



**CANADIAN ACADEMY
OF PAIN MANAGEMENT**
EXCELLENCE IN INTERDISCIPLINARY EDUCATION

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**APRIL 2026
BULLETIN**

CANADIAN ACADEMY OF PAIN MANAGEMENT ANNUAL GENERAL MEETING

The Canadian Academy of Pain Management Annual General Meeting (AGM) will be held on:

Date: Tuesday, May 5, 2026

Time: 7:00 PM (EDT)

Location: Virtual (Zoom meeting details to be provided)

This meeting is an important opportunity to review CAPM's activities, discuss key initiatives, and engage with fellow members.

Further details, including the meeting agenda and access information, will be shared in advance of the event.

We encourage all members to attend and participate.

ARTICLE

ADHD and Pain Perception, Tolerance and Treatment

<https://www.sciencedirect.com/science/article/pii/S030698772100236X>

Neuroinflammation as a possible link between attention-deficit/hyperactivity disorder (ADHD) and pain

Author links open overlay pane [Nóra Kerekes^a](#), [Ana María Sánchez-Pérez^b](#), [Marc Landry^c](#)

Medical Hypotheses

Volume 157, December 2021, 110717

This article reviews the literature to date about neurobiological structure and physiology research to date for ADHD as well as Neuropsychological Studies and hypothesise mechanisms for impact of pain mechanisms for people living with both pain and ADHD.

One element is neuroinflammation and the other is the impact of attention on experience of pain Here is a diagram from that article

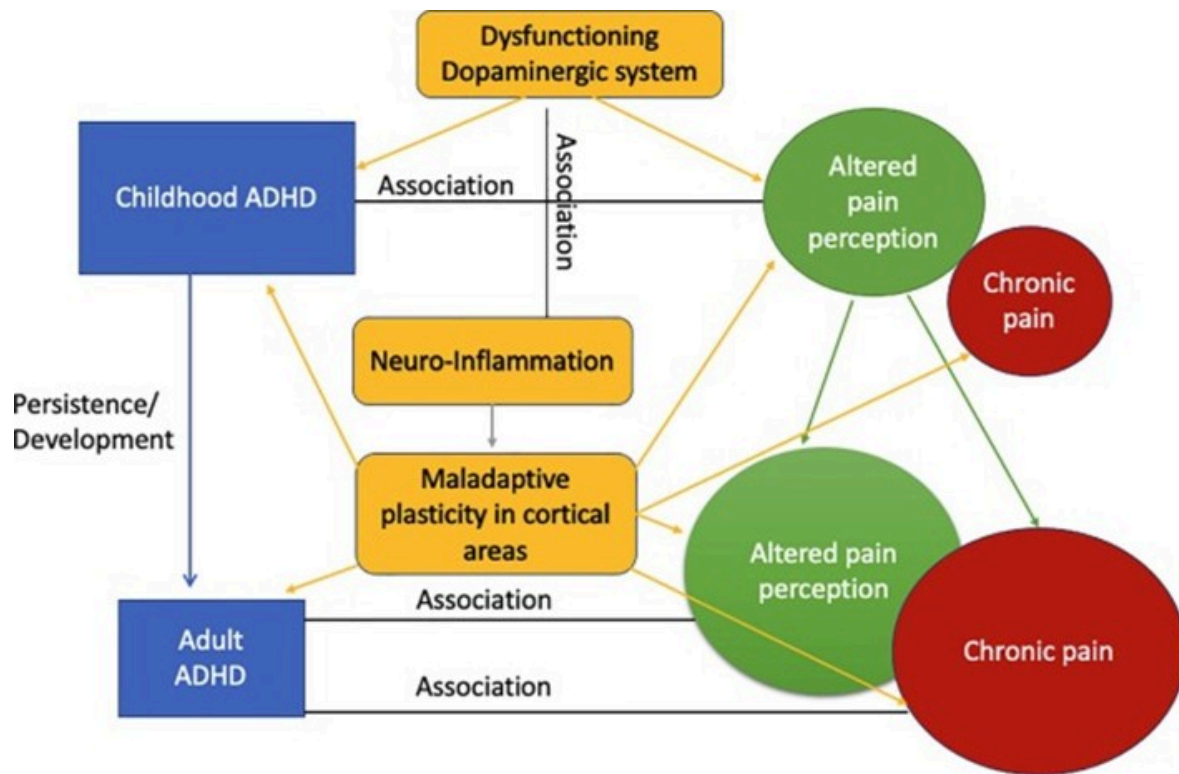


Fig. 1. A summative schematic representation of the previously described relationships between ADHD, pain, and neuroinflammation that form the basis of our hypothesis.

Evaluation of the hypothesis

In support of our hypothesis, it is well accepted that attention and pain are intimately related. Attention can modulate pain perception; this is demonstrated by studies in which subjects who were engaged in a task requiring attention perceived less pain to the same stimulus than subjects not doing such a task [69]. Contrarily, (chronic) pain reduces attention span [9].....

OVERALL SUMMARY

Altered neurotransmitters and brain structures seem to impact the perception and response to pain through a few mechanisms. The strategies known to be helpful for treatment include work that matches treatment for ADHD – mindfulness, DBT (learning to tolerate difficult experiences or sit with them), and cognitive restructuring. Medication for ADHD may help to raise the pain tolerance levels for some. Addressing inflammation through food and exercise and other medical and non-medicinal treatments could also be helpful. Ultimately, a multipronged approach is needed

COMING SOON: 2026 EDUCATIONAL OFFERINGS

We're excited to share that new educational offerings will be coming your way in 2026!

Our team is working on developing valuable learning opportunities designed to support your growth, enhance your skills, and keep you informed on the latest developments in the field.

Stay tuned for more details in the coming months. We look forward to sharing what's ahead!

CREDENTIALING WITH CAPM

CAPM's next Credentialing Course will take place in Fall 2026.

If you are interested in attending, please reach out to the CAPM office to express your interest. We encourage members to connect early to receive updates, registration details, and additional course information as it becomes available.

Please email us at office@eismanagementgroup.com

We look forward to supporting your continued professional development.

NOTICES FROM OUTSIDE CAPM

1. Pacific Pain Forum, Vancouver, British Columbia, Canada Interdisciplinary Conference April 17, 2026 Beyond Pain: Embracing Compassion and Trauma-Informed Awareness, <https://www.iasp-pain.org/event/pacific-pain-forum/>
2. CPS Conference 2026 : Shaping the future of pain science, April 29 — May 2 Québec City Convention Centre, Québec City
3. IASP 2026 Global Year of Neuropathic Pain
 - a. IASP World Congress 2026 – Bangkok, Thailand October 26-30, 2026

Relevant 2026 Pain Dates:

- September 2026: **Pain Awareness Month.**
 - October 17, 2026: **World Day Against Pain.**
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STAY CONNECTED FOLLOW CAPM ON LINKEDIN

We're excited to invite all members of the Canadian Academy of Pain Management to follow us on LinkedIn! Our LinkedIn page is a great way to stay up to date with the latest news, educational insights, professional development opportunities, and community highlights from CAPM. Following us will help you stay connected with your peers and engage with content that supports excellence in pain management care and education.

Follow CAPM on LinkedIn: <https://ca.linkedin.com/company/canadian-academy-of-pain-management>

Thank you for being part of our community. We look forward to connecting with you online!

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