Comprehensive Review of Pain Medicine

AUGUST 10-14, 2015

The Fluno Center for Executive Education
Madison, Wisconsin

Course Director:
Nalini Sehgal, MD

Provided by
University of Wisconsin School of Medicine and Public Health
Department of Orthopedics and Rehabilitation
Department of Anesthesiology
Department of Family Medicine and Community Health
Department of Neurology
Office of Continuing Professional Development in Medicine and Public Health
Statement of Need

Chronic pain is common and disabling with prevalence and treatment costs greater than that of diabetes, heart disease, and cancer combined. More than 100 million Americans live with chronic pain and a large proportion of these individuals report inadequate pain relief and dissatisfaction with their treatments. Opioids are frequently prescribed, and although opioid analgesics are indicated in certain pain conditions, routine use in chronic non-cancer pain is controversial. An upward trajectory of dose escalations, prescription drug abuse, and addiction and overdose deaths in recent years has attracted national attention. There is an urgent need to better prevent, assess, treat and understand pain of all types (IOM June 2011). An important factor contributing to poor treatment outcomes in pain is the lack of standardized education and training in assessment and treatment of pain at undergraduate and graduate levels. Even pain fellowship programs (accredited and non-accredited) do not uniformly provide standardized and balanced clinical training in pain medicine. As a result, most physicians are ill-prepared to assess and manage patients with pain, especially those with chronic pain on long term opioid analgesics, or those with coexisting addiction. Yet, a majority of these patients are managed by primary care with few having access to pain specialists. In its report on improving pain care, the Institute of Medicine (IOM, June 2011) recommends improving education for all providers, especially primary care physicians who play a key role in pain management, and that all health care providers should keep their knowledge current by engaging in continuing education programs.

The knowledge base required for board certification and practice of pain medicine and addiction medicine is vast and overwhelming for a time constrained physician. Most scientific annual meetings do not offer a comprehensive review of the entire field. To fulfill this unmet need, the pain medicine faculty at the University of Wisconsin School of Medicine and Public Health has been offering for the past 12 years a comprehensive pain boards review course taught by nationally recognized multidisciplinary expert faculty. This year, the UW pain medicine faculty is collaborating with primary care and addiction medicine faculty from UW Department of Family Medicine and Community Health to design a unique educational program that will not only provide an intensive and up-to-date review of the field of pain medicine, for those seeking board certification or recertification in pain medicine, and addiction medicine, but also for the primary care providers and other physicians and health care providers who manage patients with pain and/or addiction, and must keep their knowledge current in order to provide optimal pain management, while reducing the need for and risks of opioid therapy.

Target Audience

Physicians seeking board certification or recertification in pain medicine; physicians and health care providers in family practice, primary care, pain medicine, addiction medicine and other specialties interested in obtaining an overview of pain medicine, learning skills and practical approaches for treatment of common pain disorders, and understanding issues related to the overlap of pain and substance use disorders; and health care providers interested in learning about opioid therapy management, assessment, treatment, and risk mitigation of opioid-induced harm.

Elements of Competence

This CME activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, patient care and procedural skills, interpersonal and communications skills, and professionalism.

Program Highlights

- Only course that provides a comprehensive review of Pain Medicine
- Content and issues are relevant to Pain Medicine Boards and pain practice
- Multidisciplinary, nationally and internationally recognized basic science and clinical faculty of 31 experts
- 39.25 AMA PRA Category 1 Credits™

Other Highlights

- Strategies on improving test performance on Board exams
- Use of audience response system for interactive teaching
- Topics that are relevant and of interest to primary care (based on a survey of primary care providers) will be mostly offered on last two days of the conference
- Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Objectives

