Spine Management for the Primary-Care Physician: BACK TO THE FUTURE

Friday, June 15, 2012
Cherry Hill Auditorium and Swedish Education and Conference Center
Swedish Medical Center/Cherry Hill
500 17th Avenue
Seattle, Washington
Course Goal
This symposium is designed to enhance the skills and performance of those providers who treat patients with spinal pain. The sessions will focus on the role of primary care in spine care. Participants will discuss clinical presentations of common spinal disorders and examine which evaluations and initial treatments make sense for spinal pain. In addition, participants will have the opportunity to take part in four workshops that will provide time for small-group discussion and hands-on demonstrations.

Target Audience
This conference is targeted toward health-care practitioners who treat patients with spinal and musculoskeletal associated pain. It is particularly relevant for the following specialties: family medicine, internal medicine, pain management and rehabilitation.

Needs Statement
5.4 million Americans are disabled every year from low back pain. Health-care reform and other drivers are changing how we approach patients with spine pain. More than ever, the primary-care provider will be an integral part of the success of any spine program, as all care begins and ends with primary care. With a current care system that is fragmented and not comprehensive, there needs to be a focus on empowering the primary-care practitioner in the diagnosis and treatment of the causes of spinal pain including soft tissue problems.

Location/Directions/Parking
Swedish Medical Center/Cherry Hill is located at 500 17th Avenue in Seattle, Washington. The conference will be held in the Cherry Hill Auditorium and the Swedish Education and 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
8:15 a.m.  Gentle Lift Off
The Soft Touch – Myofascial Pain and the Spine: Recognition and Treatment in the Office
Mark Tomski, M.D.
8:45 a.m.  The Aging Space Program
The Aging Lumbar Spine: A Surgical Review of Problems and Remedies
Richard Rooney, M.D., FACS
9:15 a.m.  The Aging Cervical Spine: A Surgical Review of Problems and Remedies
Sarah Jost, M.D.
9:45 a.m.  Break
10 a.m.  Morning Workshops
10-11 a.m. and 11 a.m.-noon
All attendees will have the opportunity to participate in both workshops
Essential Primary-Care Approaches to Soft Tissue Pain
Mark Tomski, M.D.
The Aging Spine
Sarah Jost, M.D. and Richard Rooney, M.D., FACS
Noon  Lunch (provided)
1 p.m.  Brave New Worlds
Common Pain Syndromes in Primary Care: Recognition of Patterns, Helpful Interventions and the Contributions of an Interprofessional Team in Primary Care
Heather Tick, M.D.
1:45 p.m.  Do Cars Need New Engines?
Evidence-Based Approach to Spinal Injections and Spinal Cord Stimulators
Owen Williamson, MBBS, FRACS, FFPMANZCA
2:30 p.m.  Break
2:45 p.m.  Afternoon Workshops
2:45-3:30 p.m. and 3:30-4:15 p.m.
All attendees will have the opportunity to participate in both workshops
Integrated Medicine and Spinal Pain
Heather Tick, M.D.
Spinal Injections and Spinal Cord Stimulators
Owen Williamson, MBBS, FRACS, FFPMANZCA
4:15 p.m.  Adjourn

For Further Information
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www.facebook.com/SwedishCME
Course Objectives
At the conclusion of this course, the participant will provide better patient care through an increased ability to:

- Explain the relationship between structure and function in soft tissue pain syndromes, state the indications for manual therapy and recognize and analyze common soft tissue pain referral patterns
- Demonstrate one core evaluation and treatment technique of the cervical spine, thoracic spine, lumbar spine and pelvis
- Describe the rationale for using injections and spinal cord stimulators in the diagnosis and treatment of spinal pain; evaluate the evidence for the efficacy, safety and cost-effectiveness of injections and spinal cord stimulators in the diagnosis and treatment of spinal pain; and apply an evidence-informed algorithm for the use of injections and spinal cord stimulators in the management of spinal pain
- Demonstrate trigger point injections and greater occipital nerve blocks, utilize an ultrasound in guiding spinal injections and apply appropriate interventions for the management of people with persistent spinal pain
- Identify when it is appropriate for a primary-care provider to manage a patient with spine pain and explain what signs and symptoms to worry about in an aging spine
- Review age appropriate lumbar and cervical spine changes, explain how surgery can help and identify when to refer a patient
- Recognize a spectrum of disorders that commonly present as chronic pain, explain some of the controversies surrounding the diagnosis of chronic pain, describe the interventions including lifestyle changes and therapies that benefit patients with chronic pain and discuss the benefits of working with a health-care team
- Identify the physical signs of neuropathy and myofascial disorders commonly seen in primary care, practice a simple physical screening technique to identify myofascial disorders, discuss the benefits of GunnIMS as a therapeutic modality and practice an example of a mind-body intervention to understand the benefits for patients

Planning Committee
Gordon Irving, M.D., Chair
Sally Buslach, R.N.
Catrina Cuevas, MA, CME Specialist
Jay Fathi, M.D.
Paul Gianutsos, M.D., MPH
Carol Lund, R.N., MN
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Faina Spaeth, ARNP
Mark Tomski, M.D.

Faculty
Sarah Jost, M.D.
Neurosurgeon
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Heather Tick, M.D.
Clinical Associate Professor
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Mark Tomski, M.D.
Physical Medicine and Rehabilitation
Pain and Headache Center
Swedish Medical Center

Owen Williamson, MBBS, FRACS, FFPMANZCA
Pain Physician
Department of Anesthesiology
Fraser Health Authority

Accreditation with Commendation
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 6.5 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 Clinical Education and Practice, Swedish Medical Center an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. For more information about nursing contact hours, please email vicki.enslow@swedish.org.

Acknowledgments
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Registration Information:
Preregistration is required as space is limited. Participants who register by the "Advance Registration" deadline will receive a confirmation postcard after Monday, June 4, 2012. 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, June 8, 2012.

If using the registration form, please mail or fax it to:
Continuing Medical Education
Swedish Medical Center
747 Broadway
Seattle, WA 98122
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.