# Comprehensive Review of Pain Medicine

August 13-17, 2018

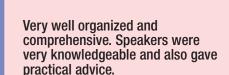
This was an excellent review of pain and was applicable to many different professions. I was able to take away at least something from every single lecture and felt that the quality of the presenters was second to none.

Overall, this conference has been very educational and I am happy that I attended. The speakers were knowledgeable and it gave a wide perspective regarding pain management/approaches.

The Fluno Center for Executive Education Madison, Wisconsin

Course Director: Nalini Sehgal, MD

Course Co-director: Aleksandra Zgierska, MD, PhD





# The Conference

### Statement of Need

The University of Wisconsin School of Medicine and Public Health faculty in Pain Medicine, Family Medicine and Community Health, Anesthesiology, Neurology, Orthopedics and Rehabilitation, and the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP) are pleased to offer the 16th Comprehensive Review of Pain Medicine at the Fluno Center in Madison, Wisconsin, August 13-17, 2018.

The current national opioid epidemic has brought into sharp focus the gaps in knowledge and training with respect to prevention, assessment and treatment of pain and opioid-related harm at all levels. Under-treatment as well as inappropriate pain management have contributed to suboptimal treatment outcomes, opioid use disorders, overdose, patient and provider dissatisfaction, and escalating national costs. This activity addresses knowledge and practice gaps in education and training in pain medicine.

This conference offers:

- Evidence-based lectures by nationally recognized expert multidisciplinary faculty
- Up-to-date, intensive review of Pain Medicine and related disorders for board certification/recertification
- · Review of best clinical practices in pain management
- Topics of interest to Primary Care on Thursday, August 16, and Friday, August 17
- Education on judicious and balanced opioid use, risk assessment, mitigation, monitoring, strategies for opioid taper, and opioid-sparing treatment approaches
- Education about issues overlapping pain and opioid use disorders, the diagnosis and treatment of opioid addiction, and pain management approaches in individuals with opioid use disorder

### **Target Audience**

This activity has been planned by and for an interprofessional audience of clinicians, including pain medicine, addiction medicine, and primary care physicians; physician assistants, nurse practitioners, nurses, and pharmacists interested in obtaining an overview of pain medicine.

### **Elements of Competence**

This CE activity has been designed to the interprofessional (IP) areas of values/ethics for IP practice, roles/responsibilities, interprofessional communication and teams/teamwork.

### **Objectives**

At the conclusion of this educational activity, participants will be able to:

- Review the anatomy and neurophysiology of peripheral and central pain pathways.
- Describe mechanisms of pain in acute pain, chronic nociceptive and neuropathic pain.
- Develop effective and empathetic patient communication techniques, including communicating with patients and caregivers at "end of life" and those with challenging psychiatric comorbidities.
- Describe common psychiatric problems co-occurring with chronic pain, discuss the role of psychological evaluation and testing, identify barriers to treatment, and summarize evidence for common psychological and behavioral treatments.

- Recognize differences in assessment and management of patients with acute and postoperative pain, chronic noncancer pain, cancer pain and end of life pain.
- Describe approaches to treating pain in special populations including children, the elderly, pregnant and lactating women, patients with cancer, and in palliative care settings.
- Describe the assessment and management of patients with headaches, complex regional pain syndrome, neuropathic pain, fibromyalgia, and pelvic pain.
- Recognize, interpret and clinically correlate radiological abnormalities in common musculoskeletal pain disorders of the spine and peripheral joints.
- Summarize the evidence for prolotherapy and other regenerative medicine treatments for musculoskeletal pain conditions.
- Discuss integrative medicine approaches to treating pain.
- Describe drug pharmacology and clinical applications of opioid and non-opioid analgesics and other pharmacotherapies for acute and chronic pain.
- Restate approaches aimed at improving the safety and efficacy of pain management with opioid analgesics: how to initiate, maintain, monitor compliance, taper and discontinue treatment with opioids.
- Describe current evidence for long-term opioid therapy in chronic non-cancer pain and adverse effects of long term opioid therapy.
- Summarize the diagnosis and treatment of opioid use disorder, and discuss ways to reduce harm in this patient population when treating pain.
- Explain the role of urine drug testing and discuss the interpretation of results.
- Discuss the problems of prescription opioid misuse/abuse in the chronic pain population.
- Articulate strategies for pain management in patients with opioid use disorder.
- Describe strategies to manage pain without opioids, including IV infusions, nerve blocks, neuromodulation, nonpharmacologic and CAM approaches
- Review the anatomy, indications, and contraindications for regional anesthetic blocks, cranial nerve and spinal injections, sympathetic blocks, and other advanced pain treatments.
- Discuss the management of patients with spinal cord stimulators and pain pumps.
- Discuss diagnostic workups in pain: indications and interpretations of imaging (plain x-rays, CT, and MRI) and electro-diagnostic testing.
- Outline a multimodal treatment plan for common pain conditions incorporating pharmacological, rehabilitation and behavioral/psychological, and interventional treatments.
- Recognize ethical and medico-legal issues related to pain medicine.
- Describe changes in policies and DEA regulations pertaining to prescribing schedule II and III medications, and record keeping.

