

UW Medicine

UW SCHOOL
OF MEDICINE

8th Annual John D. Loeser Pain Conference

Improving Care, Improving Outcomes in Primary Care

Friday & Saturday
October 23–24, 2015
Shoreline Conference Center
18560 1st Avenue NE
Shoreline, WA



Sponsored by the University of Washington School of Medicine
Department of Anesthesiology & Pain Medicine • Office of Continuing Medical Education

WHO SHOULD ATTEND

Primary care providers (MD, DO, ARNP, NP, PA-C) who manage patients with chronic, non-malignant pain. Other interested specialties may include rehabilitation medicine, occupational medicine and psychiatry.

COURSE DESCRIPTION

Chronic pain is one of the most common complaints of people seeking medical care. The vast majority of this care is delivered in primary care venues with only occasional input from specialists. The Loeser conferences are meant to help primary care providers improve their knowledge, comfort level and treatment resources in working with patients who can be challenging and high utilizers of medical care. Opioids are a mainstay of chronic pain treatment and will be discussed in detail with a special focus on issues surrounding weaning of high-dose chronic opioids. Other areas of focus during this year's conference will include neurology, with specific lectures on neuropathy and headache and psychiatric comorbidity in chronic pain patients, particularly focusing on substance use disorders. The emphasis in all presentations will be on providing evidence-based and actionable information which PCPs can then use in their clinical work with chronic pain patients.

Case Presentations: During the lunch hour, an optional case discussion session will be led by speakers.

COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Discuss realistic expectations of the healing process following injury
- Assess and recommend treatment for chronic low back pain
- Describe the risks associated with high-dose opioid use
- Discuss the benefits and best approaches to opioid weaning
- Recognize and manage chronic daily headache
- Manage the use of methadone in the chronic pain setting
- Evaluate patients with comorbid depression, anxiety and substance use

ACCREDITATION

Accreditation with Commendation

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



Credit Designation

The University of Washington School of Medicine designates this live activity for a maximum of 11.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

FEES AND REGISTRATION

MD/DO/PhD	\$295
Allied Health	\$245
Resident/Fellow	\$95

The fee for this course includes catering, all instruction materials and transcript of *AMA PRA Category 1 Credits*[™]. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

CONFERENCE SYLLABUS IS GOING GREEN

Syllabus materials will be available for download at uwcme.org (for conference registrants only). The password for the download website will be sent with your registration confirmation email. Materials will be available from **October 16 - November 25, 2015**, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference.

ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and this requirement will be strictly enforced.

UWCME takes into consideration diverse nutritional preferences and restrictions when planning our complimentary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

CHILD CARE POLICY

In consideration of other participants and speakers, please do not bring infants/children into conference sessions.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **October 12, 2015**. A \$50.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **October 12, 2015**. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties. Contact CME Registrar with questions — **call 206.543.1050, fax 206.221.4525 or email cme@uw.edu**.

SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation in the application process contact the department at: 206.543.1050 or the Disability Services Office at least ten days in advance.

Contact Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY • 206.685.7264/Fax • e-mail: dso@u.washington.edu

HOTEL ACCOMMODATIONS

For your convenience, listed below are hotels located within the vicinity of the conference. To make reservations, please call the hotels directly. No room block has been reserved.

Embassy Suites Seattle - North/ Lynnwood

20610 44th Avenue West

Lynnwood, WA 98036

Reservations: 425.775.2500

embassysuites3.hilton.com

Best Western Plus Edmonds Harbor Inn

130 West Dayton Street

Edmonds, WA 98020

Reservations: 425.771.5021

bwedmondsharborinn.com

Course Faculty

COURSE CHAIRS

Suzanne E. Rapp, MD

Clinical Professor
Department of Anesthesiology & Pain
Medicine

Daniel L. Krashin, MD

Acting Assistant Professor
Department of Anesthesiology & Pain
Medicine

UW FACULTY

Rebecca Dale, MD

Acting Assistant Professor
Department of Anesthesiology & Pain
Medicine

Mark Duncan, MD

Acting Assistant Professor
Department of Psychiatry & Behavioral
Sciences

Jeffrey Jarvik, MD, MPH

Professor
Departments of Radiology and
Neurological Surgery

Mina Kim, PharmD

Clinical Pharmacist
UWMC Pharmacy
UW Center for Pain Relief

Ivan Lesnik, MD

Clinical Associate Professor
Department of Anesthesiology & Pain
Medicine
Chief, Harborview Medical Center Pain
Service

John D. Loeser, MD

Professor Emeritus
Departments of Neurological Surgery and
Anesthesiology & Pain Medicine

