

HUB TEAM BIOS



Dr. Ted Findlay, DO CCFP FCFP

Dr. Ted Findlay completed a University of Calgary family medicine residency in 1988. He has 25 years of experience as a community family physician, and his current clinical practice is limited to complex chronic pain patient evaluation and non-interventional management at the Calgary Chronic Pain Centre. His work has included co-chairing the guideline development group for the TOP guidelines for the evidence informed management of low back pain, and co-authoring TOP guidelines for primary care management of headache and Medical Cannabinoids. He is a Clinical Associate Professor with the Department of Family Medicine at the University of Calgary, and in 2017 he was named the University of Calgary CME lecturer of the year. He also has experience working with and supporting Primary Care Network interdisciplinary teams for chronic pain management.

Dr. Findlay has been involved with primary care education on chronic pain topics including low back pain since starting with the Chronic Pain Clinic in 2000. He has been involved with Alberta College of Family Physicians' initiatives including the CMN and is a member of the Models of Care working group of the Alberta Pain Strategy. Through these projects he has become aware of the potential for an ECHO project to support and expand the capacity of family physicians across Alberta to care for their chronic pain patients and is excited to be a part of this new resource for Alberta's health care providers and their patients.



Dr. Lori Montgomery, MD CCFP FCFP CHE

Lori Montgomery is a family physician with fellowship training in pain management, including headache, neuromusculoskeletal pain, pelvic pain, and palliative care. Her clinical work is in the Alberta Health Services Calgary Pain Program, where she sees patients in the headache and neuromusculoskeletal programs together with a large multidisciplinary outpatient team.

Dr. Montgomery consults with the Chronic Pain Consult Service at Calgary's four adult acute care sites and supports Primary Care Network pain teams in the community. She is a clinical associate professor in the Departments of Family Medicine and Anesthesiology, Peri-Operative and Pain Management at the University of Calgary, and involved in teaching at the undergraduate, postgraduate, and CPD levels.



Dr. Kelly Shinkaruk, MD FRCPC MSc (MedEd)

Following an anesthesiology residency and chronic pain fellowship at the University of Ottawa, Kelly Shinkaruk returned to Alberta to practice. She worked at the Foothills Medical Centre and Rockyview General Hospital providing anesthesia services, including acute pain and interventional palliative pain management, while working at the Calgary Chronic Pain Centre offering a combination of interventional and non-interventional therapeutic approaches. Dr. Shinkaruk has completed a Master's Degree in Medical Education with a focus on interprofessional collaboration and education, and has functioned as the Pain Medicine Residency Program Director since 2015. She sits on the Royal College Specialty Committee for Pain Medicine.

Dr. Shinkaruk provides mentorship to Primary Care Network pain programs in the community and finds collaborating with her colleagues in primary care, surgical specialties, and palliative care extremely rewarding. She looks forward to expanding clinical support and education through the ECHO program.

Amy Nihls, N.P



Amy Nihls is a Nurse Practitioner with a focus on mental health and addictions, sexual health, and working with marginalized populations to promote health and optimize wellbeing. She has worked for five years as a primary care provider with an addiction and mental health focus and has seven previous years of experience as an advanced practice nurse working largely in remote communities.

Amy currently works at Boyle McCauley Health Centre, a clinic serving Edmonton's inner-city Population, with patients who have a heavy burden of chronic pain, and psychiatric and substance use disorders. Amy is passionate about community-informed health services aimed at reducing barriers to accessing care.



Julie Min, BSc Pharm

Julie Min is a clinical pharmacist at the Chronic Pain Centre in Calgary, Alberta. She currently works with medically complex patients with chronic non-cancer pain.

Julie is passionate about empowering patients to become active participants in their medical treatment. She has over 15 years of acute and ambulatory care experience. In addition to Chronic Pain, her areas of clinical expertise include Internal Medicine, Urology, Infectious Diseases, Anticoagulation and Emergency Medicine. Julie obtained her Bachelor of Science in Pharmacy Degree from the University of



Dr. Sasha Mallya, PhD RPsych

Dr. Mallya completed her PhD at Ryerson University, specializing in clinical psychology and neuropsychology. She then began a post-doctoral fellowship at the Princess Margaret Cancer Centre, within the Pencer Brain Tumor Clinic and Adolescent & Young Adult Oncology Program. She started working at the Calgary Chronic Pain Centre in 2019. Her roles include providing pain neuroscience education, providing individual therapy using evidence-based treatments (e.g., CBT, ACT, mindfulness) for chronic pain and related mental health concerns, and facilitating group interventions.

Dr. Mallya has published 11 peer-reviewed journal articles and has given more than 50 invited talks and conference presentations, primarily focused on the benefits of mindfulness for neurocognitive and psychological health.