### **Course Director**

Nalini Sehgal, MD

### **Course Co-director**

Aleksandra Zgierska, MD, PhD

### **Visiting Faculty**

Michael R. Clark, MD, MPH, MBA; Chair, Department of Psychiatry, Inova Fairfax Hospital, Falls Church, VA

Oscar A. de Leon-Casasola, MD; Professor of Anesthesiology and Medicine; Senior Vice-Chair, Department of Anesthesiology, University at Buffalo, School of Medicine; Chief, Division of Pain Medicine and Professor of Oncology, Roswell Park Cancer Institute, Buffalo, NY

**Arthur R. Derse, MD, JD;** Director, Center for Bioethics and Medical Humanities; Julia and David Uihlein Professor of Medical Humanities and Professor of Bioethics and Emergency Medicine, Institute for Health & Equity, Medical College of Wisconsin, Milwaukee, WI

**Rob Edwards, PhD, MSPH;** Associate Professor, Department of Anesthesiology, Brigham and Women's Hospital, Chestnut Hill, MA

**John R. Ewing, MD;** Medical Co-Director of Addiction Medicine, UnityPoint Health – Meriter, NewStart Addiction and Substance Abuse Program, Madison, WI

**Brett R. Stacey, MD;** Medical Director, UW Center for Pain Relief; Professor, Anesthesiology & Pain Medicine; University of Washington, Seattle, WA

**Tony L. Yaksh, PhD;** Professor, Department of Anesthesiology and Professor of Pharmacology, University of California, San Diego, La Jolla, CA

### **University Of Wisconsin-Madison Faculty**

\*Planning Committee member

**Alaa Abd-Elsayed, MD;\*** Assistant Professor, Department of Anesthesiology; Medical Director, UW Health Pain Services; Medical Director, UW Pain Clinic

**Christi Ann Albert, PharmD BCPS;** Clinical Pharmacy, UW Health, University Hospital

Miroslav "Misha" Backonja, MD;\* Emeritus Professor of Neurology, University of Wisconsin, Senior Medical Director, Worldwide Clinical Trials, Seattle WA

**Terese M. Bailey;\*** Senior Outreach Specialist, Office of Continuing Professional Development in Medicine and Public Health, University of Wisconsin–Madison ICEP

**Donna G. Blankenbaker, MD;** Professor, Department of Radiology

**Thomas P. Broderick, MD**; Associate Professor, Department of Anesthesiology

Randall T. Brown, MD, PhD, DFASAM; Associate Professor, Department of Family Medicine & Community Health; Director, University Hospital Center for Addictive Disorders; Addictionologist, Madison VA Medical Center

**Ruth Bruskiewitz; MS, RPh;** Clinical Professor, Division of Pharmacy Professional Development, University of Wisconsin-Madison School of Pharmacy, University of Wisconsin-Madison ICEP

