

**Clinical Updates in Pain Medicine**  
**Ritz Carlton Half-Moon Bay, CA**  
**April 10-12, 2025 (*Pacific Time*)**

<b>Thursday, April 10, 2025</b>	
6:45 a.m.	<b>Registration, Breakfast &amp; Exhibits</b> <b>Salon Foyer</b>
7:30 a.m.	<b>Welcome and Introduction</b> <i>Susan M. Moeschler, M.D., Oludare (Dare) O. Olatoye, M.D., Richard H. Rho, M.D.</i>
7:45 a.m.	<b>Common Neuropathic Pain Conditions – Exam and Testing</b> <i>James C. Watson, M.D.</i> <ul style="list-style-type: none"> <li>• Describe the basics of a neurologic exam in a 10-minute office visit</li> <li>• Discuss when to order further testing, including EMG and sensory testing</li> </ul>
8:30 a.m.	<b>Update on Opioid Prescribing Guidelines: What is Appropriate use?</b> <i>Jillian A. Maloney, M.D.</i> <ul style="list-style-type: none"> <li>• Discuss current guidelines for chronic opioid use</li> <li>• Summarize an overview of evidence-based indications for opioids</li> <li>• Describe a taper schedule for chronic opioids</li> </ul>
9:00 a.m.	<b>Buprenorphine for patients with Chronic Pain</b> <i>Benjamin Lai, M.B., B.Ch., B.A.O.</i> <ul style="list-style-type: none"> <li>• Understand the unique pharmacologic properties of buprenorphine</li> <li>• Identify chronic pain patients that who would benefit from buprenorphine</li> <li>• Initiate and manage buprenorphine in patients with chronic pain</li> </ul>
9:30 a.m.	<b>Common Medications to treat Neuropathic pain</b> <i>James C. Watson, M.D.</i> <ul style="list-style-type: none"> <li>• Discuss the evidence-based indications for neuropathic analgesics for pain conditions</li> <li>• Review dosing guidelines, including side effects and monitoring for neuropathic medications</li> </ul>
9:45 a.m.	<b>Q &amp; A Panel</b>
10:00 a.m.	<b>Refreshment Break &amp; Exhibits</b>
10:15 a.m.	<b>Low Back Pain</b> <i>John A. Freeman, D.O.</i> <ul style="list-style-type: none"> <li>• Demonstrate knowledge of lumbar spine anatomy.</li> <li>• Identify causes of low back pain.</li> <li>• Recognize “Red Flag” Symptoms.</li> <li>• Review strength of evidence and recommendations for common treatments.</li> </ul>
11:00 a.m.	<b>Imaging of the Spine</b> <i>Christin A Tiegs-Heiden, M.D.</i> <ul style="list-style-type: none"> <li>• Review recommended imaging studies for common clinical scenarios</li> <li>• Identify key imaging findings in a spectrum of spine pathologies</li> <li>• Discuss MRI scanning in patients with implanted devices</li> </ul>
11:45 a.m.	<b>Cases in Spine Care</b> <i>Nick C. Canzanello, D.O.</i> <ul style="list-style-type: none"> <li>• Discuss the presentation of back pain secondary to autoimmune etiology</li> </ul>

**Clinical Updates in Pain Medicine**  
**Ritz Carlton Half-Moon Bay, CA**  
**April 10-12, 2025 (Pacific Time)**

	<ul style="list-style-type: none"> <li>Describe a case of cauda equina syndrome</li> <li>Discuss the treatment of lumbar spinal stenosis</li> </ul>
12:15 p.m.	<b>Q &amp; A Panel</b>
12:30 p.m.	<b>Break – Exhibits - Grab Lunch</b>
12:45 p.m.	<b>Lunch &amp; Learn: Strategies and Resources at Home for CBT</b> <i>Cynthia O. Townsend, Ph.D., L.P., Joan B. B. Cronin, APRN, CNS, M.S.</i>
1:30 p.m.	<b>Clinical Approach to Neck Pain</b> <i>Timothy J. Lamer, M.D.</i> <ul style="list-style-type: none"> <li>Discuss a physical exam of the neck in a 10-minute office visit</li> <li>Describe the approach to a patient with acute neck pain with arm symptoms Discuss treatment modalities for neck pain including physical therapy and injections</li> </ul>
2:00 p.m.	<b>Headache Part 1</b> <i>Stephanie J. Steel, M.D.</i>
2:45 p.m.	<b>Q&amp;A Panel</b>
3:00 p.m.	<b>Adjourn</b>