Joseph O. Merrill, MD, MPH

Associate Professor
Department of Medicine
Division of General Internal Medicine

Natalia Murinova, MD

Clinical Assistant Professor
Department of Neurology

James P. Robinson, MD, PhD

Clinical Professor
Department of Rehabilitation Medicine

Irakli Soulakvelidze, MD

Clinical Associate Professor
Department of Anesthesiology & Pain
Medicine

Brett Stacey, MD

Professor
Department of Anesthesiology & Pain
Medicine
Director, UW Center for Pain Relief

Mark D. Sullivan, MD, PhD

Professor
Department of Psychiatry & Behavioral
Sciences

David J. Tauben, MD

Clinical Professor
Departments of Medicine and
Anesthesiology & Pain Medicine

Heather S. Tick, MD, MA

Clinical Associate Professor
Departments of Family Medicine and
Anesthesiology & Pain Medicine

Leo Wang, MD, PhD

Assistant Professor
Department of Neurology

Christine Yuodelis-Flores, MD

Clinical Associate Professor
Department of Psychiatry & Behavioral
Sciences

Friday, October 23, 2015

- 7:30 Registration and Continental Breakfast**
- 7:55 Welcome and Introduction
Suzanne Rapp, MD
- 8:00 Evidence-Based Algorithm for Management and Treatment of Low Back Pain
John Loeser, MD
- 8:40 About Lumbar Spine Imaging: When to Order and How to Read Reports to Patients
Jeffrey Jarvik, MD, MPH
- 9:20 How to Approach Your Patient about Weaning Opioid Medications
David Tauben, MD
- 10:00 Question and Answer Session
- 10:20 Break**
- 10:35 Chronic Pain in the Primary Care Setting
Joseph Merrill, MD
- 11:10 The Role of Injection Interventions in Pain Management: What the PCP Should Know
Brett Stacey, MD
- 11:45 Question and Answer Session
- 12:00 Lunch (provided)**
- 12:15 Optional: Relevant Case Presentations and Discussion (Bring Your Cases)
James Robinson, MD, PhD
- 12:45 Break**
- 1:00 Tapering Post-Operative Pain Medications
Mina Kim, PharmD
- 1:30 Managing the Inherited Pain Patient
Daniel Krashin, MD
- 2:00 Fibromyalgia: An Update
James Robinson, MD, PhD
- 2:30 Nutrition for Chronic Pain
Heather Tick, MD
- 3:00 Question and Answer Session
- 3:20 Break**
- 3:35 What to Do After the Pain Consult
Ivan Lesnik, MD
- 4:05 Managing Chronic Daily Headache
Natalia Murinova, MD
- 4:35 Question and Answer Session
- 4:50 Adjourn**

Saturday, October 24, 2015

- 7:30 Sign-In and Continental Breakfast**
- 7:55 Welcome and Introduction
Suzanne Rapp, MD
- 8:00 Supporting the Patient Through Opioid Taper
Mark Sullivan, MD, PhD
- 8:35 Multimodal Pain Treatment
Rebecca Dale, MD
- 9:00 Understanding and Treating Neuropathy
Leo Wang, MD, PhD
- 9:45 Question and Answer Session
- 10:00 Break**
- 10:15 Mindfulness and Compassion in Chronic Pain
Irakli Soulakvelidze, MD
- 10:45 Recognizing and Addressing Substance Abuse in Pain Patients
Christine Yuodelis-Flores, MD
- 11:15 Not Only Opioids: My Patient Has Anxiety, PTSD, and Alcohol Problems
Mark Duncan, MD
- 11:45 Question and Answer Session
- 12:00 Adjourn**



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October 23 – 24, 2015

REGISTRATION

First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> ARNP <input type="checkbox"/> RN <input type="checkbox"/> PA <input type="checkbox"/> Other:		
Street		
City	State	Zip
Phone () -	Email	

PAYMENT

*Residency Program, if applicable _____

<input type="checkbox"/> Check (payable to University of Washington) for \$

<input type="checkbox"/> Credit Card charge \$	<input type="checkbox"/> Visa	<input type="checkbox"/> MC	<input type="checkbox"/> Discover
Card #	Exp Date		
CCV #	Signature		

<input type="checkbox"/> UW Budget	Budget Name	Budget #
Box #	Proj	Opt
		Task

COURSE FEES

MD/DO/PhD	\$295
Allied Health	\$245
Resident**/Fellow	\$95

MJ1608

RETURN COMPLETED REGISTRATIONS

BY MAIL:
UWCME
Box 359441
Seattle, WA 98195-9441

BY FAX:
206.221.4525

CALL:
206.543.1050
with questions

Register online at uwcme.org