

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

# Pain Management in a Time of Transition

PRESENTED BY THE NEUROSCIENCE INSTITUTE AT VIRGINIA MASON

**Friday, November 10, 2017**

Virginia Mason • Seattle, Washington



Virginia Mason™

## Faculty

### COURSE DIRECTORS:

**Andrew Friedman, MD**

Section Head, Physical Medicine & Rehabilitation, Neuroscience Institute  
Virginia Mason Medical Center, Seattle

**James R. Babington, MD**

Medical Co-Director, Comprehensive Spine Program  
Section of Physical Medicine & Rehabilitation, Neuroscience Institute  
Virginia Mason Medical Center, Seattle

### KEYNOTE SPEAKER:

**Jane C. Ballantyne, MD, FRCA**

Professor, Anesthesiology and Pain Management  
University of Washington, Seattle

### GUEST FACULTY:

**Eileen Cody, RN**

Washington State Representative  
Washington State House of Representatives, 34th Legislative District, Seattle

**Gary Franklin, MD, MPH**

Medical Director, Washington State Department of Labor and Industries (L&I)  
Research Professor, Environmental and Occupational Health Sciences  
University of Washington, Seattle

**Daniel O'Connell, PhD**

Communication in Healthcare, Seattle

**Kari A. Stephens, PhD**

Assistant Professor, Psychiatry & Behavioral Sciences  
Adjunct Assistant Professor, Biomedical Informatics & Medical Education  
University of Washington, Seattle

**Mark D. Sullivan, MD, PhD**

Professor, Psychiatry and Behavioral Sciences  
Adjunct Professor, Anesthesiology and Pain Medicine, Bioethics and Humanities  
University of Washington, Seattle

### VIRGINIA MASON FACULTY:

**Richard M. Furlong, MD**

Head, Section of General Internal Medicine, Kirkland

**Jennifer Kelly, PsyD**

Physical Medicine & Rehabilitation

**Amanda Locke, PharmD, BCACP**

Manager, Ambulatory Pharmacy

**Wyndam Strodbeck, MD**

Head, Section of Pain Management, Department of Anesthesiology

# Pain Management in a Time of Transition

**P**ain is an unavoidable, multifaceted human experience and essential part of life. For approximately 100 million Americans, functionally impairing pain is part of that daily experience. During the 1990s, the American Pain Society and other regulatory bodies advocated including pain as “the fifth vital sign.” This movement coincided with developments in opioid therapy and its application in patients suffering from persistent non-malignant pain.

Today, we face a crisis. Developed out of a well-intentioned effort, it has resulted in significant overuse of opioids as a stand-alone treatment for persistent non-malignant pain syndromes.

This course will expand understanding of treatment options for non-malignant pain beyond chronic opioid therapy. We will enhance knowledge of appropriate use of chronic opioid therapy and review statutory requirements to provide that treatment. Our faculty will elaborate on comprehensive assessment and treatment of patients with painful conditions. Participants will engage in discussion of emerging data on strategies to enhance collaboration within treatment teams and create interdisciplinary environments for treatment.

Teaching methods include lectures, patient experience and Q&A with faculty.

## **TARGET AUDIENCE:**

This course is appropriate for physicians and advanced practice providers who engage in the assessment, management or treatment of pain in their patients. This course will also be of interest to nurses and health care policy makers.

## **OBJECTIVES:**

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

- Summarize the rationale and methods for opioid tapering or dose stabilization and how to make the change sustainable
- Consider our obligations to patients with chronic pain concerning pain relief, opioid prescription and abandonment
- Indicate the key guidelines for management of chronic opioid therapy and how to use them
- Summarize current Washington State law regarding opioid prescribing
- Specify the most effective alternatives to manage chronic pain
- Discuss the most important steps to take to reverse the opioid epidemic
- Apply the principles of safety, effectiveness and more harm than good to the kinds of conversations providers have with patients about pain medications
- Review and discuss non-pharmacological evidenced-based interventions for patients experiencing persistent pain
- Identify opportunities and barriers healthcare teams face when providing care to patients with pain
- Describe options for comprehensive pain management in the hospital
- Identify components of care needed to do collaborative care

## Agenda

- 7:00 a.m.** Registration opens, breakfast selection available
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**  
**Opioid Tapering or Stabilization as a Long-Term Strategy**  
Jane Ballantyne, MD
- 8:30 a.m.** Break
- 8:45 a.m.** **Introduction, Overview of Course Objectives** | Andrew Friedman, MD
- 8:50 a.m.** **Voice of the Patient: Patient Experiences in Their Own Words**
- 9:00 a.m.** **Ethics of Pain Care** | Mark Sullivan, MD
- 9:30 a.m.** **History of Pain Management & Opioid Epidemic** | Andrew Friedman, MD
- 10:00 a.m.** Break
- 10:15 a.m.** **Legislation: Pain Management Now and in the Future** | Eileen Cody, RN
- 10:45 a.m.** **Reversing the Opioid Epidemic: More Effective Management of Pain**  
Gary Franklin, MD
- 11:15 a.m.** **Panel Discussion**
- 11:30 a.m.** Lunch (provided)
- 12:15 p.m.** **Negotiating With Patients About Pain and What to Do About It**  
Dan O'Connell, PhD
- 1:15 p.m.** **Psychological Interventions with Patients Experiencing Pain**  
Jennifer Kelly, PsyD
- 1:45 p.m.** **Tools for Patient Evaluation & Management** | Amanda Locke, PharmD
- 2:15 p.m.** Break
- 2:30 p.m.** **Peri-surgical & Hospital Pain Management** | Wyndam Strodbeck, MD
- 3:00 p.m.** **Care of Persistent Pain in the Primary Care Setting** | Richard Furlong, MD
- 3:30 p.m.** **Collaborative Care Models for Pain Management** | Kari Stephens, PhD
- 4:00 p.m.** **Closing Remarks** | James Babington, MD



**Accreditation with Commendation:** Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**Credit Designation:** Virginia Mason Medical Center designates this live activity for a maximum of **7.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP).

**Determination of credit is pending.**

**Location:** The course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) Please note the Terry Street entrance into Lindeman Pavilion is Level Two. For information, contact the CME Department at (206) 341-0142 or email [cme@virginiamason.org](mailto:cme@virginiamason.org).

To register, complete the form below and send via:



**MAIL:**

Virginia Mason CME Dept.  
1100 Ninth Ave., D3-CME  
Seattle, WA 98101



**PHONE:** (206) 341-0142



**FAX:** (206) 341-1480



**E-MAIL:** [cme@virginiamason.org](mailto:cme@virginiamason.org)

**WEB:** [VirginiaMasonCME.org](http://VirginiaMasonCME.org)

**Cancellation and Refund Policy:** Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

**REGISTRATION:**

## Pain Management in a Time of Transition

Friday, November 10, 2017



*Please print clearly*

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Please provide one question for the faculty: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will attend at the Videoconferencing Site in: \_\_\_\_\_

*For information, call (206) 341-0142.*

**PAYMENT:**

**Tuition:** \$185.00

Check enclosed. Make check payable to Virginia Mason CME

Please charge my:  VISA  MasterCard  American Express  Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE