

# Principles of Pain Management and Palliative Care: Essential Tools for the Clinician

**Pre-Course Sessions: Sunday, March 17, 2019**  
**General Session: Monday-Friday, March 18-22, 2019**

Sunday, March 17, 2019	
Optional Workshops – Pre-Registration and Payment Required	
1:00 p.m.	<b>Addiction Workshop</b>  Marvin Seppala, M.D. Hazelden Betty Ford Foundation Faculty  Location: Springs Salons A & B
4:00 p.m.	Adjourn

Monday, March 18, 2019	
6:00 AM	<b>Registration and Continental Breakfast</b> Location: Salon 1 Foyer/Ballroom Courtyard
7:00 AM	<b>General Session Begins</b> Location: Springs Salon F
7:00 AM	<b>Welcome and Course Introduction / Overview : Course Directors</b> Dr. Strand and Dr. Pittelkow <ul style="list-style-type: none"> <li>• Why is this course presented as Pain and Palliative together? --- the role of pain generator, patient risk and prognosis in the development of individualized pain management plans</li> <li>• Goals and course objectives</li> <li>• Insert overview comment of multimodality as it applies throughout the course</li> <li>• May always be “more to the story”</li> </ul>
7:30 AM	<b>The Concept of Total Pain</b> Daniel K. Partain, M.D. <ul style="list-style-type: none"> <li>• What is total pain?</li> <li>• How is total pain similar in chronic pain and palliative medicine?</li> <li>• How does the concept of total pain impact management?</li> </ul>
8:00 AM	<b>The One-Minute Office Functional Assessments for Pain</b> Jason Dauffenbach, D.O. <ul style="list-style-type: none"> <li>• How can I assess my pain patient’s functional assessment in real time during an office visit</li> <li>• What practical tools are available to help me track functional improvement in my pain patients</li> <li>• What is the role of a physiatrist or physical therapist for patients with pain (and what is the difference)?</li> </ul>
8:30 AM	<b>Initial Assessment of Pain Patient – Standardized approach</b> John A. Freeman, D.O.

	<ul style="list-style-type: none"> <li>• What is entailed in a medical assessment of pain --- and are there any tools to help me with the medical assessment (e.g. BPI et. al)</li> <li>• Which psychosocial assessments are necessary for the initial assessment of pain -- - and are there any tools to help with the psychosocial assessment (i.e. mental health comorbidity, motivation, pending legal or disability cases, etc)</li> <li>• Which assessment tools are advised before prescribing opioids? (CDC)</li> </ul>
<b>9:00 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator: TBD
<b>9:15 AM</b>	<b>Break</b>
<b>9:30 AM</b>	<b>Opioids: Basic Pharmacology and Indications</b> Bryan C. Hoelzer, M.D. <ul style="list-style-type: none"> <li>• Become familiar with the most commonly prescribed opioids</li> <li>• Explain basic opioid metabolism</li> <li>• Describe rationale for prescribing specific opioids, IR vs. SR formulation use</li> </ul>
<b>10:00 AM</b>	<b>Clinical Cases: Opioid I</b> Terry L. Hunt, II, M.D. <ul style="list-style-type: none"> <li>• Opioid case in the setting of serotonin syndrome?</li> <li>• Opioid case in the setting of renal failure?</li> <li>• Opioid case in the setting of metabolism defect?</li> </ul>
<b>10:30 AM</b>	<b>Opioids: Appropriate Use, Management and Current Guidelines</b> Bryan C. Hoelzer, M.D. <ul style="list-style-type: none"> <li>• Outline patient and provider expectations when initiating opioid therapy</li> <li>• Establish appropriate followup when maintaining patients on opioids</li> <li>• Apply the current CDC guidelines to opioid prescribing</li> </ul>
<b>11:00 AM</b>	<b>Clinical Cases: Opioid II</b> Terry L. Hunt, II, M.D. <ul style="list-style-type: none"> <li>• Case discussion of inheriting a patient on high (red zone) doses of opioids</li> <li>• Case discussion of a patient with pseudo-addiction</li> <li>• Case outlining very reasonable non-malignant chronic pain patient for opioid therapy</li> </ul>
<b>11:30 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
<b>11:45 AM</b>	<b>Transition to Breakouts</b>
<b>Concurrent Breakout Sessions – Monday/Wednesday Option</b>	
<b>11:50 AM – 12:50 PM - Choose One</b>	
<b>Option 1:</b> <b>Symptom Management Pearls: Nausea, Dyspnea, Cough, Constipation</b> Regina M. Mackey, M.D., Daniel K. Partain, M.D., Macaila C. Eick, APRN, C.N.P. <ul style="list-style-type: none"> <li>• Case based pearls for the management of intractable symptoms such as nausea, dyspnea, cough and constipation</li> </ul>	<b>Option 2:</b> <b>Advanced/Implantable Interventions</b> Markus Bendel, M.D.