**Friday, April 11, 2025**

6:45 a.m.	<b>Breakfast – Exhibits</b> <b>Salon Foyer</b>
7:20 a.m.	<b>Welcome</b>
7:30 a.m.	<b>Optimizing the Patient Experience</b> <i>Terry L. Hunt II, M.D., M.B.A.</i>
8:00 a.m.	<b>Nutrition Interventions for Chronic Pain</b> <i>Chelsey M. Hoffmann, P.A.-C., M.S.</i> <ul style="list-style-type: none"> <li>Describe existing theories linking nutrition and chronic pain</li> <li>List evidence-based dietary interventions to benefit patients suffering from painful conditions</li> <li>Explain the risks versus benefits of dietary supplements for pain</li> </ul>
8:30 am	<b>Lifestyle Medicine</b> <i>Jon M. Hagedorn, M.D.</i> <ul style="list-style-type: none"> <li>Describe the evidence for exercise on longevity and chronic pain</li> <li>Discuss the role of sleep in chronic pain</li> </ul>
9:00 a.m.	<b>Q&amp;A Panel</b>
9:15 a.m.	<b>Headache: Part II</b> <i>Stephanie J. Steel, M.D.</i>
9:45 a.m.	<b>Facial Pain</b> <i>Narayan R. Kissoon, M.D.</i>
10:15 a.m.	<b>Q &amp; A</b>

**Clinical Updates in Pain Medicine**  
**Ritz Carlton Half-Moon Bay, CA**  
**April 10-12, 2025 (Pacific Time)**

10:30 a.m.	<b>Break</b>
10:45 a.m.	<p><b>Fibromyalgia &amp; Chronic Fatigue</b>  <i>Arya B. Mohabbat, M.D.</i></p> <ul style="list-style-type: none"> <li>• Define central sensitization</li> <li>• Design a framework to explain the pathophysiology underlying fibromyalgia and chronic fatigue</li> <li>• Identify medication and non-medication treatment strategies for fibromyalgia and chronic fatigue</li> </ul>
11:30 a.m.	<p><b>Addressing Co-Morbid Anxiety and Depression</b>  <i>Kristin J. Somers, M.D.</i></p> <ul style="list-style-type: none"> <li>• Describe comorbidity of depression and anxiety among those with chronic pain.</li> <li>• Select pharmacotherapy treatment for patients with pain, anxiety, and depressive disorders.</li> </ul>
12:00 p.m.	<b>Q &amp; A Panel</b>
12:15 p.m.	<b>Break – Exhibits – Grab Lunch</b>
12:30 p.m.	<p><b>Lunch &amp; Learn: What is the Role of Ketamine in Chronic Pain?</b>  <i>Natalie H. Strand, M.D.</i></p> <ul style="list-style-type: none"> <li>• Explore the Mechanisms of Action: Understand the pharmacological mechanisms by which ketamine modulates chronic pain, focusing on its NMDA receptor antagonism and its role in neuroplasticity.</li> <li>• Evaluate Clinical Applications: Review the current evidence supporting the use of ketamine in the management of chronic pain, including its efficacy, safety profile, and potential indications for different chronic pain conditions.</li> <li>• Discuss Future Directions: Identify emerging trends and research in the use of ketamine for chronic pain, including novel administration routes, long-term outcomes, and its integration into multimodal pain management strategies.</li> </ul>
1:00 p.m.	<p><b>Cannabinoids</b>  <i>Jacob J. Strand, M.D.</i></p> <ul style="list-style-type: none"> <li>• Discuss the current evidence for the use of cannabinoids in chronic pain management</li> <li>• Describe the process of certifying and following patients utilizing cannabinoids in their analgesic regimen</li> </ul>
1:45 p.m.	<p><b>The Obesity Epidemic and Chronic Pain</b>  <i>Michael J. Derr, DO</i></p> <ul style="list-style-type: none"> <li>• Review the evidence that links obesity and chronic pain</li> <li>• Discuss the options available for weight loss including surgical and non-surgical approaches</li> </ul> <p>Outline a clinical approach to patients with medically complicated obesity: how to have the conversation with your patient</p>
2:15 p.m.	<p><b>Management of Opioid Induced Side Effects</b>  <i>Molly Feely, M.D.</i></p>
2:45 p.m.	<b>Q&amp;A Panel</b>
3:00 p.m.	<b>Adjourn</b>

