7th Annual John D. Loeser Pain Conference

Meeting the Challenge of Chronic Pain Management in the Primary Care Setting

Friday - Saturday
November 7 - 8, 2014
Shoreline Conference Center
18560 1st Avenue NE
Shoreline, WA 98155

Sponsored by the University of Washington School of Medicine
Department of Anesthesiology & Pain Medicine • Office of Continuing Medical Education
Meeting the Challenge of Chronic Pain Management in the Primary Care Setting
November 7-8, 2014

WHO SHOULD ATTEND
Primary care and other specialty providers who provide care to patients with chronic non-malignant pain including but not limited to: Rehabilitation Medicine, Psychiatry, Internal Medicine, Neurology, Family Practice, Internal Medicine and associated allied health professionals (including RN, ARNP, PAC, NP)

COURSE DESCRIPTION
Management of the chronic pain patient requires knowledge of many fields of medicine, of pharmacology and the application of communication skills. This course provides information that will be applicable specifically for the front line, primary care provider in day-to-day practice. Several common disease states will be presented with focus on primary care investigation and management. Plan formulation will be facilitated by discussion of medical stability, radiographic imaging and utilizing the standard, short appointment time. Challenging topics including urine drug testing, approaches to aberrant behavior, cannabinoids and weaning of opioid medications will be presented. Pharmacological discussions will include antidepressant, headache and neuropathic medications. Improvement of interactions will focus on the angry and unengaged patient through lecture and case presentations.

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:
• Describe to patients dietary adjustments to improve symptom management in functional bowel disease (IBS)
• Discuss with patients “medical stability” and “hurt versus harm”
• Discuss assessment and treatment of rheumatological diseases
• Describe non-pharmacological treatment for insomnia
• Assess and treat headaches in the primary care setting
• Manage aberrant behavior in the chronic pain patient
• Organize an incipient, rational opioid weaning strategy
• Describe the evidence regarding medical use of marijuana
• Better differentiate between addiction and opioid dependence in the primary care population

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 11.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

FEES AND REGISTRATION

<table>
<thead>
<tr>
<th>Attendee Type</th>
<th>Fee</th>
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<tbody>
<tr>
<td>MD/DO/PhD</td>
<td>$295.00</td>
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<tr>
<td>Allied Health</td>
<td>$245.00</td>
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<tr>
<td>Resident/Fellow</td>
<td>$95.00</td>
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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 uwcmec.de.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 31 - December 5, 2014, 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 27, 2014. A $50.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following October 27, 2014. 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 Ave W
Lynnwood, WA 98036
Reservations: 425.775.2500
embassysuites3.hilton.com

Best Western PLUS Edmonds Harbor Inn
130 W Dayton Street
Edmonds, WA 98020
Reservations: 425.771.5021
bwedmondsharborinn.com
Course Faculty

COURSE CHAIR
Suzanne E. Rapp, MD
Clinical Professor
Department of Anesthesiology & Pain Medicine

UW FACULTY

Christopher W. Dunn, PhD
Professor
Department of Psychiatry & Behavioral Sciences

Gregory C. Gardner, MD, FACP
Professor
Department of Medicine
Division of Rheumatology

Andrew N. Hoofnagle, MD, PhD
Associate Professor
Department of Laboratory Medicine

Mina Kim, PharmD
Clinical Pharmacist
Center for Pain Relief
UW Medical Center

Daniel L. Krashin, MD
Acting Assistant Professor
Department of Anesthesiology & Pain Medicine

John D. Loeser, MD
Professor Emeritus
Departments of Neurological Surgery and Anesthesiology & Pain Medicine

Susan McCurry, PhD
Research Professor
Department of Psychosocial & Community Health

Natalia Murinova, MD
Clinical Assistant Professor
Department of Neurology

James P. Robinson, MD, PhD
Clinical Professor
Department of Rehabilitation Medicine

Kari A. Stephens, PhD
Assistant Professor
Department of Psychiatry & Behavioral Sciences

