15th Annual Pain Management Symposium: Taming the Pain

Friday, September 30, 2011
Swedish Education and Conference Center
Swedish Medical Center/Cherry Hill
500 17th Avenue
Seattle, Washington
Course Goal
This symposium is designed to highlight areas where both the practitioner and chronic pain patient have concerns. It will provide a forum for practitioners and other clinicians to discover how to empower their patients and use, where appropriate, complementary therapy with or without opioids. It will also connect providers to currently available technologies to improve the care of their patients. Sessions include workshops and interactive discussions.

Target Audience
This conference is targeted toward all health-care professionals who treat patients suffering chronic malignant or non-malignant pain, including physicians, nurses and allied health professionals. The conference is intended for the following specialties: family medicine, general medicine, internal medicine, pain management, rehabilitation and psychology.

Needs Statement
Although there are many online courses and articles regarding the treatment of chronic non-malignant pain, the majority of these deal with pharmacological or interventional procedures. The health-care practitioner is often time-limited and ill-prepared from a knowledge base to deal with this difficult population face-to-face and explain why more investigations or drugs may be inappropriate.

There continues to be significant harm done to patients and society by the misuse and abuse of opioids. This has led to the initiation of an opioid prescribing law in Washington state, ESHB 2876, which will be implemented January 2, 2012. The health-care practitioner needs to be brought up to date with these rules and the logic behind them.

This conference will provide health-care practitioners with information to be able to use opioids appropriately and in compliance with ESHB 2876, to defend their ability to say “no means no” without suffering from practitioner and patient burnout, and to motivate the patient to take increased charge of their chronic non-malignant pain.

Location
Swedish Medical Center/Cherry Hill is located at 500 17th Ave. in Seattle, Washington. The conference will be held in the Cherry Hill Auditorium and the Swedish Education Conference Center. Parking is available in the garage on 16th Avenue between Cherry and Jefferson. From I-5 (northbound and southbound), take the James Street exit. Travel east on James Street. James will become Cherry Street. Turn right (south) on 16th Avenue. Turn right into the main garage entrance. Take the elevator to the Skybridge and head towards the main hospital.

Agenda
7:30 a.m.  Registration and Breakfast
8 a.m.  Welcome and Introductions
  Gordon Irving, M.D.
8:05 a.m.  “Monty Python’s Flying Circus” –
  The Pain Puzzle: Empowering Patients to Put the Pieces Together
  Carolyn McManus, M.P.T., M.S., M.A.
9 a.m.  “Stop the World, I Want to Get Off” –
  Dealing with Our Own Personal Reactivity: Staying with the Difficult Patient
  Mark Tomski, M.D.
9:55 a.m.  Break
10:10 a.m.  Morning Workshops
  All attendees will have the opportunity to attend each workshop
  Tips from the Trenches: Coaching Your Patients to Exercise and Relax
  Carolyn McManus, M.P.T., M.S., M.A. and Peg Maas, P.T.
  Practices to Increase Our Capacity to Manage Our Reactivity – Working with the Difficult Patient
  Mark Tomski, M.D. and Teresa Dean P.T., M.A.
11:50 a.m.  Lunch (provided)
12:20 p.m.  “Into the Lion’s Mouth” –
  Opioid Prescribing: Now Even the Politicians Are Getting Involved
  Gordon Irving, M.D.
1:15 p.m.  “For the Benefit of Mr. Kite” –
  Transformational Dialogue: Tapping into Patient Resourcefulness
  Rahul Gupta, M.D.
2:10 p.m.  Break
2:25 p.m.  Afternoon Workshops
  All attendees will have the opportunity to attend each workshop
  The Elephant in the Room – Opioids
  Gordon Irving, M.D. and David Tauben, M.D.
  Tips and Tools for Using Transformational Dialogue
  Rahul Gupta, M.D.
4:05 p.m.  Adjourn
Learning Objectives
At the conclusion of this course, the participant will provide better patient care through an increased ability to:

• Discuss the role of pain neurophysiology education in the treatment of chronic pain and identify the contribution of nervous system sensitization to chronic pain conditions

• Identify their own personal reactivity dealing with difficult patients, develop a capacity to “stay” with the patient and recognize when enough is enough and how to say “no” to a patient

• Explain the legal issues in prescribing opioids in Washington state; summarize the practical role, benefits and side effects of opioids; summarize when and how to start, and when and how to taper opioids; identify online aids to safely prescribing opioids and discuss methods of risk assessment and how to modify prescribing

• Recognize key strategies to motivate stuck patients, use language that facilitates friendly interruptions and patient responsibility and motivate the patient to take positive steps toward their own well-being and take increased charge of their chronic non-malignant pain

Accreditation Statement
Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA PRA Category 1 Credits™
Swedish Medical Center designates this live activity for a maximum of 7 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed Credits
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Nursing CE Contact Hours
Contact hours for this continuing nursing education activity have been submitted to Swedish Medical Center an approved provider of continuing nursing education by the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. For more information about nursing contact hours please contact Swedish Clinical Education through vicki.enslow@swedish.org.

Acknowledgments
This symposium is financially supported in part by educational grants in accordance with ACCME’s Standards for listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the symposium.

Faculty

Teresa Dean P.T., M.A.
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Rahul Gupta, M.D., CCFP
ICF Certified Coach
Clinical Faculty for Family Medicine Residency Program
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Medical Director, Pain and Headache Center
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Peg Maas, P.T.
Physical Therapist
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General Medicine Center
University of Washington Medical Center

Mark Tomski, M.D.
Physical Medicine and Rehabilitation
Pain and Headache Center
Swedish Medical Center

Planning Committee
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Catrina Cuevas, M.A., CME Specialist
Warren Fein, M.D.
Paul Gianutsos, M.D., M.P.H.
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Ann McElroy, R.N.
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www.facebook.com/SwedishCME
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Taming the Pain  
Friday, September 30, 2011

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**Registration Fees:** Please check one of the following:

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**Registration Information:**
Pre-registration is required as space is limited. Participants who register by the "Advance Registration" deadline will receive a confirmation postcard after Monday, September 19, 2011. Registrations will only be processed when accompanied by full payment.

**Cancellation:**
To receive a refund, notice of cancellation must be received no later than **Friday, September 23, 2011**.

If using the registration form, please mail or fax it to:
Continuing Medical Education
Swedish Medical Center
747 Broadway
Seattle, WA 98122-4307
Fax: 206-320-7462

Please note: No registrations are accepted by phone or e-mail.

If you have special needs, please contact the CME office at 206-386-2755.

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