MD</i>
5:20–5:30 PM	<b>Q&amp;A</b>	
5:30 PM	<b>Adjourn</b>	
3:00–5:00 PM	<b>Poster Set-Up Opens</b> <i>(In the Ontario Room)</i>	
6:00–8:00 PM	<b>Welcome Reception</b> <i>(In the Ontario Room)</i>	
7:00–9:30 PM	<b>Board of Director’s Meeting and Dinner</b>	

# IPPS MAIN CONFERENCE SESSION

*New Perspectives on Endometriosis and Chronic Pain Syndromes*

**Friday, October 18, 2019**

**ROOM: Canadian**

*Unless otherwise noted.*

6:00–7:00 AM **Morning Yoga: *Using Mindfulness, Breath, and Gentle Movement for Pain Management***  
*\*Optional event requires additional registration*

6:00 AM–5:00 PM **Registration Desk Open**

6:00–7:30 AM **Continental Breakfast** *(In the Ontario Room)*

7:00 AM–8:00 PM **Exhibit and Poster Hall Open** *(In the Ontario Room)*

## PLENARY SESSION 1

7:30–8:00 AM	<b>Welcome and Announcements</b>	Erin Carey, MD
	<b>Presidential Address</b>	Colleen Fitzgerald, MD
8:00–8:50 AM	<b>Paul Perry Keynote Lecture</b> Professor Horne is an expert in Endometriosis and the co-author of <i>Endometriosis: The Expert's Guide to Treat, Manage and Live Well with Your Symptoms</i> . He is from the University of Edinburgh (UK).	Andrew Horne, MB ChB, PhD, FRCOG, FRCP
8:50–9:00 AM	<b>Q&amp;A</b>	
9:00–9:10 AM	<b>Cluster 1 – General Mechanisms of Pain</b>	<i>Moderator:</i> Jason Kutch, PhD
9:10–9:35 AM	<b>Early Trauma and Its Effect on Vaginal Pain Modeling</b>	Julie A. Christianson, PhD
9:35–10:00 AM	<b>Sex and Gender Differences in Pain Perception and Treatment</b>	Andrea Nicol, MD
10:00–10:25 AM	<b>Pain Biology/Focus on the Study of the Efficacy of Pain Therapeutics in Clinical Trials</b>	John Farrar, MD, PhD
10:25–10:40 AM	<b>Abstract Presenter</b>	TBA
10:40–10:50 AM	<b>Q&amp;A</b>	
10:50–11:05 AM	<b>Break</b> <i>(In the Ontario Room)</i>	
11:05–11:30 AM	<b>Cluster 2 – Visceral Pain Syndromes</b>	<i>Moderator:</i> Mario Castellanos, MD
	<b>Functional Nutrition for Pain: The Science of How the Gut and the Mind Interact</b>	Jessica Drummond, PT
11:30–11:55 AM	<b>Breakthroughs from the MAPP Project</b>	Henry Lai, MD
11:55 AM– 12:10 PM	<b>Abstract Presenter</b>	TBA
12:10–12:20 PM	<b>Q&amp;A</b>	

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# IPPS MAIN CONFERENCE SESSION

*New Perspectives on Endometriosis and Chronic Pain Syndromes*

**Friday, October 18, 2019** *(continued)*

**ROOM: Canadian**

*Unless otherwise noted.*

12:20 –1:30 PM	<b>Industry Sponsored Luncheon</b> <i>(In Tudor 7&amp;8)</i>	
1:30–1:45 PM	<b>Cluster 3 – Endometriosis/Dysmenorrhea CanSAGE</b>	<i>Moderator:</i> Catherine Allaire, MD, FRCSC
1:45–2:10 PM	<b>Pain from Endometriosis and Adenomyosis</b>	Sony Singh, BSc, MD, FRCSC, FACOG
2:10–2:35 PM	<b>Adolescent Dysmenorrhea</b>	Lisa Allen, MD, FRCSC
2:35–3:00 PM	<b>Pain in the Transgender Population</b>	Helena Frecker, MD, FRCSC
3:00–3:15 PM	<b>Abstract Presenter</b>	TBA
3:15–3:30 PM	<b>Q&amp;A</b>	
3:30–3:55 PM	<b>Break and Poster Viewing Session</b> <i>(In the Ontario Room)</i>	
3:55–4:10 PM	<b>Cluster 4 – Musculoskeletal</b>	<i>Moderator:</i> Amy Stein, DPT, BCB-PMD
4:10–4:35 PM	<b>Evaluation and Monitoring of Pelvic Floor Dysfunction: Intersection Between Technology and Physical Exam</b>	Linda McLean, PhD
4:35–5:00 PM	<b>Predictors of Pelvic Floor Muscle Dysfunction among Women with Lumbopelvic Pain</b>	Carolyn Vandyken, PT
5:00–5:15 PM	<b>Abstract Presenter</b>	TBA
5:15–5:30 PM	<b>Q&amp;A</b>	
5:30–5:40 PM	<b>IPPS Awards</b>	Georgine Lamvu, MD, MPH
5:40–6:30 PM	<b>IPPS Annual Business Meeting</b>	Georgine Lamvu, MD, MPH
7:30–10:30 PM	<b>IPPS Annual Fundraiser</b>	TBA

