Comprehensive Review of Pain Management
August 5-9, 2019

Very good conference. I really liked the questions and answer session in between to keep us alert and making sure the subject matter is conveyed well. All the speakers were very knowledgeable. I would highly recommend this conference to my fellows and peers.

I really enjoyed the course. It has been one of the most helpful courses I have attended in a long time.

I always learn a great deal from this collective group of pain experts. Thank you for putting this on.

The Fluno Center for Executive Education
Madison, Wisconsin

Course Director: Nalini Sehgal, MD
Course Co-director: Aleksandra Zgierska, MD, PhD

School of Medicine and Public Health
UNIVERSITY OF WISCONSIN–MADISON
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 17th Comprehensive Review of Pain Management at the Fluno Center in Madison, Wisconsin, on August 5-9, 2019.

The current national opioid epidemic has highlighted gaps in prevention, assessment and treatment of pain and opioid-related harms at all levels. Under-treatment as well as inappropriate pain management have contributed to suboptimal treatment outcomes, opioid misuse and use disorders, overdose, patient and provider dissatisfaction, and escalating national costs. This activity addresses knowledge and existing practice gaps in education and training in pain medicine.

Highlights:
- Review of best clinical practices in pain management by expert multidisciplinary faculty
- 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 disorder (OUDs), the diagnosis and treatment of OUD, and pain management approaches in individuals with OUD
- Overview of current evidence on applications of cannabinoids to pain care
- Up-to-date, intensive review of Pain Medicine and related disorders for board certification/recertification
- Focus on topics of interest to Primary Care and other interdisciplinary clinicians on Wednesday, August 7 - Friday, August 9
- 37.5 hours of instruction

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 management.

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, clinicians will be able to:
- Review neuroanatomy and neurophysiology of pain pathways.
- Describe pathophysiology of acute and chronic pain.
- Learn to communicate with patients effectively.
- Describe comorbid psychiatric conditions, discuss psychological evaluation and summarize evidence for common behavioral treatments such as mindfulness meditation, cognitive behavioral therapy, relaxation, biofeedback, hypnosis.
- Describe pain management approaches in children, elderly, pregnant and lactating women, and those with cancer.
- Describe the assessment and management of headache, complex regional pain syndrome (CRPS), neuropathic pain, myofascial pain, fibromyalgia, and pelvic pain.
- Recognize, interpret and clinically correlate radiological abnormalities in common musculoskeletal pain disorders of the spine and peripheral joints.
- Outline a multimodal treatment plan for common pain conditions incorporating pharmacological, rehabilitation, behavioral/psychological, complementary and alternative medicine, interventional, and surgical treatments.
- Describe analgesic pharmacology and clinical applications of opioid and non-opioid analgesics and other pharmacotherapies for acute and chronic pain.
- Review the anatomy, indications, and contraindications for regional anesthetic blocks, different types of peripheral and spinal nerve blocks, and other advanced pain treatments for headache and facial pain, spinal pain, CRPS, osteoarthritic musculoskeletal and neuropathic pain conditions.
- Describe role of spinal cord stimulators and pumps in pain management.
- Summarize the evidence for regenerative medicine treatments for musculoskeletal pain conditions.
- Discuss integrative medicine approaches to treating pain.
- Discuss opioid therapy and related issues in pain management
  - State approaches aimed at improving safety and efficacy of pain management with opioids: how to initiate, maintain, monitor compliance, taper and discontinue opioids.
  - Discuss pain management in patients on long-term, high-dose opioid therapy.
  - Describe adverse effects of long-term opioid therapy.
  - Discuss the problems of prescription opioid misuse/ opioid use disorder in chronic pain.
  - Explain the role of urine drug testing and discuss the interpretation of results.
  - Summarize diagnosis and treatment of opioid use disorder, and discuss approaches to reduce addiction-related harm.
  - Describe strategies to manage pain without opioids, including IV lidocaine and ketamine infusions, nerve blocks, neuromodulation, integrative medicine and non-pharmacologic approaches.
  - Describe policies and DEA regulations pertaining to prescribing controlled substances, and appropriate record keeping.
  - Discuss the potential of cannabinoids as an opioid-sparing approach to the management of pain and the treatment of comorbid mental health conditions.
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
Edward C. Covington, MD; Emeritus Staff, Cleveland Clinic Foundation; Former Director, Neurological Center for Pain; Shaker Heights, OH
Timothy R. Deer, MD, DABPM, FIPP; President and CEO, The Spine and Nerve Center of The Virginias, Charleston, WV
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
Bob Edwards, PhD, MSPH; Associate Professor, Department of Anesthesiology, Brigham and Women’s Hospital, Harvard University, Boston, MA
John R. Ewing, MD; Medical Co-Director of Addiction Medicine, UnityPoint Health–Meriter, NewStart Addiction and Substance Abuse Treatment Program, Madison, WI
Thomas Faull, DO, DC; Division Chief, Pain Management SSM Health, Dean Medical Group, Madison, WI
David Galbis-Reig, MD, DFASAM; Medical Director of Addiction Medicine, Ascension Wisconsin All Saints; President-Elect, Wisconsin Society of Addiction Medicine; VP-MD, Wisconsin Medical Society Foundation; Racine, WI
Cara R. King, DO, MS; Division Director of Benign Gynecologic Surgery, Associate Program Director of Minimally Invasive Gynecologic Surgery Fellowship, Cleveland Clinic, Cleveland, OH
Michael Larson, PhD; Health / Pain Psychologist, Marshfield Clinic Health System; Director of Controlled Medication Policy, Marshfield Clinic Health System, Minocqua, WI
Michael McNett, MD; Aurora Pain Management Leader: Medical, Aurora Health System, Milwaukee, WI
Tony L. Yaksh, PhD; Professor, Departments of Anesthesiology and Pharmacology, University of California, San Diego, La Jolla, CA
Annette M. Zaharoff, MD; Medical Director, Non-Surgical Center of Texas, San Antonio, TX

