

UW Medicine

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OF MEDICINE

13th Annual John D. Loeser Pain Conference:
**CHRONIC PAIN FROM DISEASE, INJURY AND
OTHER LIFE TRAUMAS: IDENTIFICATION,
PREVENTION AND MANAGEMENT**



Thursday

November 12, 2020

8:00 AM - 5:00 PM PST

Online via Live Webinar

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

Chronic Pain from Disease, Injury and Other Life Traumas

November 12, 2020

COURSE DESCRIPTION

Chronic pain does not solely arise from initiating biomedical causes of disease or physical injury; high impact chronic pain is both amplified and perpetuated by psychological and socially traumatic events. Among current health and social traumas, the Covid-19 pandemic has exacerbated long-standing difficulties accessing already scarce multidisciplinary pain care, threatening vulnerable communities and socially isolating and economically disrupting the lives of our patients with chronic pain.

The 13th Annual John D. Loeser Pain Conference will this year be presented as an online live CME course, focusing on the biopsychosocial mechanisms that increase risk of initial acute painful injury transitioning into chronic pain, and emphasizing identification and multidisciplinary approaches to prevention and treatment. Faculty will emphasize vulnerable populations, review clinician-led approaches to patient pain education, propose why opioids may interfere with improvement, and how multidisciplinary care delivered via telehealth offers opportunities to increase access to effective chronic pain management.

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

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **October 29, 2020**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **October 29, 2020**. 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 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 the CME Office with questions: call 206.543.1050 or email cme@uw.edu.

COURSE FEES

COURSE FEES	
All Learners	\$200

COURSE OBJECTIVES

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

- Recognize how personal, racial, and historical trauma contributes to the development of chronic pain.
- Describe biopsychosocial mechanisms of pain chronification.
- Identify and intervene on behalf of vulnerable populations likely to develop chronic pain.
- Delineate strategies that prevent and reduce the transition from acute to chronic pain.
- Apply principles of pain neurophysiology education in your routine practice.
- Describe how opioids can worsen pain complicated by psychosocial trauma.
- More successfully access behavioral and physical therapy providers with trauma-based care expertise.
- Implement telehealth approaches to increase access to multidisciplinary pain care.



ONLINE CONFERENCE MATERIALS

Instruction materials will be available online at uwcme.org (for conference registrants only). Materials will be available beginning on **November 9, 2020**, for registrants to print and/or download. Content will be recorded and available to attendees for educational purposes. Attendees will be notified when recordings are available, approximately 4-6 weeks after course completion. CME credit is available only for attending the live webinar; no credit is available for watching the recorded lectures.

WEBINAR TECHNICAL REQUIREMENTS

Additional technical requirements can be found on the UWCME website (uwcme.org). Minimum browser requirements for successful access and completion for this activity are as follows:

Chrome version 70.0 or newer, or Firefox version 63.0 or newer;
Internet Explorer and Safari **do not work** with the UWCME website (uwcme.org)

You may use any browser to view the Zoom webinar.

SPECIAL SERVICES

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.

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Disability Services Office
206.543.6450/Voice 206.685.7264/Fax email: dso@uw.edu

CONFERENCE FACULTY

Course Co-Chairs

Debra Gordon, RN, DNP, FAAN
Teaching Associate
Department of Anesthesiology & Pain Medicine
Clinical Assistant Professor
Department of Biobehavioral Nursing and Health Informatics

David Tauben, MD, FACP
Clinical Professor Emeritus
Departments of Medicine and Anesthesiology and Pain Medicine

Faculty

Michelle Accardi-Ravid, PhD
Assistant Professor
Department of Anesthesiology & Pain Medicine
Attending Rehabilitation Psychologist
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April Gerlock, PhD, PMHNP-BC, ARNP
Clinical Professor
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Acting Assistant Professor
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Nathalia Jimenez, MD, MPH
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Department of Anesthesiology & Pain Medicine
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Kimberly Kardonsky, MD
Acting Assistant Professor
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Jamestown S'Klallam, UW Medicine

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

Natasha Parman, PT, DPT
Board-Certified Orthopedic Clinical Specialist
Swedish Pain Services
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Katherin Peperzak, MD
Assistant Professor
Department of Anesthesiology & Pain Medicine
Interim Medical Director
Center for Pain Relief, UWMC-Roosevelt

Mark Sullivan, MD, PhD
Professor
Department of Psychiatry & Behavioral Sciences
Medical Co-Director, UW Telepain
Adjunct Professor
Department of Anesthesiology & Pain Medicine
Department of Bioethics and Humanities

Cara Towle, RN, MSN, MA
Associate Director, Telepsychiatry
Department of Psychiatry & Behavioral Sciences
Director, Outreach & Education (TelePain)

Eric Wanzel, MSW, LICSW
Clinical Social Worker
UW Medical Center

Karen Weiss, PhD, LP, ABPP
Associate Professor
Department of Anesthesiology & Pain Medicine
Pediatric Pain Psychologist
Seattle Children's

CONFERENCE SCHEDULE: THURSDAY, NOVEMBER 12

Session A: Welcome, Keynote, and Loeser Lecture

- 8:00 Welcome and Introduction - *David Tauben, MD, FACP (Course Chair); and Debra Gordon, RN, DNP, FAAN (Course Chair)*
- 8:15 Keynote Address: Bending the Arc Towards Health Equity: This Too, Is Our Lane - *Rachel Issaka, MD, MAS*
- 9:00 Loeser Lecture: Pain: In the Brain or the Body? - *John D. Loeser, MD*
- 9:30 **Break**

Session B: The Science of Pain Chronification and What to Do About It

- 9:45 Identification and Prevention of Pain in Vulnerable Populations - *Nathalia Jimenez, MD*
- 10:15 Biopsychosocial Mechanisms of Pain Chronification - *Jacob Gross, MD, MPH*
- 10:40 Recognition and Treatment of Postsurgical Chronic Pain - *Katherin Peperzak, MD*
- 11:05 Q&A - *Faculty*
- 11:15 **Break**

Session C: Behavioral, Educational, and Physical Therapies for Acute and Chronic Pain

- 11:30 Pain Education for Pain Self-Management - *Karen Weiss, PhD, LP, ABPP*
- 11:55 Psychologically-Informed Physical Therapy - *Natasha Parman, PT, DPT*
- 12:20 Brief Behavioral Interventions for Pain - *Michelle Accardi-Ravid, PhD*
- 12:50 Q&A - *Faculty*
- 1:00 **Lunch break**

Session D: Chronic Pain and PTSD

- 1:30 Healing Trauma: A Native American Perspective - *Kimberly Kardonsky, MD*
- 2:00 Chronic Pain and Toxic Stress - *April Gerlock, DNP*
- 2:25 Opioids and PTSD: Why It's A Bad Idea - *Mark Sullivan, MD, PhD*
- 2:50 Q&A - *Faculty*
- 3:00 **Break**

Session E: Access and Delivery of Multidisciplinary Pain Care: In-Person to Telehealth

- 3:15 Partnering with Your Patients to Access Trauma-Based Care - *Eric Wanzel, MSW*
- 3:40 Telehealth Delivered Multidisciplinary Pain Care - *David Tauben, MD, FACP*
- 4:05 Multidisciplinary Telehealth: Sounds Good, But Does it Pay? - *Cara Towle, RN, MSN, MA*
- 4:30 Q&A - *Faculty*
- 4:45 Wrap-Up - *David Tauben, MD, FACP*
- 5:00 **Adjourn**

For course details and registration, visit uwcmce.org

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