# IPPS MAIN CONFERENCE SESSION

*New Perspectives on Endometriosis and Chronic Pain Syndromes*

**Saturday, October 19, 2019**

**ROOM: Canadian**

*Unless otherwise noted.*

6:00–7:00 AM	<b>Morning Yoga: <i>Using Mindfulness, Breath, and Gentle Movement for Pain Management</i></b> <i>*Optional event requires additional registration</i>	Shelly Prosko, PT, C-IAYT, CPI
7:00 AM– 5:00 PM	<b>Registration Desk Open</b>	
7:00–8:00 AM	<b>Continental Breakfast in Exhibit Hall</b> <i>(In the Ontario Room)</i>	
7:00 AM–3:30 PM	<b>Exhibit and Poster Hall Open</b> <i>(In the Ontario Room)</i>	

## PLENARY SESSION 2

7:50–8:00 AM	<b>Welcome and Announcements</b>	Erin Carey, MD
8:00–8:50 AM	<b>James E. Carter Keynote Lecture</b> Dr. Allaire is a Clinical Professor at the University of British Columbia (CA) who specializes in pelvic pain and endometriosis. Her research focuses on the impact of endometriosis related pain.	Catherine Allaire, MD, FRCSC
8:50–9:05 AM	<b>Q&amp;A</b>	
9:05–9:35 AM	<b>Break and Poster Viewing Session</b> <i>(In the Ontario Room)</i>	
9:35–9:45 AM	<b>Cluster 5 – Novel Treatments in CPP</b>	<i>Moderator:</i> Charles Butrick, MD
9:45–10:10 AM	<b>The Basic Science of Photobiomodulation</b>	Juanita Anders, MD, PhD
10:10–10:35 AM	<b>Photobiomodulation: The Clinical Evidence Concerning Efficacy for Pain and Inflammation</b>	Brian Pryor, PhD
10:35–11:00 AM	<b>Neuropelviology and Pelvic Pain</b>	Nucelio Lemos, MD
11:00–11:25 AM	<b>Acupuncture in CPP</b>	Vitaly Napadow, PhD, LicAc
11:25–11:45 AM	<b>Q&amp;A</b>	
11:45 AM–1:30 PM	<b>Roundtable Luncheon with the Experts</b> <i>(In Tudor 7&amp;8)</i> <i>(see full schedule on page 6)</i>	
1:30–1:40 PM	<b>Cluster 6 – Vulvar/Vaginal Pain Syndromes</b>	<i>Moderator:</i> Amy Benjamin, MD
1:40–2:05 PM	<b>Etiology of Vaginismus</b>	Elkie Reissing, PhD
2:05–2:25 PM	<b>Quest for the Perfect Vagina</b>	Cheryl Iglesia, MD
2:25–2:35 PM	<b>Abstract Presenter</b>	TBA
2:35–2:50 PM	<b>Q&amp;A</b>	
2:50–3:20 PM	<b>Break and Poster Viewing Session</b> <i>(In the Ontario Room)</i>	

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# IPPS MAIN CONFERENCE SESSION

*New Perspectives on Endometriosis and Chronic Pain Syndromes*

**Saturday, October 19, 2019** *(continued)*

**ROOM: Canadian**  
*Unless otherwise noted.*

3:20–3:30 PM	<b>Cluster 7 – Psychological Factors and Pain</b>	<i>Moderator:</i> Sara Till, MD
3:30–3:55 PM	<b>Psychosocial Correlates and Suicidal Ideology of CPP</b>	Dean Tripp, PhD, Psych
3:55–4:35 PM	<b>Sexual Health and Sexual Pain across Cultures</b>	Erica F. Robinson, MD Bean Robinson, PhD, LP, LMFT
4:35–4:45 PM	<b>Abstract Presenter</b>	TBA
4:45–5:00 PM	<b>Q&amp;A</b>	
5:00 PM	<b>Adjourn Meeting</b>	Georgine Lamvu, MD, MPH

