



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

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## FEBRUARY 2026 BULLETIN

### ARTICLE

#### Chronic Pain in the LGBTQ Populations

Abd-Elsayed A, Heyer AM, Schatman ME. Disparities in the Treatment of the LGBTQ Population in Chronic Pain Management. *J Pain Res.* 2021 Nov 30;14:3623-3625. doi: 10.2147/JPR.S348525. PMID: 34880669; PMCID: PMC8646952.

Again using Google's AI to summarize

Key insights from the paper include:

- **Higher Prevalence and Complexity:** LGBTQ individuals are more likely to report chronic pain across multiple sites and experience greater functional limitations compared to heterosexual counterparts.
- **Psychosocial Comorbidities:** Unique socioeconomic stressors and histories of discrimination contribute to higher rates of comorbid mental health disorders, such as depression, which can worsen chronic pain prognoses.
- **Barriers to Quality Care:**
  - **Provider Bias:** Many healthcare providers lack sufficient training or hold negative attitudes, leading to incompetent or exclusionary care.
  - **Education Gap:** Medical schools spend an average of only five hours on LGBTQ-specific content, leaving many clinicians unprepared to address this population's specific needs.
  - **Insurance Access:** Barriers to obtaining health insurance further hinder the ability of LGBTQ patients to access consistent, high-quality pain management.

- **Recommendations for Improvement:** The authors advocate for increased provider education, improved cultural competency, and systemic changes to improve healthcare access and patient confidence.

OVERALL MESSAGE – keep our minds open to differences from what we might “expect” to see in terms of assessment and treatment of non-male patients.

Additionally, the concept of using “Compassionate Curiosity” should be a requirement in our field that we need to not only familiar with but become adept at. There are many resources but here is a good starting point.

1. [https://newsarchive.berkeley.edu/news/media/releases/2007/05/08\\_doctorpatient.shtml](https://newsarchive.berkeley.edu/news/media/releases/2007/05/08_doctorpatient.shtml) (accessed Jan 13, 2026)

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## CAPM IN MEXICO WITH CME AWAY



CAPM was pleased to attend CME Away from February 14–21 in Mexico. The event provided a valuable opportunity to engage in high-quality continuing medical education while connecting with peers in an inspiring setting. It was an incredible experience to participate, represent our members, and bring back meaningful insights and experiences that support our shared commitment to professional growth and excellence.



We would like to extend our sincere thanks to everyone who attended and helped make the week such a success. Your engagement, enthusiasm, and dedication to learning truly made

the experience impactful.



We also offer our heartfelt appreciation to the faculty for delivering outstanding educational sessions and for sharing their expertise so generously.

CAPM hopes to participate again with CME Away in the future and continue building on the strong connections and educational opportunities this event provides. Stay tuned for 2027 dates!

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## 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](mailto:office@eismanagementgroup.com)

We look forward to supporting your continued professional development.

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## MEMBERSHIP PORTAL

CAPM is pleased to share that our website has been refreshed!

In the coming weeks, we'll be launching a brand-new membership portal along with exclusive members-only features designed to enhance your experience and deliver even greater value as part of your membership.

This upgraded platform will make it easier to access resources, stay connected, and take full advantage of everything CAPM has to offer. Stay tuned as we continue rolling out improvements and building a fresh, more dynamic online experience.

We can't wait for you to explore what's coming next!

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## 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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