- Review the anatomy and neurophysiology of pain transmission
- Describe mechanisms of pain transmission in acute pain, chronic nociceptive and neuropathic pain.
- Develop effective and empathetic patient communication techniques. Learn to communicate with “difficult patients.”
- Describe common psychiatric diagnoses in chronic pain, discuss role of psychological evaluation and testing, identify barriers to treatment, and evaluate evidence for common psychological and behavioral pain treatments.
- Recognize differences in assessment and management of patients with acute and postoperative pain, chronic pain, cancer pain and end of life pain.
- Describe approaches to treating pain in children, elderly, pregnant & lactating women, patients with cancer, and in palliative care settings.
- Describe, assess, and manage patients with headaches, complex regional pain syndrome, neuropathic pain, fibromyalgia, and pelvic pain.
- Perform and interpret physical examination of the spine, and extremities in patients with neck pain, back pain, shoulder pain, hip or knee pain.
- Appraise evidence for prolotherapy and other regenerative medicine treatments for musculoskeletal pain states.
- Discuss integrative medicine approach to treating chronic pain.
- Discuss drug pharmacology and clinical applications of opioid and non-opioid analgesics and other drug therapies in acute and chronic pain diseases.
- Learn to safely manage chronic pain patients on opioid analgesics: patient assessment, how to initiate, maintain, monitor compliance, taper and terminate treatment with opioids. Appraise role of urine drug testing.
- Describe current evidence for long term opioid therapy in chronic noncancer pain and adverse effects of long term opioid therapy.
- Review the anatomy, indications, and contraindications for regional anesthetic blocks, cranial nerve and spinal injections, sympathetic blocks, and other advanced pain treatments.
- Discuss management of patients with spinal cord stimulators and pain pumps.
- Discuss diagnostic workup in pain: indications and interpretations of spine imaging (plain x-rays, CT, and MRI) and electro-diagnostic testing.
- Outline a multimodal treatment plan incorporating pharmacological, rehabilitation and behavioral/psychological, interventional treatments for common pain conditions.
- Recognize and understand ethical and medicolegal issues related to pain medicine.
- Describe changes in policies and DEA regulations pertaining to prescribing schedule II and III drugs, and record keeping.

Madison At A Glance

A progressive, cosmopolitan city of 200,000, Madison is home to the world-class University of Wisconsin, the seat of state government, and an electric, electric atmosphere that energizes any visitor's stay. Built on a narrow isthmus between Lakes Monona and Mendota, Madison is one of the nation's most scenic cities. Five area lakes and more than 200 parks provide countless recreational activities, from swimming, sailing and fishing to biking, hiking, inline skating and more. Madison offers both small town charm and a range of cultural and recreational opportunities usually found in much larger cities.

Conference Venue

The Fluno Center for Executive Education combines state-of-the-art technology with the ambiance of a comfortable, relaxed residential setting. The center includes an auditorium, classrooms, meeting and conference space, overnight guest rooms, dining, fitness room and study pub. The interior captures the simplicity and elegance of the Arts and Crafts era, featuring quality craftsmanship, prairie style furnishings and original lithographs of designs by Frank Lloyd Wright.
COURSE DIRECTOR
Nalini Sehgal, MD, Professor of Orthopedics and Rehabilitation; Pain Fellowship Program Director, Director of UW Interventional Pain Program

VISITING FACULTY
Michael R. Clark, MD, MPH, MBA, Vice Chair, Clinical Affairs, Director, Pain Treatment Program, Department of Psychiatry & Behavioral Sciences, Johns Hopkins Medicine, Baltimore, MD

Oscar A. de Leon-Casasola, MD, Professor of Anesthesiology and Medicine; Vice-Chair for Clinical Affairs, Department of Anesthesiology, University at Buffalo, School of Medicine; Chief, Division of Pain Medicine and Professor of Oncology, Roswell Park Cancer Institute, Buffalo, NY

Arthur R. Derse, MD, JD, Director, Center for Bioethics and Medical Humanities; Julia and David Uihlein Professor of Medical Humanities and Professor of Bioethics and Emergency Medicine, Institute for Health and Society, Medical College of Wisconsin, Milwaukee, WI