## ROUNDTABLE LUNCHEAS WITH THE EXPERTS

are being held on Saturday, October 19, 2019 from 11:45 AM–1:30 PM

**ROOM: Tudor 7&8**

TOPIC	MODERATOR(S)
<b>Bladder Pain Syndrome/IC</b>	Henry Lai, MD Alison Sim, BSc, MHSc, MsC Med
<b>Vulvar Disorders &amp; Pelvic Pain</b>	Carolyn Vandyken, PT
<b>Neuropathic Pelvic Pain &amp; Treatments</b>	Nucelio Lemos, MD
<b>Musculoskeletal Pain &amp; Dysfunction</b>	Kathy Witzeman, MD Linda McLean, PhD
<b>Abdominal Wall &amp; GI Associated Pain</b>	Janelle Moulder, MD, MSCR
<b>Chronic Pain Syndromes</b>	Jorge Carrillo, MD Dean Tripp, PhD, Psych
<b>Endometriosis &amp; Pelvic Pain</b>	Catherine Allaire, MD, FRCSC Juanita Anders, MD, PhD
<b>Approaches to Sexual Health &amp; Pain</b>	Erica F. Robinson, MD Bean Robinson, PhD, LP, LMFT
<b>Research in Pelvic Pain</b>	Frank Tu, MD, MPH

# IPPS POST-CONFERENCE SESSION

## ***Clinical Skills for Building Self-Efficacy in Pelvic Pain***

*\*Optional session that requires separate registration*

### **Self-Efficacy in Pelvic Pain: From Science to the Clinic**

Catastrophization and self-efficacy are important temporal characteristics of persistent pain. Self-efficacy is a person's belief in his or her ability to succeed in a particular situation. Self-efficacy is considered one of the strongest predictors of treatment engagement and health status; it is strongly correlated with lower levels of pain intensity, decreased tender points and depressive symptoms (Costa 2011, Martinez-Calderon 2018). When utilizing an evidence-based approach, it is necessary to identify people who present with lower self-efficacy before prescribing therapeutic interventions. Learn how to measure self-efficacy and to utilize exercise strategies that build self-efficacy with your clients, putting the “body” back into your treatment paradigm. Further, learn effective communication styles which can positively affect your patient's behaviour, putting “psychology” back into your treatment paradigm.

This course is designed for all health care professionals to build their client's ability to restore function in all realms, physically, psychologically and socially.

During this course, participants will acquire the knowledge to:

1. Understand the science underpinning self-efficacy as an important temporal characteristic of persistent pain
2. Measure self-efficacy with your clients
3. Understand the “why” behind the “what” when prescribing the most important exercises for your patients, even if you are a mental health practitioner
4. Explore the value of high-quality communication when building self-efficacy
5. Acknowledge the barriers in different communication approaches
6. Review safety procedures for suicidality and self-harm expression when helplessness, instead of strong self-efficacy, exists in your clients
7. Utilize specific skills within Motivational Interviewing (MI) and Acceptance and Commitment Therapy (ACT) that enhance self-efficacy
8. Review how to define “success” with your clients utilizing a client-centered approach
9. Practice integrating some of these communication strategies within a workshop environment to enhance successful integration of these skills into your clinical practice

## **Sunday, October 20, 2019**

**ROOM: Canadian**

*Unless otherwise noted.*

7:00–8:00 AM	<b>Continental Breakfast</b> <i>(In the Canadian Room)</i>
7:00 AM–4:30 PM	<b>Registration/Information Desk Open</b> <i>(In the Canadian Room)</i>
8:00–9:00 AM	<b>The Science: Communication Science, Barriers to Communication and Managing Suicidal Ideation</b>
9:00–9:45 AM	<b>The Science: Self-Efficacy; Measuring Self-Efficacy in Your Clients; Using Self-Efficacy Measures to Guide Your Therapeutic Interventions Including Manual Therapy</b>
9:45–10:00 AM	<b>Coffee Break</b> <i>(In the Canadian Room)</i>

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# IPPS POST-CONFERENCE SESSION

## *Clinical Skills for Building Self-Efficacy in Pelvic Pain*

**Sunday, October 20, 2019** *(continued)*

**ROOM: Canadian**  
*Unless otherwise noted.*

10:00 am- 10:45 am	<b>The Science: Motivational Interviewing Lecture</b>
10:45 am- 11:30 am	<b>The Clinical Workshop: Reflective Listening, Open and Closed Questions, “Good” vs. “Bad” Conversations</b>
11:30 am- 12:00 pm	<b>Lunch</b> <i>(In the Canadian Room)</i>
12:00 pm- 12:45 pm:	<b>The Science: Acceptance and Commitment Therapy</b>
12:45 pm- 1:15 pm:	<b>The Clinical Workshop: “Search for The Values” Role Play</b>
1:15 pm- 2:00 pm:	<b>The Science: Using Pain Education to Address Catastrophization and Low Self-Efficacy</b>
2:00 pm- 3:00 pm:	<b>The Clinical Workshop: Using Physical Exercise to Build Self-Efficacy; Teaching the “Why” Behind the “What”; Using Novel Movements to Increase Self-Efficacy and Patient Success</b>
3:00 PM	<b>Adjourn</b>