**Timothy W. Casias, MD;** Assistant Professor, Department of Anesthesiology; Medical Director of Pediatric Chronic Pain

June L. Dahl, PhD; Professor Emerita of Neuroscience

**Aaron M. Gilson, MS, MSSW, PhD;** Health Policy Research Scientist/Senior Scientist, Sonderegger Research Center, University of Wisconsin-Madison School of Pharmacy

Paul R. Hutson, PharmD, BCOP;\* Professor, School of Pharmacy

Cheryl J. Kaltenberg;\* Consultant

**Peggy Kim, MD, MS, MBA;** Assistant Professor, Department of Anesthesiology

**Cara R. King, DO, MS;** Assistant Professor, Department of Obstetrics & Gynecology

**Russell L. Lemmon, DO;** Assistant Professor, Department of Family Medicine & Community Health

James W. Leonard, DO, PT;\* Associate Professor, Chair Division of Rehabilitation Medicine, Department of Orthopedics and Rehabilitation

Sarah E. McAchran, MD, FACS; Associate Professor, Departments of Urology and Obstetrics & Gynecology

**Thomas S. McDowell, MD, PhD;** Associate Professor, Department of Anesthesiology

**Michael M. Miller, MD;** Clinical Adjunct Professor, Department of Psychiatry

**Shilagh A. Mirgain, PhD;** Senior Psychologist, Clinical Adjunct Assistant Professor, Department of Orthopedics and Rehabilitation

**Tracy Mrochek, MPA, RN;** Continuing Education Program Coordinator, Continuing Education in Nursing, University of Wisconsin-Madison School of Nursing; University of Wisconsin-Madison ICEP

**Peter G. Pryde, MD;** Clinical Adjunct Associate Professor, Department of Anesthesiology; Director of Obstetric Anesthesiology, Unity Point Meriter Hospital; Anesthesiologist, Madison Anesthesiology Consultants, LLP

**David Rabago, MD;** Associate Professor, Department of Family Medicine & Community Health

Peggy S. Riley, MN, MPH, RN;\* Pediatric Pain CNS, American Family Children's Hospital; Adjunct Faculty, UW School of Nursing

**Nathan J. Rudin, MD, MA;\*** Professor, Department of Orthopedics and Rehabilitation

**Susanne Seeger, MD;** Associate Professor and Vice Chair; Director, Headache Program, Department of Neurology

Nalini Sehgal, MD;\* Professor, Department of Orthopedics and Rehabilitation; Fellowship Director, Pain Medicine; Vice Chair & Director Clinical Services, Rehabilitation Medicine

Aleksandra E. Zgierska, MD, PhD;\* Assistant Professor, Family Medicine, Addiction Medicine, Department of Family Medicine & Community Health; Board of Directors member, Wisconsin Society of Addiction Medicine, American Society of Addiction Medicine



12:30

1:30

Lunch

**Disorders** 



Diagnosis, Treatment and Prevention of Primary Headache

Susanne Seeger, MD

2:30	Classification and Pathophysiology of Headaches, Common Causes of Secondary Headache Disorders	Susanne Seeger, MD
3:30	Refreshment Break	
3:45	Cancer Pain: What Clinicians Should Know about Cancer Pain and Palliative Care	Peggy Kim, MD, MS, MBA
4:45	Pelvic Pain: Assessment and Treatment Strategies	Sarah E. McAchran, MD Cara R. King, DO, MS
5.45	Adjourn	

