

2024

7th Annual Chronic Pain Conference

October 11 – 13

AGENDA

The Hythe, Vail

715 West Lionshead Circle, Vail, CO 81657

800.648.072



**2024 CHRONIC PAIN CONFERENCE
AGENDA
OCTOBER 11-13, 2024**

Friday, October 11, 2024

12:15 PM *Welcome and Opening Remarks - Dr. Scott Bainbridge, President*

12:30-1:30 PM CME (1.0)

Dr. Amy Wachholtz – Sleep and Pain

Learning Objectives:

1. By the end of this talk attendees will be able to identify common sleep architecture differences between healthy individuals and individuals with chronic pain.
2. By the end of this talk attendees will be able to identify pharmaceutical and non-pharmaceutical approaches to treating common sleep disorders.

1:30-2:30 PM CME (1.0)

Dr. Drew Trainor – Peripheral and Spinal Cord Stimulation (Neuromodulation)

Learning Objectives:

1. To understand the basic mechanisms of action of Spinal Cord Stimulation (SCS).
2. To understand the Patient Selection, Relevant Data, and FDA indications for Spinal Cord Stimulation (SCS).

2:30-3:30 PM *Refreshment Break with Exhibitors*

3:30-4:30 PM CME (1.0)

Dr. Scott Bainbridge –

I. Radiofrequency Ablation for the Treatment of Spinal Disorders

Learning Objectives:

1. Participants will be able to discuss proper patient selection and optimal technique for carrying out spinal radiofrequency ablation (RFA) procedures.
2. Participants will be able to discuss the role that good spine RFA outcomes have on access to these procedures.

II. The creation and evolution of the Multisociety Pain Workgroup (MPW)

Learning Objectives:

1. Participants will be able to discuss the historical backdrop of the formation of the Multisociety Pain Workgroup.
2. Participants will be able to discuss the role that MPW plays and has played in the development of CMS and commercial payer Local Coverage Determinations and medical policies, respectively.

4:30-5:30 PM CME (1.0)

Dr. Brent Van Dorsten – Battles for Hearts and Minds – How to Navigate and Interpret [the Spin of] Pain Literature

Learning Objectives:

1. Be able to identify the most common strategies that industry employs to publish industry-sponsored research
2. Be aware of the multitude of threats to data/evidence accuracy in the published medical literature

5:30-6:00 PM CME (1.0)

Panel Q&A with Dr. Trainor, Dr. Bainbridge, and Dr. Van Dorsten

6:30-9:30 PM *Non-CME Dinner Presentation*

Saturday, October 12, 2024

6:30-7:30 AM *Breakfast*

7:30-8:00 AM *Colorado Pain Society Annual Business Meeting*

8:00-9:00 AM CME (1.0)

Dr. Ramo Naidu (Interventional Pain) and Dr. Michael Eby (Spine Surgery)

Lumbar Discogenic/Vertebrogenic/Mechanical Instability Pain

Ramo Naidu (interventional pain medicine) - Pathophysiology, clinical presentation, and imaging hallmarks
Conservative management - brief

Basivertebral nerve ablation, intradiscal therapies (biologics and matrix/mechanical)

Learning Objectives:

1. Understand the evolution of lumbar spinal anterior column pain from 'discogenic' to 'vertebrogenic.'
2. Develop an awareness for the different therapies for anterior column pain.

Michael Eby (spine surgery) - Fusion/fixation options

Surgical patient selection, decision making, execution, and pearls for the non-surgeon

Learning Objectives:

1. Recognize which patients would benefit from early surgery evaluation.
2. Capture secondary diagnoses that can alter the patient's course.
3. Collaborative diagnosis – Early reinforcement to modify patient's behaviors.

9:00-9:30 AM CME (1.0)

Collaborative Q&A / Discussion with Dr. Naidu and Dr. Eby

9:30-10:30 AM *Morning Break with Exhibitors*

10:30-11:30 AM CME (1.0)

Dr. Michael Eby and Dr. Ramo Naidu

Lumbar Spinal Stenosis

Ramo Naidu - Clinical presentation, imaging and patient selection

Conservative treatment options (PT, ESI, activity modification or aids, others) - brief

Interventional pain treatment options (PILD, Interspinous spacers, others)

Learning Objectives:

1. Know when to send a patient to a spine surgeon for care.
2. Be able to read your own imaging to diagnose and describe lumbar spinal stenosis.

Michael Eby - Surgical options: Patient selection, decision making (decompression +/- fusion/fixation), and pearls for the non-surgeon.

Learning Objectives:

1. Decompression vs. Fusion, Single level vs. Multilevel surgery - Recognize the scope of surgery for a given patient.
2. Tailor your nonoperative treatment to the corresponding risk of surgery.

11:30 AM-12:00 PM CME (1.0)

Collaborative Q&A / Discussion with Dr. Eby and Dr. Naidu

12:00-3:00 PM - *Break for Lunch and Outdoor Activities*

3:00-4:00 PM CME (1.0)

Dr. Eileen Chen - Motivational Interviewing for the Non-Psychologist and Introduction to ACT/Third-wave CBT Basics for the Non-Psychologist

Learning Objectives:

1. Understand and Apply Motivational Interviewing (MI) Techniques: Attendees will learn the key principles of MI and practice essential techniques such as open-ended questions, reflective listening, and affirmations in a pain management framework.
2. Integrate Acceptance and Commitment Therapy (ACT) Principles for Chronic Pain Relief: Participants will gain a foundational understanding of ACT and learn how to incorporate its core principles, such as acceptance, mindfulness, values-based action, and cognitive defusion, to help.

