



SCHOOL OF NURSING
UNIVERSITY of WASHINGTON
Continuing Nursing Education



4th Annual Pain Conference for Health Care Professionals

The Challenge of Pain 2013

Wednesday-Thursday
January 23-24, 2013

Shoreline Conference Center
Seattle, Washington

CO-PROVIDERS

University of Washington School of Nursing
Continuing Nursing Education

University of Washington School of Medicine
Continuing Medical Education

Harborview Medical Center/UW Medicine

Highline Medical Center

John D. Loeser NIH Consortium Center of Excellence in Pain Education

Seattle Cancer Care Alliance

University of Washington Medical Center/UW Medicine

The Challenge of Pain 2013

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Offered for nurse practitioners, clinical nurse specialists, staff nurses, physicians, physician assistants, psychologists, pharmacists, social workers, physical therapists and other health care professionals in a variety of settings.

CONFERENCE DESCRIPTION

Pain causes suffering, disability and expenditure of scarce health care resources. This conference focuses on the challenge of pain for health care professionals in all settings. Evidence-based strategies for assessing and managing pain in acute care, long term care, ambulatory care, specialty care and palliative care settings are presented by regional and national interdisciplinary pain specialists. Teaching methods include lecture, discussion, case studies and interprofessional dialogue.

OBJECTIVES

At the conclusion of the conference, you will be better able to:

Day 1

1. Describe current perspectives on pain.
2. Discuss practical pharmacological approaches used in treating pain.
3. Describe the use of opioids in patients with substance abuse and chronic pain.
4. Discuss the potential risks and benefits of REMS for patients and providers.
5. Describe the Prescription Monitoring Program and how it can be used to monitor patients.
6. Discuss opioid medication and the effects on breathing and sleep.
7. Describe proper methadone dosing and patient management.
8. Discuss recent developments related to medical marijuana in pain management.

Day 2

1. Define the impact of psychiatric comorbidities on the pain experience.
2. Describe integrative approaches to pain management.
3. Describe challenges in the management of acute pain in patients with chronic pain.
4. Discuss the relationship between exercise and management of back pain.
5. Critically examine the evidence evaluating chronic cancer-related pain in cancer survivors.
6. Discuss strategies for supporting patients in making end of life or critical medical decisions.
7. Suggest appropriate pain management strategies for case studies submitted by conference participants.

PLANNING COMMITTEE

Barbara Dailey, DNP, ARNP, CCMSHt, FIBH, Nurse Practitioner and Medical Hypnotherapist, Northwest Hospital & Medical Center/UW Medicine and Supportive Therapies, PLLC, Kenmore, WA

Pamela Stitzlein Davies, MS, ARNP, Nurse Practitioner, Palliative and Supportive Care Service, Seattle Cancer Care Alliance, Seattle

Denise Davignon, MN, RN, Quality Management Specialist, Highline Home Health and Hospice, Tukwila

Martha DuHamel, MPH, Assistant Dean for Continuing Nursing Education, CNE

Debra Gordon, DNP, MS, RN-BC, ACNS-BC, FAAN, Teaching Associate, Department of Anesthesiology and Pain Medicine, Harborview Medical Center/UW Medicine, Seattle

Jaime Navetta, BSN, RN, Director of Conference Planning and Management, CNE

David Tauben, MD, Director, Medical Student Education in Pain Medicine; Clinical Associate Professor, Department of Anesthesiology and Pain Medicine, UW School of Medicine; Principal Investigator, UW NIH Consortium Center of Excellence for Pain Education

Hilaire J. Thompson, PhD, RN, CNRN, FAAN, Associate Professor, BNHS, UW School of Nursing

Sheri Wyant, MSN, RN-BC, OCN, Pain Management Clinical Nurse Specialist, UWMC; Clinical Faculty, BNHS, UW School of Nursing

BNHS=Biobehavioral Nursing and Health Systems

CNE=Continuing Nursing Education, UW School of Nursing

UW=University of Washington, Seattle

UWMC=University of Washington Medical Center/UW Medicine, Seattle

PROFESSIONAL CREDIT

Both days: 13.9 contact hours ($R_x=10.6$)

Wednesday only: 6.9 contact hours ($R_x=5.7$) • Thursday only: 7.0 contact hours ($R_x=4.9$)

(R_x =pharmacology at the advanced practice level.)