Opioid Analgesics: Drug Classes, Mechanism of Action,



**AM** 7:00

7:30

### Thursday, August 16, 2018

Breakfast

7.00	Pharmacology and Adverse Effects	ound E. Burn, I IIB
8:15	Opioid Therapy in Chronic Pain: Initiation, Safety, Adherence Monitoring and Diagnosis of Addiction	Randall T. Brown, MD, PhD
9:00	Opioids: Reducing, Stopping and Alternatives for Chronic Pain	Brett R. Stacey, MD
10:00	Refreshment Break	
10:15	Curbing Opioid Use: Role of Intravenous Lidocaine and Ketamine Infusions in Pain	Paul R. Hutson, PharmD, BCOP
11:00	Myofascial Pain and Fibromyalgia Syndrome: An Update	Nathan J. Rudin, MD, MA
11:45	Role of Spinal Cord Stimulation in Chronic Pain Treatment	Brett R. Stacey, MD
PM		
12:30	Lunch	
1:30	Complex Regional Pain Syndrome: Assessment and Treatment	Brett R. Stacey, MD
2:30	DEA Regulations, Lawful Prescribing, Monitoring for Abuse and Diversion	Aaron M. Gilson, MS, MSSW, PhD
3:15	Refreshment Break	
3:30	Interpretation of Urine Drug Testing: Abnormal Results - What Now?	John R. Ewing, MD
4:15	Opioid Use Disorder: Withdrawal Management and Addiction Treatment	Michael M. Miller, MD, FASAM, FAPA
5:00	Pain Management in Patients with Opioid Use Disorder	Aleksandra Zgierska, MD, PhD
6:00	Adjourn	

June L. Dahl, PhD



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AM			
7:00	Breakfast		
7:30	Psychiatric Comorbidity in Chronic Pain	Michael Clark, MD, MPH	
8:30	Treatment of Depression and Anxiety in Chronic Pain: Primer of Psychiatric Medications for Providers	Michael Clark, MD, MPH	
9:30	Regenerative Medicine Treatments for Chronic Musculoskeletal Pain	David Rabago, MD	
10:15	Refreshment Break		
10:30	Complementary and Alternative Medicine Treatments in Pain Management	Russell L. Lemmon, DO	
11:30	Ethical and Legal Concerns in Pain Medicine	Arthur R. Derse, MD, JD	
PM			
12:30	Lunch		
1:30	Musculoskeletal and Spine Pain: Clinical Assessment with Radiological Correlation	James W. Leonard, DO, PT Donna G. Blankenbaker, MD	
3:30	Adiourn		

### **Conference Dates and Fees**

### (PREPAYMENT IS REQUIRED)

August 13-17, 2018

\$1250 Physicians

\$895 Fellows, Residents, Others (PA/NP/RN/RPh/PharmD, etc.)

\$500 UW/VA/Meriter Faculty, Residents, and Staff

The conference fee includes the cost of tuition, breakfasts, refreshment breaks, lunches, and a nonrefundable processing fee of \$50.

### Registration/Enrollment Information

- Visit https://ce.icep.wisc.edu/comprehensive-pain-2018
- Select the "Register/Enroll" Tab
- · Select login or register
- If you have a UW-Madison NetID: Select "Login with my UW-Madison NetID"
- If you are a Visitor: Select "I already have an account" or "Create an account login and password"
- Follow any prompts to complete or update profile information
- Once you are logged in, navigate back to: https://ce.icep.wisc.edu/comprehensive-pain-2018
- Click the "Register" tab, select your Fee/Eligible Discount, complete any additional conference registration questions, and click, "Add to Cart"
- Select "Checkout" and follow the prompts to pay for the conference

Contact help@icep.wisc.edu if you need assistance

### **Cancellation and Refund Policy**

Requests for cancellation must be submitted in writing to help@icep.wisc.edu. Cancellation requests must be received by **August 6, 2018** to allow a full refund except for the \$50 nonrefundable processing fee. No refunds will be made for cancellations received after **August 6, 2018**.

### **Conference Location and Accommodations**

The Fluno Center for Executive Education 601 University Avenue Madison, WI 53715

Call: 877-77-FLUNO or direct at 608-441-7117

Fax: 608-441-7133

A block of rooms has been reserved at the Fluno Center. Please call the hotel directly to reserve your accommodation. The room rate is \$159. The block of rooms will be held on a first-come, first served basis and any available rooms that have not been reserved by Friday, July 13, 2018, will be released.

Madison, Wisconsin has one major airport (MSN), the Dane County Regional Airport. The Fluno Center is approximately 20 minutes from the airport.

### **Program Changes**

Emergency situations occasionally occur and may necessitate topic or speaker changes. The University of Wisconsin School of Medicine and Public Health and the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP) reserves the right to alter or substitute a topic or speaker without prior notification.