4:00-5:00 PM - *Cocktail Reception with Exhibitors*

5:00-6:00 PM CME (1.0)

Dr. Tamara Stoner – Ketamine for Pain Management

Learning Objectives:

1. Describe the mechanisms by which ketamine may provide relief from acute and chronic pain.
2. Identify patient scenarios and/or conditions where ketamine can be safely and effectively used to treat pain conditions.
3. Understand the importance of collaboration and coordination among the patient's care team to enhance the management of acute and chronic pain with ketamine.

6:00-7:00 PM CME (1.0)

Dr. Ben Marshall – EMG Basics, Indications, and Limitations

Learning Objectives:

1. Understand the clinical utility of electrodiagnostic testing.
2. Familiarity with the components of electrodiagnostic testing.

Sunday, October 13, 2024

7:00-8:00 AM *Breakfast*

8:00-9:00 AM CME (1.0)

Dr. Haley Burke - Headache – Diagnosis and Management

Learning Objectives:

1. Understand headache classification.
2. Understand the role of old and new treatments.

9:00-10:00 AM CME (1.0)

Dr. Joshua Blum - Nuts and Bolts of Opioid Prescribing: Screening, Initiation, Monitoring, and Cessation

Learning Objectives:

1. Implement evidence-based and evidence-informed tools for appropriate risk-benefit assessments in patients receiving long-term opioid treatment.
2. Initiate effective discussions and support patients through opioid weaning and discontinuation.

10:00-11:00 AM *Break with Exhibitors*

11:00 AM-12:00 PM CME (1.0)

Dr. Joshua Blum - Initiating, rotating/tapering, and perioperative management of buprenorphine for pain management

Learning Objectives:

1. Recognize differences between buprenorphine products to ensure effective analgesia.
2. Utilize collaborative approaches to perioperative management for patients on maintenance buprenorphine.

12:00-12:30 PM CME (1.0)

Panel Q&A / Discussion with Dr. Blum and Dr. Burke

12:30-1:00 PM *Giveaway Drawing, Closing Remarks - Dr. Scott Bainbridge, President*

16.00 total CME

This activity is jointly provided by Medical Education Resources, Colorado Consortium for Prescription Drug Abuse Prevention, and Colorado Pain Society

Target Audience

This activity has been designed to meet the educational needs of pain management specialists, primary care providers with a clinical interest in pain management, psychologists, addiction medicine specialists, anesthesiologists, physiatrists, neurologists, surgeons, physician assistants, nurse practitioners, nurses, therapists, and healthcare professionals involved in the care of patients with acute and chronic pain.

Educational Objectives

After completing this activity, the participant should be better able to:

- Discuss the indications, protocols, pros and cons of ketamine use in pain patients.
- Describe common causes of headache, lumbar spinal stenosis, and low back pain and their treatments.
- Discuss literature review and bias when discussing interventional treatment of pain with neuromodulation and radiofrequency ablation.
- Discuss the initiation, monitoring, safety, and cessation of opioid medications, including buprenorphine, for the treatment of pain.
- Explain the methods and strategies of motivational interviewing and cognitive behavioral therapy for pain for use by non- psychologists.
- Describe the interaction between sleep and pain and treatments for pain related insomnia.

Accreditation for 3 Day Conference



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Medical Education Resources (MER) and Colorado Pain Society. MER is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Interprofessional Continuing Education (IPCE) Credit



This activity was planned by and for the healthcare team, and learners will receive 16 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physician Credit

Medical Education Resources designates this live activity for a maximum of 16 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Credit

Medical Education Resources designates this live activity for a maximum of 16 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

Physician Assistant Credit



Medical Education Resources has been authorized by the American Academy of Physician Assistants (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 16 AAPA Category 1 CME Credits. Physician Assistants should only claim credit commensurate with the extent of their participation.

Psychologist Credit



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Medication Access and Training Expansion (MATE) Credit

Completion of this course will help satisfy the required hours of The Drug Enforcement Administration (DEA) CME requirements for the Medication Access and Training Expansion (MATE) Act. This activity will provide 5 hours toward this requirement.

American Board of Internal Medicine (ABIM) Maintenance of Certification (MOC) Credit



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Maintenance of Certification in Anesthesiology (MOCA) Credit



This activity contributes to the CME component of the American Board of Anesthesiology's redesigned Maintenance of Certification in Anesthesiology™ (MOCA®) program, known as MOCA 2.0®. Please consult the ABA website, www.theABA.org, for a list of all MOCA 2.0 requirements.

Disclosure of Relevant Financial Relationships

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies relevant financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Reported relevant financial relationships are mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing learners with high-quality CE activities that promote improvements or quality in health care and not the business interest of an ineligible company.

Live Streaming will be available for this conference for both virtual and live attendees. Recordings of each of the CME presentations will also be available for 7 days following the conference for review and CME credit.