**Tuesday, March 19, 2019**

<b>6:30 AM</b>	<b>Breakfast</b> Location: Salon 1 Foyer/Ballroom Courtyard
<b>7:00 AM</b>	<b>Identifying Unique Spine Conditions in Clinic – A Case Based Approach</b> Stephen J. Wisniewski, M.D. <ul style="list-style-type: none"> <li>• Which patients should be imaging and what imaging modality?</li> <li>• Which history and exam findings are indicative of compression fracture?</li> <li>• Which history and exam findings are indicative of spondyloarthropathies?</li> <li>• Which history and exam findings are indicative of sacroiliitis?</li> <li>• Which history and exam findings are indicative of multiple myeloma?</li> <li>•</li> </ul>
<b>7:30 AM</b>	<b>Spine: Physical Examination Pearls</b> Edward R. Laskowski, M.D. <ul style="list-style-type: none"> <li>• Demonstrate basic spine exam</li> <li>• Understand special tests/provocative maneuvers and the correlation with potential spine pain generators</li> </ul>
<b>8:15 AM</b>	<b>The Surgeon is Your Friend: When to Call a Spine Surgeon</b> Meghan E. Murphy, M.D. <ul style="list-style-type: none"> <li>• Which clinical scenarios require emergent surgical evaluation?</li> <li>• Which clinic scenarios are better served with surgical intervention over medical</li> <li>• When should malignant cord compression be managed surgically?</li> </ul>
<b>8:45 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
<b>9:00 AM</b>	<b>Break</b>
<b>9:15 AM</b>	<b>Managing Acute or Perioperative Pain</b> Susan M. Moeschler, M.D. <ul style="list-style-type: none"> <li>• Explain how management of acute pain differs from chronic pain management</li> <li>• Discuss how to manage chronic pain meds in the perioperative period (including the day of surgery)</li> <li>• Discuss non-opioid pharmacologic or non-pharmacologic options for management of periop pain</li> <li>• Describe the management of post-op pain in patients with addiction</li> <li>• How many pain meds should I send the patient home with?</li> </ul>
<b>9:45 AM</b>	<b>Pediatric Pain – Most common conditions</b> Tracy E. Harrison, M.D. <ul style="list-style-type: none"> <li>• Aren't kids just small adults? Chronic pain issues</li> <li>• Highlight the prevalence and pathophysiology of pediatric primary pain disorders</li> <li>• Identify common pain syndromes (i.e. orthostatic dysfunction as part of the chronic pain picture, functional abdominal pain, etc_</li> <li>• Discuss treatment options, highlighting integrated interdisciplinary approach to care</li> </ul>
<b>10:15 AM</b>	<b>Symptomatic Management of Neuropathic Pain</b>

