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

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

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Professional Title □ MD □ DO □ PhD □ ARNP □ RN □ PA □ Other:

Street

City State Zip

Phone ( ) - Email

PAYMENT *Residency Program, if applicable ____________________________

□ Check (payable to University of Washington) for $

□ Credit Card charge $

□ Visa □ MC □ Discover

Card # Exp Date

CCV # Signature

□ UW Budget

Budget Name Budget #

Box # Proj Opt Task

RETURN COMPLETED REGISTRATIONS

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

BY FAX:
206.221.4525

CALL:
206.543.1050
with questions

COURSE FEES

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Register online at uwcme.org