6th Annual John D. Loeser Pain Conference

Meeting the Challenge of Chronic Pain Management in the Primary Care Setting

Friday - Saturday
November 1 - 2, 2013
Shoreline Conference Center
18560 1st Avenue NE
Shoreline, WA 98155

Sponsored by the University of Washington School of Medicine
Department of Anesthesiology & Pain Medicine • Office of Continuing Medical Education
Meeting the Challenge of Chronic Pain Management in the Primary Care Setting
November 1 - 2, 2013

WHO SHOULD ATTEND
Primary care providers (MD, DO, ARNP, NP, PA-C) who manage patients with chronic, non-malignant pain. Other interested specialties may include Rehabilitation Medicine, Occupational Medicine and Psychiatry.

COURSE DESCRIPTION
Understanding that day-to-day management of the chronic pain patient falls to the primary care provider, we have designed a course to assist providers in this process. Topics include pharmacological management as well as information to aid in the establishment of realistic patient expectations with respect to post-injury healing, recurrent low back pain and exercise therapy. The utilization of urine drug testing will be explored from toxicological, addiction, primary care and pain specialist point of views. Opioid management will be featured in terms of short and long acting opioids as well as opioid use in pregnancy. The tenor of presentations will be to provide practical information to be utilized in discussion with chronic pain patients.

COURSE OBJECTIVES
Upon completion of this activity, attendees should be able to:
• Discuss realistic expectations of the healing process following injury
• Select an antidepressant medication
• Write physical therapy orders for a slow, progressive exercise program
• Describe the role of NSAIDs in pain management
• Discuss pain treatment exclusive of opioids
• Evaluate the use of suboxone for chronic pain treatment
• Manage the use of methadone in the chronic pain setting
• Order, interpret and take corrective action on urine drug tests
• Evaluate recurrent low back pain
• Approach anxiety pharmacologically without benzodiazepines

ACCREDITATION
Accreditation with Commendation
The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation
The University of Washington School of Medicine designates this live activity for a maximum of 12.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

FEES AND REGISTRATION

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<td>MD/DO/PhD</td>
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<td>Allied Health</td>
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The fee for this course includes catering, all instruction materials and transcript of AMA PRA Category 1 Credits™. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.
CONFERENCE SYLLABUS IS GOING GREEN

Syllabus materials will be available for download at uwcme.org (for conference registrants only). The password for the download website will be sent with your registration confirmation email. Materials will be available from October 28 - November 22, 2013, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference.

ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by October 22, 2013. A $50.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following October 22, 2013. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties. Contact CME Registrar with questions — call 206.543.1050, fax 206.221.4525 or email cme@uw.edu.

SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation in the application process contact the department at: 206.543.1050 or the Disability Services Office at least ten days in advance.

Contact Disability Services Office
206.543.6450/Voice ● 206.543.6452/TTY ● 206.685.7264/Fax ● e-mail: dso@u.washington.edu

HOTEL ACCOMMODATIONS

For your convenience, listed below are hotels located within the vicinity of the conference. To make reservations, please call the hotels directly. No room block has been reserved.

Embassy Suites Seattle North/Lynnwood
20610 44th Ave W
Lynnwood, WA 98036
Reservations: 425.775.2500
embassysuites3.hilton.com

Courtyard Marriot North/Lynnwood
4220 Alderwood Mall Blvd
Lynnwood, WA 98036
Reservations: 425.670.0500
marriott.com/hotels
Course Faculty

COURSE CHAIR

Suzanne E. Rapp, MD
Clinical Professor
Department of Anesthesiology & Pain Medicine

UW FACULTY

Gregory T. Carter, MD, MS
Medical Director
St. Luke’s Rehabilitation Institute
Spokane, WA

Gregory C. Gardner, MD, FACP
Professor
Department of Medicine
Division of Rheumatology

Andrew N. Hoofnagle, MD, PhD
Associate Professor
Department of Laboratory Medicine