Mark D. Sullivan, MD, PhD
Professor
Department of Psychiatry & Behavioral Sciences

David J. Tauben, MD
Clinical Associate Professor
Departments of Medicine and Anesthesiology & Pain Medicine
Chief
UW Division of Pain Medicine

Leo Wang, MD, PhD
Assistant Professor
Department of Neurology

Christine Yuodelis-Flores, MD
Associate Professor
Department of Psychiatry & Behavioral Sciences

GUEST FACULTY

Jeff Metzger, ND
Community Provider
Seattle, WA
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:55</td>
<td>Welcome and Introduction</td>
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<tr>
<td></td>
<td>Suzanne Rapp, MD</td>
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<tr>
<td>8:00</td>
<td>Determining Medical Stability - The Cornerstone of Chronic Pain Management</td>
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<td>John Loeser, MD</td>
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<td>8:40</td>
<td>Primary Care Approach to Rheumatologic Disorders</td>
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<td></td>
<td>Gregory Gardner, MD, FACP</td>
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<td>9:20</td>
<td>IBS and Diet Change: An Alternative Approach</td>
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<td></td>
<td>Jeff Metzger, ND</td>
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<tr>
<td>10:00</td>
<td>Question and Answer Session</td>
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<td>10:20</td>
<td>Break</td>
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<tr>
<td>10:35</td>
<td>Non-Pharmacological Approaches to Insomnia</td>
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<td></td>
<td>Susan McCurry, PhD</td>
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<td>11:10</td>
<td>Headache Management</td>
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<td>Natalia Murinova, MD</td>
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<td>11:45</td>
<td>Question and Answer Session</td>
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<tr>
<td>12:15</td>
<td>Lunch (provided)</td>
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<tr>
<td>12:10</td>
<td>Optional Lunch Session: Case Discussion - “Bring Your Cases”</td>
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<tr>
<td>1:00</td>
<td>Break</td>
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<tr>
<td>1:10</td>
<td>Approaching Aberrant Behavior in Chronic Opioid Therapy</td>
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<td></td>
<td>David Tauben, MD</td>
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<td>1:40</td>
<td>Update on Ordering UDTs</td>
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<td>Andrew Hoofnagle, MD, PhD</td>
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<tr>
<td>2:10</td>
<td>Opioid Weaning Strategies</td>
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<td>Mark Sullivan, MD, PhD</td>
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<td>2:40</td>
<td>Weaning Post-Operative Pain Medications – An Algorithmic Approach</td>
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<td>Mina Kim, PharmD</td>
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<td>3:00</td>
<td>Question and Answer Session</td>
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<td>3:20</td>
<td>Break</td>
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<td>3:35</td>
<td>Exercise Therapy for Chronic Back Pain</td>
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<td>James Robinson, MD, PhD</td>
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<td>4:15</td>
<td>Cannabinoids: Efficacy and Safety</td>
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<td>James Robinson, MD, PhD</td>
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<td>4:50</td>
<td>Question and Answer Session</td>
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<tr>
<td>5:05</td>
<td>Adjourn</td>
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Saturday, November 8, 2014

7:30  Sign-In and Continental Breakfast

7:55  Welcome and Introduction
Suzanne Rapp, MD

8:00  Outlining a Pain Treatment Plan in the Primary Care Setting
Joseph Merrill, MD, MPH

8:30  Engaging the Unwilling CPP
Kari Stephens, PhD

9:00  Motivational Interviewing: The Angry Patient
Christopher Dunn, PhD

9:45  Question and Answer Session

10:00 Break

10:15 Sorting Out Addiction and Opioid Dependence in the Primary Care Setting
Christine Yuodelis-Flores, MD

10:45 Choosing the Optimal Antidepressant
Daniel Krashin, MD

11:15 Neuropathy Basics
Leo Wang, MD, PhD

11:45 Question and Answer Session

12:00 Adjourn