Nicole Higgins, MD, Assistant Professor, Northwestern University Feinberg School of Medicine, Medical Director, Obstetric Anesthesia, Department of Anesthesiology, Chicago, IL

Michael Moninger, PhD, Saint George's University, Grenada

Brett R. Stacey, MD, Medical Director, UW Center for Pain Relief; Professor, Anesthesiology & Pain Medicine; University of Washington, Seattle, WA

Sayed E. Wahezi, MD, Program Director, Pain Medicine Fellowship, Montefiore Medical Center; Assistant Professor, Department of Physical Medicine and Rehabilitation, Department of Anesthesia; Multidisciplinary Pain Program, Bronx, NY

Tony L. Yaksh, PhD, Professor and Vice Chairman for Research, Department of Anesthesiology and Professor of Pharmacology, University of California, San Diego, La Jolla, CA

UNIVERSITY OF WISCONSIN SCHOOL OF MEDICINE & PUBLIC HEALTH FACULTY
*Planning Committee member

Alaa Abd-elasayed, MD, Assistant Professor, Department of Anesthesiology

Miroslav "Misha" Backonja, MD,* Emeritus Professor of Neurology, University of Wisconsin; Director, Neuroscience, PRAHS Lifetree, Salt Lake City

Donna G. Blankenbaker, MD, Professor, Department of Radiology

Thomas P. Broderick, MD, Associate Professor, Department of Anesthesiology

Randall T. Brown, MD, PhD, Associate Professor, Department of Family Medicine & Community Health; Director, Center for Addictive Disorders

James F. Cleary, MD, Associate Professor, Department of Medicine, Medical Oncology, Hospice & Palliative Care

June L. Dahl, PhD, Emeritus Professor of Neuroscience

Aaron M. Gilson, MS, MSSW, PhD, Research Program Manager/Senior Scientist, Pain & Policy Studies Group, Carbone Cancer Center

Russell L. Lemmon, DO, Assistant Professor, Department of Family Medicine and Community Health

James W. Leonard, DO, PT,* Associate Professor, Chair Division of Rehabilitation Medicine, Orthopedics and Rehabilitation,

Sarah E. McChran, MD, Assistant Professor, Department of Urology

Thomas S. McDowell, MD, PhD, Associate Professor, Department of Anesthesiology

Michael M. Miller, MD, Clinical Adjunct Professor, Department of Psychiatry

Shilagh A. Mirgain, PhD, Senior Psychologist, Clinical Adjunct Assistant Professor, Department of Orthopedics and Rehabilitation

Michelle A. Poliak-Tunis, MD,* Assistant Professor, Department of Orthopedics and Rehabilitation

David Rabago, MD, Associate Professor, Department of Family Medicine and Community Health

Norann Richard, PhD, Clinical Psychologist, Clinical Adjunct Assistant Professor; Department of Orthopedics and Rehabilitation

Nathan J. Rudin, MD, MA,* Associate Professor, Department of Orthopedics and Rehabilitation

Mark E. Schroeder, MD,* Associate Professor, Department of Anesthesiology

Susanne Seeger, MD, Clinical Associate Professor, Department of Neurology

Nalini Sehgal, MD,* Professor, Department of Orthopedics and Rehabilitation

Benjamin J. Walker, MD, Assistant Professor, Department of Anesthesiology; Director, Pediatric Pain Management

Aleksandra E. Zgierska, MD, PhD,* Assistant Professor, Addiction Medicine, Department of Family Medicine and Community Health

Cheryl J. Kaltenberg,* Consultant

Terese M. Bailey,* Senior Outreach Specialist, Office of Continuing Professional Development in Medicine and Public Health
## MONDAY, AUGUST 10, 2015

