

UW Medicine

UW SCHOOL
OF MEDICINE

12th Annual John D. Loeser Pain Conference:

MANAGING PAIN WITHOUT PILLS AND HOW TO DO IT



Friday-Saturday

November 1-2, 2019

The Mountaineers

7700 Sand Point Way NE

Seattle, WA

Sponsored by UW School of Medicine
Department of Anesthesiology & Pain Medicine
Office of Continuing Medical Education

Managing Pain Without Pills and How To Do It

November 1 - 2, 2019

COURSE DESCRIPTION

Chronic pain is a common condition affecting at least 50 million US adults, with proportionate burden in children. At least 100 million adults used prescription opioids and 13.4 million misused them or exhibited opioid use disorder. The most common reason reported for opioid misuse was seeking pain relief. National pain treatment guidelines and state-level rules recommend non-pharmacological treatment as first-line treatment that are often unavailable and/or inaccessible to primary care practices. Since nearly all of the care for chronic pain is delivered by primary care providers, this year's conference will be directed toward primary care providers focusing on managing pain without pills.

Day one will be didactic evidence-based presentations with Q&A. Day two will offer smaller workshop skills training for many of the basic behavioral health techniques covered during day one plenaries.

| COURSE FEES | |
|-------------------------|-------|
| MD/DO/PhD | \$299 |
| Allied Health | \$249 |
| *Resident/Fellow | \$125 |

**Resident/Fellow rate requires written confirmation of current resident/fellow status.*

Walk-in registrations incur a \$25 administrative fee

ACCREDITATION

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

The University of Washington School of Medicine designates this live activity for a maximum of 10.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



HOTEL ACCOMMODATIONS

The following hotels are located near the conference site. To make reservations, please call the hotels directly. No room block has been reserved.

Silver Cloud Inn
5036 25th Avenue NE
Seattle, WA 98105
206.526.5200 or 800.205.6940
Rates depend on availability
Ask for "UW CME Conference" rate

Residence Inn by Marriott
4501 12th Avenue NE
Seattle, WA 98105
206.322.8887 or 888.236.2427
Rates depend on availability
Online reservations only - under "Special Rates"
select "Corporate/Promo" and enter code **UWD**

COURSE OBJECTIVES

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

- Describe the role and value of behavioral health in chronic pain management.
- Identify how patient-facing neuroscience education influences chronic pain and pain-associated disability.
- Apply the concepts of pain neuroscience education in chronic pain for different populations and disparate communities.
- Assess the impact of pain in children and adolescents with chronic pain conditions.
- Discuss and compare the behavioral treatment approaches in children and adolescents to adults.
- Apply successful motivational interview techniques to improve pain care engagement and outcomes.
- Apply strategies to improve sleep duration and quality in patients with pain.
- Discuss mechanisms and the role of compassion by which mindfulness practices can be effective in pain management.
- Describe specific techniques of physical and integrative movement therapies to enable improved patient adherence.
- Delineate evidence to support and promote dietary and nutritional recommendations for patients with pain.
- Demonstrate evidence-based stress management techniques and their role in effective pain management.

CONFERENCE SCHEDULE

FRIDAY, NOVEMBER 1

7:15 Registration and Continental Breakfast

8:00 Welcome and What's To Come - *David Tauben, MD*

8:10 Implications of Applied Behavioral Pain Sciences Research for Treating Chronic Pain in Primary Care: Where We Are and Where We're Headed - *Lynn DeBar, PhD*

8:50 Pain Neuroscience Education: Foundation for Clinical Self-Management - *Karen Weiss, PhD, & See Wan Tham, MB BS*

9:20 Patient Perspective

9:40 Break

10:00 The Narrative in Pain Medicine: Why It Matters - *John D. Loeser, MD*

10:30 Managing the Pain of Children and Adolescents - *Karen Weiss, PhD, & See Wan Tham, MB BS*

11:00 Sleep: Things You Can Do - *Flavia Consens, MD*

11:30 Question and Answer Session - *Karen Weiss, PhD, See Wan Tham, MB BS, & Flavia Consens, MD*

12:00 Lunch with Storytelling, Music and Traditional Healing (no CME credit) - *Swil Kanim*

1:00 Methods and Techniques for Pain Management Education for Indigenous Clients - *Becky Bendixen*

1:30 Mind-Body Medicine - *Irakli Soulakvelidze, MD*

2:10 Case Discussions

2:40 Break

3:00 Physical and Integrative Movement Therapies - *Natasha Parman, DPT, PT, OCS*

3:30 Diet and Nutrition - *Heather Tick, MD, MA*

4:00 Question and Answer Session - *Natasha Parman, DPT, PT, OCS, & Heather Tick, MD, MA*

4:30 Closing Remarks - *David Tauben, MD*

4:45 Adjourn

SATURDAY, NOVEMBER 2

7:30 Sign-In and Continental Breakfast

8:00 Concurrent Workshops (Session 1)

A. Cognitive Behavioral Therapy: Strategies to Improve Stress Management and Increase Motivation (limited enrollment) - *John Sturgeon, PhD, & Karen Weiss, PhD*

OR

B. Motivational Interviewing - *Joseph Merrill, MD, MPH*

Navigating Difficult Opioid Conversations - *David Tauben, MD*

9:50 Break

10:00 Concurrent Workshops (Session 2)

C. The Role of Mindfulness in Pain Management: Practice and Teach Mindful and Compassionate Communication (limited enrollment) - *Irakli Soulakvelidze, MD*

OR

D. How To Make the Non-Pharmacological Referral - *David Tauben, MD*

Resources - *Katie Levy, MSW*

12:00 Adjourn

For course details and registration, visit uwcme.org

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Email: cme@uw.edu | Phone: 206.543.1050



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Register online at uwcme.org