	James C. Watson, M.D. <ul style="list-style-type: none"> <li>• Recognize neuropathic pain etiologies</li> <li>• Describe non-medication options for management of neuropathic pain</li> <li>• Familiarity with most commonly prescribed neuropathic medications and dosing <ul style="list-style-type: none"> <li>○ When isn't gabapentin first line therapy?</li> </ul> </li> </ul>
<b>11:00 AM</b>	<b>Basic Approach to Headache</b> Christopher J. Boes, M.D. <ul style="list-style-type: none"> <li>• Ability to categorize headache class</li> <li>• Describe non-medication treatments for specific headache types</li> <li>• Recognize the most commonly prescribed headache medications</li> </ul>
<b>11:30 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
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<b>11:50 AM – 12:50 PM - Choose One</b>	
<b>Option 1:</b> <b>Advanced Care Planning</b> April R. Christensen, M.D., M.S., Andy Bock, D.O., Emily A. Olson, APRN, C.N.P., M.S.N. Difficult Cases in Advance Care Planning Bring your toughest cases in advance care planning or goals of care conversations and we'll work through potential approaches to the situations that are the most challenging	<b>Option 2:</b> <b>Advanced/Implantable Interventions</b> Markus Bendel, M.D.

**Wednesday, March 20, 2019**

<b>6:30 AM</b>	<b>Breakfast</b> Location: Salon 1 Foyer/Ballroom Courtyard
<b>7:00 AM</b>	<b>When Pain Gets Old: Pain Management in the Geriatric Population</b> Brandon P. Verdoorn, M.D. <ul style="list-style-type: none"> <li>• How is pain manifested in the elderly?</li> <li>• Are opioids safe in the elderly and if so, how to safely prescribe them?</li> <li>• What about pain in NH patients?</li> </ul>
<b>7:30 AM</b>	<b>Pain and Cancer, Cancer and Pain</b> Mihir Kamdar, M.D. <ul style="list-style-type: none"> <li>• How cancer pain differs from chronic pain and how this is changing?</li> <li>• The CDC guidelines don't apply to my cancer patient right?</li> <li>• How to make sure I don't undertreat my cancer patients pain while keeping them safe – applying multimodality to cancer pain.</li> </ul>
<b>8:00 AM</b>	<b>Dying in Pain</b> April R. Christensen, M.D. <ul style="list-style-type: none"> <li>• How common is pain in dying patients?</li> <li>• How does one assess pain in non-verbal patients at the end-of-life?</li> <li>• How can we provide pain medication to patients who can no longer swallow?</li> </ul>
<b>8:30 AM</b>	<b>Pain Mimics</b> Sara E. Wordingham, M.D. <ul style="list-style-type: none"> <li>• Don't miss conditions – delirium/encephalopathy</li> <li>• When I cause the very problem I am trying to solve – recognizing neurotoxicity</li> <li>• What to do with opioid unresponsive pain - existential distress</li> </ul>
<b>9:00 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
<b>9:15 AM</b>	<b>Break</b>
<b>9:30 AM</b>	<b>Behavioral Comorbidities</b> Christopher D. Sletten, Ph.D., L.P. <ul style="list-style-type: none"> <li>• Psychologic approaches to treating pain</li> <li>• Cycles of pain</li> <li>• Principles of PRC</li> <li>• How to find/choose a pain rehabilitation program for your patients</li> </ul>
<b>10:00 AM</b>	<b>Comorbid Management of Depression &amp; Anxiety</b> Kristin J. Somers, M.D. <ul style="list-style-type: none"> <li>• The role of both depression &amp; anxiety in chronic pain and how to screen for it?</li> <li>• Approach to screening depression in patient w/ end-of-life pain. Management differences for patients w/ serious illness or end-of-life considerations?</li> <li>• Benzodiazepines in the management of anxiety for the well and with serious illness</li> <li>• What alternatives exist in the management of anxiety</li> </ul>
<b>10:30 AM</b>	<b>Musculoskeletal Pain: Common Sports-related Injuries</b> Jacob Sellon, M.D. <ul style="list-style-type: none"> <li>• Summarize evaluation &amp; management of common musculoskeletal injuries with an emphasis on athletic related issues.</li> </ul>