**AM**
- 7:00  Registration and Breakfast
- 8:00  Welcome
- 8:15  **Acute Pain: Assessment and Management Overview – 2015**
  - Oscar A. de Leon-Casasola, MD
- 9:15  **Management of Postoperative Pain**
  - Oscar A. de Leon-Casasola, MD
- 10:15 Refreshment Break
- 10:30 **Anatomy of Pain Pathways**
  - Tony L. Yaksh, PhD
- 11:30 **Mechanisms of Post Tissue Pain States**
  - Tony L. Yaksh, PhD

**PM**
- 12:30  Lunch
- 1:30  **Intraspinal Analgesia for Acute and Chronic Pain**
  - Oscar A. de Leon-Casasola, MD
- 2:30  **Mechanisms of Neuropathic Pain States**
  - Tony L. Yaksh, PhD
- 3:30 Refreshment Break
- 3:45 **How Drugs Work? Receptors, Ion Channel in Pain, Channelopathies in Pain**
  - Thomas S. McDowell, MD, PhD
- 4:45 **Diagnostic Imaging in Patients with Chronic Pain**
  - Donna G. Blankenbaker, MD
- 5:45 Adjourn

## TUESDAY, AUGUST 11, 2015

**AM**
- 7:00  Registration and Breakfast
- 7:45  **Local Anesthetic Drugs: Pharmacology and Clinical Application**
  - Mark E. Schroeder, MD
- 8:15  **Peripheral & Regional Nerve Blocks**
  - Thomas P. Broderick, MD
- 9:15  **Cranial Nerve Blocks and Facial Pain Syndromes**
  - Alaa Abd-elsayed, MD
- 10:15 Refreshment Break
- 10:30 **Sympathetic and Visceral Plexus Blocks**
  - Nalini Sehgal, MD
- 11:30 **Injection Procedures in Diagnosis & Treatment of Spinal Pain**
  - Sayed E. Wahezi, MD

**PM**
- 12:30  Lunch
- 1:30  **Pain Assessment and Management in the Elderly**
  - Sayed E. Wahezi, MD
- 2:30  **Headache Disorders: Classification and Pathophysiology of Headaches**
  - Susanne Seeger, MD
- 3:00 Refreshment Break
- 3:15 **Primary Headache Disorder: Diagnosis, Treatment and Prevention**
  - Susanne Seeger, MD
- 4:15 **Secondary Headache Disorder**
  - Susanne Seeger, MD
- 4:45 **Cancer Pain: What Pain Specialists Should Know about Cancer Pain and Palliative Care**
  - James F. Cleary, MD
- 5:45 Adjourn

## WEDNESDAY, AUGUST 12, 2015

**AM**
- 7:00  Breakfast
- 7:45  **Pain Boards: Strategies to Improve Performance**
  - Michael Moninger, PhD & Michelle A. Poliak-Tunis, MD
- 8:15  **Treating Pain in Pregnant and Breast Feeding Women**
  - Nicole Higgins, MD
- 9:15  **Acute and Chronic Pain in the Pediatric Population**
  - Benjamin J. Walker, MD
- 10:15 Refreshment Break
- 10:30 **Pelvic Pain: Assessment and Treatment Strategies**
  - Sarah E. McAchran, MD
- 11:30 **Difficult Pain Patients: Recognizing and Managing Patients with Somatoform Disorder and Personality Disorder**
  - Shilagh A. Mirgain, PhD & Norann Richard, PhD
<table>
<thead>
<tr>
<th>PM</th>
<th>Lunch</th>
<th>Speaker(s)</th>
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<tr>
<td>1:30</td>
<td><strong>Electrophysiologic Testing in Pain Assessments</strong></td>
<td>Nathan J. Rudin, MD, MA</td>
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<td>2:15</td>
<td><strong>Psychological Assessments in Chronic Pain</strong></td>
<td>Shilagh A. Mirgain, PhD</td>
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<td>3:00</td>
<td>Refreshment Break</td>
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<td>3:15</td>
<td><strong>Behavioral and Psychotherapeutic Interventions in Chronic Pain</strong></td>
<td>Norann Richard, PhD</td>
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<td>4:00</td>
<td><strong>Drug Pharmacology: NSAIDs, Acetaminophen, Antispasmodics</strong></td>
<td>June L. Dahl, PhD</td>
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<td>4:45</td>
<td><strong>DEA Regulations, Lawful Prescribing, Monitoring for Abuse and Diversion</strong></td>
<td>Aaron M. Gilson, MS, MSSW, PhD</td>
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**THURSDAY, AUGUST 13, 2015**

