

UW Medicine

UW SCHOOL  
OF MEDICINE

14<sup>th</sup> Annual John D. Loeser Pain Conference:  
**CHRONIC PAIN MANAGEMENT  
FOR PRIMARY CARE IN A CHANGING WORLD**



**Thursday, November 4, 2021**

**8:00 AM - 5:00 PM Pacific Time**

**Online via Live Webinar**

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

# Chronic Pain Management for Primary Care in a Changing World

November 4, 2021

## TARGET AUDIENCE

Primary care providers (PCPs), including MDs, DOs, ARNPs, NPs, and PAs working in clinic settings where they work with acute or chronic non-cancer pain. Other interested parties may include providers in rehabilitation medicine, occupational medicine, psychiatry, psychology, nursing, physical therapy, social work, pharmacy and trainees in all the above fields.

## COURSE DESCRIPTION

Chronic pain is a common, complex, and challenging condition, where understanding the biological, social, physical and psychological contexts is vital to successful outcomes in primary care. Chronic musculoskeletal pain is one of the most intractable clinical problems faced by clinicians and patients and is both amplified and perpetuated by psychological and socially traumatic events.

Among current health and social traumas, the current 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 14th Annual John D. Loeser Pain Conference will focus on the practical approaches to management of common painful musculoskeletal conditions, the impact of chronic illness and a pandemic on chronic pain management and how to support patients chronic pain care regimens utilizing virtual technologies, updates on opioid prescribing rules, guidelines and best practices including new rules for prescribing opioids for older adults, and how to manage buprenorphine for chronic pain and understanding the role cannabinoids may play in pain treatment.

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

REGISTRATION FEES	
All Learners	\$200
*Resident/Fellow	\$125
<i>*Resident/Fellow rate requires written confirmation of current status. Failure to provide required documentation may result in an additional balance owed.</i>	
Registration rates increase by \$25 starting October 4, 2021	

If you have not received confirmation prior to the course start, please contact the CME office at [cme@uw.edu](mailto:cme@uw.edu). Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed.

## CANCELLATION AND REFUND POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **October 21, 2021**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **October 21, 2021**.

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. Contact the CME Office with questions via email: [cme@uw.edu](mailto:cme@uw.edu).

Prior to the start of a live webinar, please ensure you have the appropriate system requirements to view the live webinar. More information about the recommended technical requirements is below. No refunds will be available for technical issues not controlled by UW CME.



## COURSE OBJECTIVES

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

- Differentiate peripheral and centrally generated pains.
- Select focus on diagnosis and treatment of common musculoskeletal conditions in a primary care setting.
- Recognize features of physical therapy/exercise programs best able to work with patients with pain conditions.
- Explain to a patient the three basic patterns of joint pain and the purpose of diagnostic testing.
- Outline novel COVID-19 pain syndromes and maintenance of existing chronic pain treatment regimens in an era of stress.
- Discuss use of telemedicine technologies for pain for patient education, exercise and mindfulness training.
- Outline a process to address difficult patient interactions with mindfulness, empathy and compassion.
- Describe clinical implications of 2021 BREE opioid prescribing guidelines for older adults.
- Develop a detailed plan including ways to trouble shoot the transition from full agonist opioid to buprenorphine.
- Determine whether or not a patient on long-term opioid treatment should be weaned from opioids and how to formulate the necessary documentation.
- Formulate answers to common patient questions about cannabinoids including how to counsel patients to seek informed advice when shopping for over-the-counter products.

## ONLINE CONFERENCE MATERIALS

Instruction materials will be available online at [uwcm.org](http://uwcm.org) (for conference registrants only). Materials will be available beginning on **October 29, 2021**, 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 ([uwcm.org](http://uwcm.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 **are not recommended** with the UWCME website ([uwcm.org](http://uwcm.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.

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, contact the Disability Services Office at least ten days in advance.