	<ul style="list-style-type: none"> <li>• Focus on high-yield review of common problems likely to be encountered in the primary care arena.</li> <li>• What MSK problems may be commonly encountered in the palliative or serious medical illness patient population?</li> </ul>
<b>11:00 AM</b>	<b>Myofascial Pain &amp; Fibromyalgia</b> Arya B. Mohabbat, M.D. <ul style="list-style-type: none"> <li>• What is central sensitization and how does it relate to fibromyalgia?</li> <li>• How does one treat central sensitization?</li> <li>• How do I talk to my patients about this diagnosis and management?</li> </ul>
<b>11:30 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
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**Thursday, March 21, 2019**

<b>6:30 AM</b>	<b>Breakfast</b> Location: Salon 1 Foyer/Ballroom Courtyard
<b>7:00 AM</b>	<b>Practical Approaches to Cognitive Behavioral Therapy</b> Joan B. Cronin, APRN, CNS, M.S. and Chelsey M. Hoffmann, P.A.-C., M.S. <ul style="list-style-type: none"> <li>• Define cognitive behavioral therapy (CBT)</li> <li>• Know how to refer and access CBT resources</li> <li>• Understand ways to use CBT in your own practice</li> <li>• How to work with patient open to CBT</li> <li>• Approaching the resistant patient with CBT therapy</li> </ul>
<b>7:30 AM</b>	<b>CBT Simulation</b> Joan B. Cronin, APRN, CNS, M.S. and Chelsey M. Hoffmann, P.A.-C., M.S. <ul style="list-style-type: none"> <li>• Demonstration of office based CBT intervention with a patient open to CBT (i.e. what does office based, PCP directed CBT look like)</li> </ul>
<b>8:00 AM</b>	<b>Addressing Emotion</b> Faculty to be named <ul style="list-style-type: none"> <li>• I try to avoid emotion with my patients. That's okay right?</li> <li>• Why is addressing emotion important</li> <li>• How do I recognize when my patient is in an emotional state</li> <li>• What do I do to address the emotion specifically</li> <li>• How does this relate to patients with pain (think both chronic pain and total pain)</li> </ul>
<b>8:30 AM</b>	<b>Addressing Emotion Simulation</b> Faculty to be named <ul style="list-style-type: none"> <li>• Demonstration of addressing the emotion associated with a chronic pain patient at the initial visit</li> <li>• If time permits, demonstration of addressing emotion associated with total pain</li> </ul>
<b>9:00 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
<b>9:15 AM</b>	<b>Break</b>
<b>9:30 AM</b>	<b>Challenging Patient and Families</b> Christopher D. Sletten, Ph.D. L.P. <ul style="list-style-type: none"> <li>• Define a challenging patient/family</li> <li>• Outline a plan for the patient/family</li> <li>• Strategies for dealing with personality disorders</li> </ul>
<b>10:00 AM</b>	<b>Cancer Pain and Not Following the Rules</b> Mihir Kamdar, M.D. <ul style="list-style-type: none"> <li>• Identify the unique challenges of managing aberrant opioid behavior based on illness and prognosis</li> <li>• Develop a structured approach for dealing with these situations</li> <li>• Identify strategies for when things don't go well</li> </ul>
<b>10:30 AM</b>	<b>Novel Analgesics: Who, What, Why, Where, When?</b> Nafiseh S. Warner, M.D. <ul style="list-style-type: none"> <li>• Ketamine --- does it work and when should I consider it?</li> <li>• Dexmedetomidine --- does it work and when should I consider it?</li> </ul>

	<ul style="list-style-type: none"> <li>• IV lidocaine --- does it work and when should I consider it?</li> </ul> <p>Oxymorphone --- does it work and when should I consider it?</p>
<b>11:00 AM</b>	<b>Q&amp;A Faculty Panel Discussion</b> Moderator: <ul style="list-style-type: none"> <li>• Audience directed discussion of morning lectures</li> </ul>
<b>11:15 AM</b>	<b>Course Director Panel</b> Managing patients in the midst of chaos – palliative care and pain clinicians manage a panel of complex patients (solicit audience scenarios on day 1 & 2, then vet/research, then moderate session).
<b>11:45</b>	<b>Transition to Breakouts</b>
<b>Concurrent Breakout Sessions – Tuesday/Thursday Option</b>	
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<b>Option 1:</b> <b>Advanced Care Planning</b> April R. Christensen, M.D., M.S., Andy Bock, D.O., Emily A. Olson, APRN, C.N.P., M.S.N. Bring your toughest cases in advance care planning or goals of care conversations and we'll work through potential approaches to the situations that are the most challenging	<b>Option 2:</b> <b>Constructing Your Own Pain Rehab on the Fly – Blueprint for Success</b> Joan B. Cronin, APRN, CNS, M.S. and Chelsey M. Hoffmann, P.A.-C., M.S. <ul style="list-style-type: none"> <li>• Patient selection</li> <li>• Cbt as part of pain rehab</li> <li>• Patient buy-in?</li> </ul>