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<tr>
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<td>Breakfast</td>
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<tr>
<td>8:30</td>
<td><strong>Drug Pharmacology: Adjuvants</strong></td>
<td>June L. Dahl, PhD</td>
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<td>9:15</td>
<td><strong>Drug Pharmacology: Opioid Analgesics</strong></td>
<td>June L. Dahl, PhD</td>
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<td>10:00</td>
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<tr>
<td>10:15</td>
<td><strong>Opioid Therapy in Chronic Pain: Initiation, Safety and Adherence Monitoring</strong></td>
<td>Randall T. Brown, MD, PhD</td>
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<td>11:00</td>
<td><strong>Urine Drug Testing in Opioid Therapy</strong></td>
<td>Aleksandra Zgierska, MD, PhD</td>
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<td>11:45</td>
<td><strong>Prescription Opioid Abuse: Opioid Taper and Withdrawal, and Addiction Treatment</strong></td>
<td>Michael M. Miller, MD</td>
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<td>1:30</td>
<td><strong>Pain Management in Patients with Opioid Use Disorders</strong></td>
<td>Aleksandra Zgierska, MD, PhD</td>
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<td>2:15</td>
<td><strong>Long-Term Opioids for Chronic Non-Cancer Pain: Efficacy and Adverse Effects, Including Addiction</strong></td>
<td>Brett R. Stacey, MD</td>
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<td>3:15</td>
<td>Refreshment Break</td>
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<td>3:30</td>
<td><strong>Complex Regional Pain Syndrome: Assessment and Treatment</strong></td>
<td>Brett R. Stacey, MD</td>
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<td>4:30</td>
<td><strong>Diagnosis and Treatment of Peripheral and Central Neuropathic Pain Disorder</strong></td>
<td>Miroslav “Misha” Backonja, MD</td>
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**FRIDAY, AUGUST 14, 2015**

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<td>8:00</td>
<td><strong>Role of Spinal Cord Stimulation in Chronic Pain Treatment</strong></td>
<td>Brett R. Stacey, MD</td>
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<td>9:00</td>
<td><strong>Psychiatric Comorbidity in Chronic Pain</strong></td>
<td>Michael Clark, MD, MPH</td>
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<td>Refreshment Break</td>
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<td>10:00</td>
<td><strong>Ethical and Legal Concerns in Pain Medicine</strong></td>
<td>Arthur R. Derse, MD, JD</td>
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<td>11:00</td>
<td><strong>Myofascial Pain and Fibromyalgia Syndrome: An Update</strong></td>
<td>Nathan J. Rudin, MD, MA</td>
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<td>11:45</td>
<td><strong>Upper and Lower Limb Musculoskeletal Pain</strong></td>
<td>Michelle A. Poliak-Tunis, MD</td>
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<tr>
<td>1:30</td>
<td><strong>Acute and Chronic Neck and Back Pain</strong></td>
<td>James W. Leonard, DO, PT</td>
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<td>2:15</td>
<td><strong>Rehabilitation Modalities and Exercise Therapies for Chronic Pain</strong></td>
<td>Michelle A. Poliak-Tunis, MD &amp; James W. Leonard, DO, PT</td>
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<td><strong>Regenerative Medicine: Prolotherapy in the Context of Injection Therapies for Musculoskeletal Pain</strong></td>
<td>David Rabago, MD</td>
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<td>4:00</td>
<td><strong>Integrative Medicine Treatments for Chronic Pain</strong></td>
<td>Russell L. Lemmon, DO</td>
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Conference Dates and Fees
AUGUST 10-14, 2015
$1195 Physicians
$895 Fellows, Residents, Others (PA/NP/RN, etc.)
The conference fee includes the cost of tuition, course materials on a USB drive, breakfasts, refreshment breaks, and lunches.