Catherine Q. Howe, MD, PhD
Acting Assistant Professor
Department of Psychiatry
& Behavioral Sciences

John D. Loeser, MD
Professor Emeritus
Departments of Neurological Surgery
and Anesthesiology & Pain Medicine

Anthony J. Mariano, PhD
Clinical Assistant Professor
Department of Psychiatry
& Behavioral Sciences
Chief Pain Services
Psychology Services
VA Medical Center

Brendan R. O’Donnell, MD, MA
Assistant Professor
Department of Anesthesiology & Pain Medicine

James P. Robinson, MD, PhD
Clinical Professor
Department of Rehabilitation Medicine

Christopher J. Standaert, MD
Clinical Professor
Department of Rehabilitation Medicine

Alyssa Stephenson-Famy, MD
Assistant Professor
Department of Obstetrics & Gynecology

Mark D. Sullivan, MD, PhD
Professor
Department of Psychiatry
& Behavioral Sciences

David J. Tauben, MD
Clinical Associate Professor
Departments of Medicine and Anesthesiology & Pain Medicine
Medical Director
UW Center for Pain Relief

Joseph O. Merrill, MD, MPH
Associate Professor
Department of Medicine
Division of General Internal Medicine
Friday, November 1, 2013

7:30  Registration and Continental Breakfast

7:55  Welcome and Introduction
      *Suzanne Rapp, MD*

8:00  Expectations Following Injury
      *Christopher Standaert, MD*

8:50  Dealing with the Recurrent LBP Pain Patient
      *John Loeser, MD*

9:35  Question and Answer Session

9:50  Break

10:05 No One “Fails” at Physical Therapy
      *James Robinson, MD, PhD*

10:50 Opioids 2013: When to Prescribe Long, Short or PRN?
      *David Tauben, MD*

11:40 Question and Answer Session

11:55 Lunch (provided)

12:10 Optional Lunch Session
      Case Discussion - “Bring your cases”

12:55 Break

1:05 Making Medications Work for Depression
      *Mark Sullivan, MD, PhD*

1:55 Pharmacological Treatment of Anxiety Without Benzodiazepines
      *Catherine Howe, MD, PhD*

2:25 Question and Answer Session

2:35 Break

2:50 NSAIDS in Chronic Pain
      *Gregory Gardner, MD, FACP*

3:35 Methadone: Use Clarified
      *Brendan O’Donnell, MD, MA*

4:25 The Use of Suboxone for Chronic Pain
      *Gregory Carter, MD*

5:00 Question and Answer Session

5:15 Adjourn
Saturday, November 2, 2013

7:30  Sign-In and Continental Breakfast

7:55  Welcome and Introduction  
      Suzanne Rapp, MD

8:00  Opioids in Pregnancy  
      Alyssa Stephenson-Famy, MD

8:40  UDT: How the Lab Can Help  
      Andrew Hoofnagle, MD, PhD

9:10  UDT: Interpretation in the Setting of Chronic Pain  
      Suzanne Rapp, MD

9:40  UDT: Illicit Substances and Addiction  
      Joseph Merrill, MD, MPH

10:10 Break

10:25  UDT Cases  
       Faculty

11:05  Talking to Patients About Realistic Expectations for Chronic Pain Relief  
       Anthony Mariano, PhD

11:55  Question and Answer Session

12:15 Adjourn
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REGISTRATION

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PAYMENT *Residency Program, if applicable ________________________________

- □ Check (payable to University of Washington) for $

- □ Credit Card charge $
  - □ Visa
  - □ MC
  - □ Discover
  - Card #
  - Exp Date
  - Signature

- □ UW Budget
  - Budget Name
  - Budget #
  - Box #
  - Proj
  - Opt
  - Task

Return Completed Registrations

By Mail:
UWCME
Box 359441
Seattle, WA 98195-9441

By Fax:
206.221.4525

Call:
206.543.1050
with questions

Register online at uwcme.org