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
Jacquelynn Adams, MD; Assistant Professor, Department of Obstetrics and Gynecology
Christi Ann Albert, PharmD BCPS; Clinical Pharmacy, UW Health, University Hospital
Sreevalli Atluru, MD; Assistant Professor, Department of Family Medicine and Community Health
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
Ritu Bhatnagar, MD, MPH; Clinical Adjunct Professor, Department of Psychiatry; Medical Director and Addiction Psychiatrist, UnityPoint Health-Meriter NewStart
Miranda J. Bice, MD; Clinical Assistant Professor, Department of Radiology
Timothy W. Casias, MD; Assistant Professor, Department of Anesthesiology; Medical Director of Pediatric Chronic Pain
June L. Dahl, PhD; Professor Emerita of Neurology
Steven J. Garlow, MD, PhD; Professor, Department of Psychiatry
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
Elizabeth Lake, MD; Clinical Assistant Professor, Department of Neurology
James W. Leonard, DO, PT;* Associate Professor, Chair Division of Rehabilitation Medicine, Department of Orthopedics and Rehabilitation
Sarah E. McCrachan, MD, FACS; Associate Professor, Departments of Urology and Obstetrics & Gynecology
Thomas S. McDowell, MD, PhD; Associate Professor, Department of Anesthesiology
Shilagh A. Mirgain, PhD; Distinguished 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
Peggy S. Riley, MN, MPH, RN;* Director, Pediatric Pain and Palliative Care Programs, American Family Children’s Hospital; Adjunct Faculty, UW School of Nursing
Adam Rindfleisch, MD, MPhil; Associate Professor, Department of Family Medicine and Community Health; Medical Director, UW Integrative Medicine Program
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
Shawna K. Wheeler, PA-C; Department of Neurology
Aleksandra E. Zgierska, MD, PhD;* Associate Professor, Departments of Family Medicine and Community Health, and Population Health Sciences; Board of Directors member, Wisconsin and American Societies of Addiction Medicine
### Monday, August 5

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<tr>
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<td>4:15-5:00</td>
<td>Spinal Cord Stimulation in Chronic Pain: Current Status</td>
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### Tuesday, August 6