Conference Location and Accommodations
The Fluno Center for Executive Education
601 University Avenue
Madison, WI 53715
Call: 877-77-FLUNO or direct at 608-441-7117
Fax: 608-441-7133
A block of rooms has been reserved at the Fluno Center. Please call or write to the hotel directly to reserve your accommodation. The room rate is $149. The Fluno Center will release the room block on Thursday, July 18, 2015.
Madison, Wisconsin has one major airport (MSN), the Dane County Regional Airport. The Fluno Center is approximately 20 minutes from the airport.

Four Easy Ways To Register
On Line: www.ocpd.wisc.edu/course_catalog
By Mail: Return your completed registration form and payment
By Phone: 608-262-1397. Please call and pay by MasterCard, VISA, or American Express
By Fax: 1-800-741-7416 (in Madison Fax 265-3163)

Program Changes
Emergency situations occasionally occur and may necessitate topic or speaker change. The University of Wisconsin School of Medicine and Public Health reserves the right to alter or substitute a topic or speaker without prior notification.

Course Materials
All registered participants will receive an electronic copy (USB drive) of the syllabus at registration on August 10, 2015. Please bring your laptop to view the presentations.

Participants may purchase a paper copy of the syllabus for an additional fee of $85. Requests must be received by July 20, 2015.
If there are any concerns regarding the electronic syllabus, please contact Terese Bailey or Cheryl Kaltenberg prior to the Symposium.

Cancellations/Refund Policy
All cancellations must be received by August 7, 2015 to receive a refund. No refunds will be honored for no shows. All cancellations will be charged a processing fee of $50.

Exhibits
Representatives from pharmaceutical and equipment companies will display their products and will be available on Tuesday, August 11; Wednesday, August 12; and Thursday, August 13.
Comprehensive Review of Pain Medicine
August 10-14, 2015

Please complete Steps 1-3 below in BLOCK letters

**Step 1. Participant Information:**

Name

First MI Last

Professional Degree (for credit and name badge): ☐ MD, ☐ DO, ☐ OTHER

Specialty: ☐ Anesthesiology, ☐ PM&R, ☐ Neurology, ☐ Primary Care, ☐ OTHER

Company Name

Department Name

Work Address

City, State, Zip

Day Phone FAX

E-mail (Please Print Clearly)

**Audio or Video recording is strictly prohibited**

**Step 2. Registration Fees (Check One) – PREPAYMENT IS REQUIRED:**

☐ $1195.00 – Physicians

☐ $895.00 – Fellows, Residents, Others (PA/NP/RN, etc.)

☐ $85.00 – Paper copy of the electronic syllabus (see COURSE MATERIALS)

TOTAL FEE REMITTED: ___________________________

☐ Check enclosed (payable to University of Wisconsin)

☐ Credit Card: ___ MasterCard; ___ VISA; ___ American Express

Cardholder’s Name

Card Number Expiration Date

**Where did you hear about this conference? ☐ Journal ☐ Flyer ☐ Other**

**Step 3. Please Return Your Payment With This Form To:**

CME Specialist, The Pyle Center, Department 101, 702 Langdon Street, Madison, WI 53706

or Fax 1-800-741-7416 (in Madison Fax 265-3163).

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirement.

The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Terese Bailey in order to receive service. Please call 608-265-2046.
Comprehensive Review of Pain Medicine
for Primary Care Physicians & Other Health Care Providers

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Multiple brochures? We use multiple mailing lists and cannot always eliminate duplicates. Please post or share with colleagues.

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Nalini Sehgal, MD

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