### **Course Materials**

Conference materials will be available to registered participants on Wednesday, August 8 at the conference site https://ce.icep.wisc.edu/comprehensive-pain-2018

Participants may purchase a paper copy of the syllabus for an additional fee of \$94.95 (price includes all applicable taxes). REQUESTS MUST BE RECEIVED BY WEDNESDAY, JULY 25, 2018.

If there are any concerns regarding the electronic syllabus, please contact Terese Bailey or Cheryl Kaltenberg prior to the conference.

### **Exhibits**

Representatives from pharmaceutical and equipment companies will display their products and will be available on Tuesday, August 14; Wednesday, August 15; and Thursday, August 16.

### **Conference Attire**

Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket.

### For Further Information

Terese M. Bailey, University of Wisconsin–Madison ICEP, 750 Highland Avenue #4270E HSLC, Madison, Wisconsin 53705-2221; telephone 608-265-2046; *terese.bailey@wisc.edu*.

Cheryl J. Kaltenberg, Consultant, kaltenberg@rehab.wisc.edu



## Credit

### **Accreditation Statement**



In support of improving patient care, the University of Wisconsin–Madison Interprofessional Continuing Education Partnership is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team.

### **Credit Designation Statements**

### Accreditation Council for Pharmacy Education (ACPE)

A maximum of 41 hours of knowledge-based CE credit can be earned by successfully completing this live activity. Pharmacists should claim only the credit commensurate with the extent of their participation in the activity. CE credit information, based on verification of live attendance and completion of the program assessment and evaluation, will be provided to NABP within 60 days after the activity completion.

Universal Activity Number (UAN) JA0000358-0000-18-079-L01-P 39.25 hours/3.925 CEUs

Universal Activity Number (UAN) JA0000358-0000-18-080-L03-P 1.75 hours/.175 CEUs

### American Medical Association (AMA)

The University of Wisconsin–Madison ICEP designates this live activity for a maximum of 41 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### American Nurses Credentialing Center (ANCC) & Iowa Board of Nursing

The University of Wisconsin–Madison ICEP designates this live activity for a maximum of 41 ANCC and lowa contact hours. ANCC pharmacotherapeutic contact hours will be calculated and awarded as appropriate to meet the needs of advanced practice nurses.

The University of Wisconsin–Madison School of Nursing is Iowa Board of Nursing provider 350. A copy of the evaluation(s) may be sent to the Iowa Board of Nursing, 400 SW 8th St., Suite B, Des Moines, IA 50309.

### **Continuing Education Units**

The University of Wisconsin–Madison, as a member of the University Continuing Education Association (UCEA), authorizes this program for .41 continuing education units (CEUs) or 41 hours.

### **American Academy of Family Medicine**

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.** 

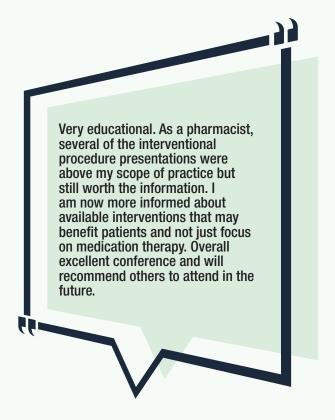
### **American Board of Addiction Medicine**

Application has been made for this conference to be an approved CME Activity by the American Board of Addiction Medicine (ABAM) for the Maintenance of Certification (MOC) Program for the CME requirement for Part II: Lifelong Learning and Self-Assessment.

### Policy on Faculty and Sponsor Disclosure

It is the policy of the University of Wisconsin–Madison ICEP, that the faculty, authors, planners, and other persons who may influence content of this CE activity disclose all relevant financial relationships with commercial interests in order to allow CE staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s).

Detailed disclosures will be available prior to the start of the activity.





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The Fluno Center for Executive Education Madison, Wisconsin

Provided By

University of Wisconsin School of Medicine and Public Health

Department of Orthopedics and Rehabilitation
Department of Anesthesiology
Department of Family Medicine and Community Health
Department of Neurology



School of Medicine and Public Health School of Nursing School of Pharmacy