**Friday, March 22, 2019**

<b>6:30 AM</b>	<b>Breakfast</b> Location: Salon 1 Foyer/Ballroom Courtyard
<b>7:00 AM</b>	<b>Agreements/PDMP/Surveillance</b> Jennifer L. Goins, M.D. <ul style="list-style-type: none"> <li>• How should I introduce an opioid agreement to my patient</li> <li>• What are some tips for effectively using the PDMP</li> <li>• How do I effectively document opioid surveillance</li> </ul>
<b>7:30 AM</b>	<b>The Art of Medicine: Tapering</b> Jennifer L. Goins, M.D. <ul style="list-style-type: none"> <li>• How fast can I taper opioids?</li> <li>• What are potential interventions to manage opioid withdrawal</li> </ul>
<b>8:00 AM</b>	<b>Clinical Cases: Cancer and Serious Medical Illness</b> Kelly Christensen PA-C <ul style="list-style-type: none"> <li>• Case 1: cancer survivorship pain management</li> <li>• Case 2: multimodal pain management in the setting of advanced serious illness</li> <li>• Case 3: Pain management in the “chronic pain” patient with serious illness</li> </ul>
<b>8:40 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
<b>8:55 AM</b>	<b>Break</b>
<b>9:10 AM</b>	<b>A Patient Walks into the Clinic on Methadone</b> Maisha T. Robinson, M.D. <ul style="list-style-type: none"> <li>• As the PCP who inherits a patient on methadone, what do I need to know or what’s the big deal about methadone?</li> <li>• What do I as a PCP need to know about QT prolongation and ECG monitoring?</li> <li>• What do I as a PCP need to know about methadone drug interactions?</li> <li>• When should I be calling the pain clinician about the methadone?</li> </ul>
<b>9:40 AM</b>	<b>Integrative Medicine Principles and Pain Management Techniques</b> Anjali Bhagra, M.D. <ul style="list-style-type: none"> <li>• Which OTC supplements are evidence based for acute and chronic pain</li> <li>• What is the evidence for acupuncture and massage for chronic pain</li> <li>• How can I negotiate a reasonable integrative approach to my patient’s chronic pain regimen</li> </ul>
<b>10:10 AM</b>	<b>Buprenorphine: Yes, You Do Need to Know About this</b> Nafiseh S. Warner, M.D. <ul style="list-style-type: none"> <li>• What is it and how does it work? --- how does it work for pain and how does it work of medication managed addiction therapy</li> <li>• When should I consider using a Butrans patch for pain and what are the tips on prescribing?</li> <li>• Should I be using Suboxone for pain in patients with an addiction history?</li> </ul>
<b>10:30 AM</b>	<b>Medical Cannabis: An Evidence Based Lifeline in a Sea of Hyperbole?</b> Christopher Wie, M.D. <ul style="list-style-type: none"> <li>• What is the evidence for cannabis and pain?</li> </ul>

	<ul style="list-style-type: none"> <li>• What are the risks and side effects of cannabis?</li> <li>• How do I monitor my patient who is using cannabis medically?</li> </ul>
<b>11:00 AM</b>	<b>Panel Discussion / Q&amp;A</b> Moderator:
<b>11:15 AM</b>	<b>Wrap-Up/Course Closure</b>
<b>11:30 AM</b>	<b>Adjourn</b>