



# CHRONIC PAIN GAINS IN ALBERTA: AN ECHO SERIES

## FREQUENTLY ASKED QUESTIONS (FAQ)

### What is the cost?

There is no cost to attend sessions. This project is funded by the University Health Network and a Health Canada Substance Use and Addiction Program (SUAP) grant.

### Who can attend ECHO?

This series is open to all Alberta-based Family Physicians and primary care providers with an interest in learning more about chronic pain. All professions are welcome!

### What are the IT Requirements?

- ZOOM videoconferencing capabilities
- You will need a computer or smartphone with a webcam, microphone and a stable internet connection.
- Contact us ([mentorship@acfp.ca](mailto:mentorship@acfp.ca)) if you have problems connecting and require assistance.

### How do I connect to the biweekly sessions?

Check your email on the morning of the session – on the day of each session, a Zoom reminder will be sent with the corresponding connection details.

### Do I have to attend every session?

Not at all! Although registering will provide you with notifications for each upcoming session, you can choose to attend as many or as few sessions as you like.

## What is the ECHO Online Etiquette?

During the session:

- Turn those cameras on! We are hoping to build a safe space where we can build a community of practice dedicated to asking and answering these complex chronic pain questions.
- Please make sure you are on “mute” unless you have “raised your hand” and been called on to ask a question.
- Please be kind and respectful to everyone in the session – we appreciate the perspectives and experiences that everyone brings to each session.
- Share! ECHO® sessions are all about interactivity. Enter comments in the chat, share useful links and resources, unmute to share verbally or engage however you like!
- ECHO follows the “All Teach, All Learn” philosophy – we all have something to contribute!

## How do I participate in an ECHO session?

ECHO sessions are interactive. We encourage all participants to ask questions, provide suggestions and present cases.

## Who makes up the inter-professional specialist Hub team?

The Hub team members are from a variety of health professions, each involved in the treatment of chronic pain. The team members provide a range of complementary perspectives in caring for a patient.

The CMN Chronic Pain Gains ECHO hub team consists of the following:

- Dr. Ted Findlay, DO CCFP FCFP
- Dr. Lori Montgomery, MD CCFP FCFP CHE
- Dr. Kelly Shinkaruk, MD FRCPC MSc (MedEd)
- Dr. Nancy Easton, MD CCFP
- Julie Min, BSc Pharm

## How do I submit a case?

Download the [Case Submission Form](#), complete it, and then send it to [mentorship@acfp.ca](mailto:mentorship@acfp.ca). Make sure to [register for the series](#) before addition to submitting your case!