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<td>Musculoskeletal Pain: Clinical and Radiologic Correlation</td>
<td>Donna Blankenbaker, MD &amp; James Leonard, DO</td>
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<td>Chronic Spinal Pain: Spinal Injections</td>
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<td>Michael Clark, MD, MPH, MBA</td>
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<td>8:45-9:45</td>
<td>Treatment of Depression, Anxiety and Sleep Problems</td>
<td>Michael Clark, MD, MPH, MBA</td>
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### Schedule Summary

**Monday, August 5**
- **7:00** Registration & Breakfast
- **7:30-7:45** Welcome
- **7:45-8:15** Acute Pain Management: Neurobiology of Pain – Applying Basic Science Knowledge to Daily Practice (Oscar A. de Leon-Casasola, MD)
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**Tuesday, August 6**
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- **7:45-8:45** Musculoskeletal Pain: Clinical and Radiologic Correlation (Donna Blankenbaker, MD & James Leonard, DO)
- **8:45-9:45** Chronic Spinal Pain: Clinical and Radiologic Correlation (Donna Blankenbaker, MD & James Leonard, DO)
- **9:45-10:30** Chronic Spinal Pain: Spinal Injections (Nalini Sehgal, MD)
- **10:30-10:45** Break
- **10:45-11:30** Chronic Spinal Pain: Surgical Treatments (Miranda J. Bice, MD)
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- **2:45-3:15** Secondary Headache Disorders (Elizabeth Lake, MD)
- **3:15-3:30** Q&A
- **3:30-3:45** Break
- **3:45-4:30** Headache and Atypical Facial Pain: Cranial Nerve Blocks and Radiofrequency Ablation (Alaa Abd-Elsayed, MD)
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<td>10:00-10:45</td>
<td>Psychological Evaluations in Chronic Pain</td>
<td>Shilagh A. Mirgain, PhD</td>
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<td>10:45-11:30</td>
<td>Complex Psychiatric Comorbidity in the Context of Pain Management</td>
<td>Rob Edwards, PhD, MSPH</td>
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<td>Psychological Interventions in Chronic Pain</td>
<td>Shilagh A. Mirgain, PhD</td>
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<td>1:30-2:00</td>
<td>Pain in Children: Assessment</td>
<td>Peggy Riley, MN, MPH, RN</td>
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<td>2:00-2:30</td>
<td>Chronic Pain in Children: Management</td>
<td>Timothy W. Casias, MD</td>
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<td>2:30-3:15</td>
<td>Pain in the Elderly: Assessment and Management</td>
<td>Nathan J. Rudin, MD, MA</td>
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<td>Myofascial Pain Syndrome</td>
<td>Nathan J. Rudin, MD, MA</td>
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<td>4:15-5:00</td>
<td>Acetaminophen, Antiinflammatory, and Antispasmodics Medications in Pain Care</td>
<td>Christi Albert, PharmD BCPS</td>
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<td>5:00-5:45</td>
<td>Fibromyalgia and Other Central Sensitization Pain Syndromes</td>
<td>Nathan J. Rudin, MD, MA</td>
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<td>8:00-8:45</td>
<td>Opioid Analgesics: Mechanisms of Action, Pharmacology and Adverse Effects</td>
<td>Paul Hutson, PharmD, BCOP**</td>
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<td>8:45-9:30</td>
<td>Opioid Therapy for Chronic Pain: Is There a Role? Why, When, and How</td>
<td>Michael McNett, MD**</td>
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<td>9:30-10:15</td>
<td>Legacy Patients – Ethical, Safe, and Compassionate Management of Those Highly Tolerant to Opioids</td>
<td>Edward C. Covington, MD**</td>
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<td>10:45-11:30</td>
<td>Opioid Use Disorder: Diagnosis and Treatment</td>
<td>Ritu Bhatnagar, MD, MPH**</td>
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<td>12:15-12:30</td>
<td>Q&amp;A</td>
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<td>12:30-13:00</td>
<td>Lunch</td>
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<td>1:30-2:15</td>
<td>Efforts at Curbing Opioid Harms: Learning from a Decade of Interventions at Marshfield Clinic Health System in Wisconsin</td>
<td>Michael Larson, Ph.D**</td>
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<td>2:15-3:00</td>
<td>Opioid Sparing Strategies: A Role for Lidocaine and Ketamine Infusions?</td>
<td>Nalini Sehgal, MD &amp; Steven J. Garlow, MD, PhD**</td>
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<td>Pain Management in Patients with Opioid Use Disorder</td>
<td>David Galbis-Reig, MD, DFASAM**</td>
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<td>4:30-5:30</td>
<td>Cannabinoids and Pain Management</td>
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<td>Annette M. Zaharoff, MD</td>
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<td>8:30-9:15</td>
<td>Integrative Therapies for Chronic Pain: Evidence and Application</td>
<td>Adam Rindfleisch, MD</td>
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<td>9:15-9:30</td>
<td>Q&amp;A</td>
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<tr>
<td>9:30-10:15</td>
<td>Regional Anesthetic Blocks for Acute and Chronic Pain</td>
<td>Thomas J. Faull, DO, DC</td>
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<tr>
<td>10:15-10:30</td>
<td>Q&amp;A</td>
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<td>10:30-10:45</td>
<td>Break</td>
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<tr>
<td>10:45-11:15</td>
<td>Assessment and Management of Pain in Pregnant Women</td>
<td>Sreevalli Atluru, MD &amp; Jacquelyn Adams, MD</td>
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<tr>
<td>11:15-11:45</td>
<td>Management of Pain in Breastfeeding Women</td>
<td>Sreevalli Atluru, MD &amp; Jacquelyn Adams, MD</td>
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<tr>
<td>11:45-12:30</td>
<td>DEA Regulations and Lawful Prescribing of Controlled Substances: Focus on Opioids</td>
<td>Aaron Gilson, MS, MSSW, PhD</td>
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<tr>
<td>12:30</td>
<td>Adjourn &amp; Box Lunch</td>
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Conference Dates and Fees
August 5-9, 2019
$1250 Physicians
$895 Fellows, Residents, Others (PA/NP/RN/RPh/PharmD, etc.)
$575 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 Information
• Visit https://ce.icep.wisc.edu/comprehensive-pain-2019
• 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-2019
• Click the Register tab, select your Registration Fee, 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 received by July 29, 2019 will allow a full refund except for the $50 nonrefundable processing fee. No refunds will be made for cancellations received after July 29, 2019.