# Conference Faculty

## Course Co-Chairs

**Debra Gordon, RN, DNP, FAAN**  
Teaching Associate  
Department of Anesthesiology & Pain Medicine  
Co-Director, Integrated Pain Care Program  
Harborview Medical Center

**Suzanne Rapp, MD**  
Clinical Professor  
Department of Anesthesiology & Pain Medicine

## Planning Committee

Department of Anesthesiology & Pain Medicine

**John D. Loeser, MD**  
**Tonya Palermo, PhD**  
**Irakli Soulakvelidze, MD**  
**Brett Stacey, MD**  
**David Tauben, MD**

**Jane Ballantyne, MD, FRCA**  
Professor (Retired)  
Department of Anesthesiology & Pain Medicine  
Board Certified Anesthesiologist  
Director, Pain Medicine Fellowship  
UW Medical Center

**Rebecca Dale, DO**  
Assistant Professor  
Department of Anesthesiology & Pain Medicine  
Board Certified Osteopath and Anesthesiologist  
Director, Pain Medicine Fellowship  
UW Medical Center - Roosevelt  
Harborview Medical Center

**James Darnton, MD**  
Clinical Instructor  
Division of General Internal Medicine  
Harborview Medical Center  
UW Medicine

**Gary Franklin, MD, MPH**  
Chair  
Washington State Department of L&I  
Research Professor  
Department of Environmental & Occupational  
Health Sciences

**Gregory Gardner, MD, FACP**  
Professor  
Division of Rheumatology  
Bruce C. Gilliland, M.D.-Lucile T. Henderson  
Endowed Professor in Rheumatology  
UW Medical Center - Roosevelt

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

## Faculty

**Tonya Palermo, PhD**  
Professor  
Department of Anesthesiology & Pain Medicine  
Principal Investigator, Center for Child Health,  
Behavior, and Development  
Seattle Children's Research Institute

**Janette Powell, PT, MHSc, OCS, SCS**  
Board Certified Physical Therapist  
Supervisor, Exercise Training Center  
UW Medical Center - Roosevelt

**Irakli Soulakvelidze, MD**  
Clinical Professor  
Department of Anesthesiology & Pain Medicine  
Board Certified Physician in Pain Medicine &  
Attending Physician, Center for Pain Relief  
UW Medical Center - Roosevelt

**Brett Stacey, MD**  
Professor  
Division Chief, Pain Medicine  
Department of Anesthesiology & Pain Medicine  
Board Certified Physician & Medical Director  
Center for Pain Relief  
UW Medical Center - Roosevelt

**Steven Stanos, DO**  
Executive Medical Director, Rehabilitation and  
Performance Medicine  
Swedish Health System

**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

**Garth Terry, MD, PhD**  
Acting Assistant Professor  
Departments of Psychiatry & Behavioral  
Sciences and Radiology

# Conference Schedule: Thursday, November 4

- 8:00 Welcome and Introduction - *Suzanne Rapp, MD*
- 8:10 Keynote Address: A New Way of Categorizing Pains - *John D. Loeser, MD*
- 8:45 Low Back and Hip Pain. What's What? Assessment and Therapy Options for the Primary Care Provider - *Steven Stanos, MD*
- 9:30 Promoting Exercise in the Chronic Pain Patient With and Without Physical Therapy - *Janette Powell, PT, MHS, OCS, SCS*
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## 10:00 Break

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- 10:15 Joint Pain in Primary Care; Rheumatology Secrets to Diagnosis and Treatment - *Gregory Gardner, MD, FACP*
- 11:00 Impact of Chronic Illness and a Pandemic on Chronic Pain Management - *Brett Stacey, MD*
- 11:30 Promoting Chronic Pain Self Management via Digital Health - *Tonya Palermo, PhD*
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## 12:15 Lunch Break

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- 1:00 Addressing Difficult Clinical Encounters with Mindfulness, Compassion and Empathy - *Irakli Soulakvelidze, MD*
- 1:45 New Draft BREE Opioid Prescribing Guidelines for Older Adults - *Debra Gordon, RN, DNP, FAAN*
- 2:15 Buprenorphine: A Practical Guide for the Legacy Patient - *Rebecca Dale, DO, and James Darnton, MD*
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## 3:00 Break

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- 3:15 Tapering Long-Term Opioids: Trials, Risks, Challenges  
*Mark Sullivan, MD, PhD*
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When Continuing Opioid Therapy Is OK  
*Jane Ballantyne, MD, FRCA*

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Washington State Efforts on Tapering Patients on Chronic Opioid Therapy (COT)  
*Gary Franklin, MD, MPH*

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### Panel Discussion

The Patient on Long-Term Opioid Treatment: To Wean or Not To Wean  
*Jane Ballantyne, MD, FRCA*  
*Gary Franklin, MD, MPH*  
*Mark Sullivan, MD, PhD*

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- 4:15 Cannabis, Medical Marijuana, and the Endocannabinoid System: Essentials for Primary Care  
*Garth Terry, MD, PhD*
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## 5:00 Adjourn

*All times listed are in Pacific Time*

**For course details and registration, visit [uwcmce.org](http://uwcmce.org)**

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