**Clinical Updates in Pain Medicine**  
**Ritz Carlton Half-Moon Bay, CA**  
**April 10-12, 2025 (Pacific Time)**

<b>Saturday, April 12, 2025</b>	
6:45 a.m.	<b>Breakfast – Exhibits</b>
7:20 a.m.	<b>Welcome</b>
7:30 a.m.	<b>Approach to the Patient with Chronic Abdominal Pain</b> <i>Rosie Frazier, M.D.</i> <ul style="list-style-type: none"> <li>• Discuss the differential of chronic undiagnosed abdominal pain (&gt; 3 months of duration)</li> <li>• Recognize patterns of presentation to predict best algorithmic diagnostic and treatment approach</li> <li>• Review the role of nonpharmacological and pharmacological treatment in chronic abdominal pain</li> <li>• Explore a case to highlight the role of multidisciplinary therapy approach to chronic abdominal pain</li> </ul>
8:00 a.m.	<b>Approach to the Patient with Chronic Pelvic Pain</b> <i>Isabel C. Green, M.D.</i>
8:30 a.m.	<b>Q&amp;A Panel</b>
8:45 a.m.	<b>Pharmacogenomics: Strategic Selection of Pain Medications for Your Patient</b> <i>Sanny Juresic, PharmD</i> <ul style="list-style-type: none"> <li>• Summarize pharmacogenomic testing and interpretation of the results</li> <li>• Classify pharmacogenomic variants and implications on drug metabolism</li> <li>• Demonstrate clinical examples of appropriate pain medication selections in patients with pharmacogenomic variants</li> </ul>
9:15 a.m.	<b>Perioperative Management of Patients with Chronic Pain</b> <i>Christopher S. Wie, M.D.</i> <ul style="list-style-type: none"> <li>• Discuss the approach to a patient on chronic opioid medication going to surgery</li> <li>• Review guidelines for opioid tapering after surgery</li> <li>• Describe the clinical management for patients going to surgery on buprenorphine</li> </ul>
9:45 a.m.	<b>Q&amp;A Panel</b>
10:00 a.m.	Break
10:15 a.m.	<b>Goals of Care Discussion</b> <i>Jacob J. Strand, M.D., Christopher A. Collura, M.D.</i> <ul style="list-style-type: none"> <li>• Describe a structure for having difficult conversations</li> <li>• Discuss the approach to patients/family when the patient wants everything done</li> </ul>
11:00 a.m.	<b>Cases from the Clinic: Chronic Pain</b> <i>Fransoua F. Her, M.D., Ph.D., Melissa R. Kenevan, M.D.</i> <ul style="list-style-type: none"> <li>• Discuss Cancer secondary to pancreatic cancer</li> <li>• PRP for knee pain</li> </ul>
11:30 a.m.	<b>Clinical Pearls: Central Neuropathic Pain</b> <i>Jennifer M. Stern, M.D.</i> <ul style="list-style-type: none"> <li>• Define Central Neuropathic Pain and how it differs from other types of pain</li> <li>• Illustrate clinical examples of Central Neuropathic Pain</li> <li>• Demonstrate treatment strategies in the treatment of Central Neuropathic Pain</li> </ul>
12:00 p.m.	Closing Summary

**Clinical Updates in Pain Medicine**  
**Ritz Carlton Half-Moon Bay, CA**  
**April 10-12, 2025 (*Pacific Time*)**

12:15 p.m.	<b>Adjourn</b>
------------	----------------