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 5, 2019, 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 reserves the right to alter or substitute a topic or speaker without prior notification.

Course Materials
Conference materials will be available to registered participants 48 hours prior to the event at the conference site: https://ce.icep.wisc.edu/comprehensive-pain-2019

Participants may purchase a paper copy of the syllabus for an additional fee of $94.95 (tax included). Requests must be received by Monday, July 15, 2019.

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

Exhibits
Representatives from pharmaceutical and equipment companies will display their products and will be available on Tuesday, August 6; Wednesday, August 7; and Thursday, August 8.

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 Ave 1171 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 Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statements

Accreditation Council for Pharmacy Education (ACPE)
A maximum of **37.5 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
JA0000358-0000-19-069-L01-P
36.75 hours/3.675 CEUs

Universal Activity Number
JA0000358-0000-19-070-L03-P
0.75 hours/.075 CEUs

American Medical Association (AMA)
The University of Wisconsin–Madison ICEP designates this live activity for a maximum of **37.5 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 **37.5 ANCC and Iowa 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 **3.75 continuing education units (CEUs)** or **37.5 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.

Wisconsin Medical Examining Board Opioid CME
An application has been submitted to the Wisconsin Medical Examining Board for approval to award continuing education on responsible opioid prescribing guidelines.

Policy on 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.

Very educational. As a pharmacist, several of the interventional procedure presentations were above my scope of practice but still worth the information. I am now more informed about available interventions that may benefit patients and not just focus on medication therapy. Overall excellent conference and will recommend others to attend in the future.
Comprehensive
Review of Pain Management
August 5-9, 2019

Course Director: Nalini Sehgal, MD
Course Co-director: Aleksandra Zgierska, MD, PhD

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
University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP)

NEW THIS YEAR – Earn your 2 Wisconsin Opioid CME credits
An application has been submitted to the Wisconsin Medical Examining Board for approval to award continuing education on responsible opioid prescribing guidelines.