Nurses and Nurse Practitioners:

- Continuing Nursing Education at the University of Washington School of Nursing (UWSON) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- The UWSON is approved as a Washington state clock hour provider by the Washington State Board of Education.
- Provider approved by the California Board of Registered Nursing, Provider #07218, for 13.9 contact hours.

Physicians and Physician Assistants: Registration for Category 1 will be available at the conference for **an additional fee of \$40** payable to *University of Washington Continuing Medical Education*.

- This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Washington School of Medicine and the UWSON. The University of Washington School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.
- The University of Washington School of Medicine designates this live activity for a maximum of *13.25 AMA PRA Category 1 CreditsTM*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists and Social Workers: The UWSON qualifies as a Washington State CE program sponsor under WAC 246-924-240(1) for psychologists and WAC 246-809-610 for social workers and counselors.

All Other Disciplines: A certificate will be awarded to document attendance at this continuing education program.

PROGRAM SCHEDULE

Wednesday – January 23, 2013

- 7:30 Registration and Continental Breakfast
- 8:00 **Welcome and Overview**
- 8:10 **Perspectives on Pain 2013**
John D. Loeser
- 9:00 Stretch Break
- 9:05 **Pearls of Pharmacological Management (R_x)**
David Tauben
- 10:35 Break and Exhibits
- 10:50 **Opioids for Chronic Pain and Addiction Treatment (R_x)**
Joseph Merrill
- 11:50 Lunch (provided) and Exhibits
- 12:50 **Risk Evaluation and Mitigation Strategies (REMS) for Long-Acting Opioids (R_x)**
Debra Gordon
- 1:20 Stretch Break
- 1:25 **Prescription Monitoring: A Year in Review (R_x)**
Chris Baumgartner
- 2:00 Break and Exhibits
- 2:15 **Opioids and Sleep (R_x)**
Vishesh Kapur
- 3:10 Stretch Break
- 3:15 **The Risks and Benefits of Methadone (R_x)**
David Tauben
- 4:00 **Use of Medical Marijuana for Pain Management (R_x)**
Greg Carter
- 4:30 **Evaluation**
- 4:40 Adjourn

Thursday – January 24, 2013

- 7:30 Registration and Continental Breakfast
- 8:00 **Welcome and Overview**
- 8:15 **Exploring the Link between Pain and Depression (R_x)**
Stephen Thielke
- 9:05 Stretch Break
- 9:15 **Integrative Approaches to Pain Management (R_x)**
Heather Tick
- 10:10 Break and Exhibits
- 10:30 **Perioperative Pain Management in Patients with Chronic Pain (R_x)**
Mario De Pinto
- 11:30 Lunch (provided) and Exhibits
- 12:20 **Exercise Therapy for Chronic Back Pain**
James Robinson
- 1:10 Stretch Break
- 1:15 **"I Survived Cancer but Now I am Stuck with Chronic Pain!" (R_x)**
Pamela Stitzlein Davies
- 2:15 Break and Exhibits
- 2:25 **Moral Distress in Clinical Medicine**
Juan Iregui
- 3:25 Stretch Break
- 3:30 **Q & A Panel: Clinical Cases and Discussion (R_x)**
Barbara Dailey, Juan Iregui, Pamela Stitzlein Davies, David Tauben
- 4:30 **Evaluation**
- 4:40 Adjourn

R_x = This session qualifies for contact hours in pharmacology at the advanced practice level.

SPEAKERS

SPEAKERS

Chris Baumgartner, BS, Director, Prescription Monitoring Program, Washington State Department of Health, Olympia, WA

Greg Carter, MD, MS, Medical Director, Providence Regional Neuromuscular Center and Medical Director, Hospice and Palliative Care Program, Providence Physical Medicine Clinic, Olympia and Lewis County, WA

Barbara Dailey, DNP, ARNP, CCMShT, FIBH, Nurse Practitioner and Medical Hypnotherapist, Northwest Hospital & Medical Center/UW Medicine, Seattle and Supportive Therapies, PLLC, Kenmore, WA

Pamela Stitzlein Davies, MS, ARNP, Nurse Practitioner, Palliative and Supportive Care Service, Seattle Cancer Care Alliance/UW, Seattle

Mario De Pinto, MD, Chief, Pain Relief Service, HMC; Assistant Professor, Anesthesiology and Pain Medicine, UWSOM

Debra B. Gordon, DNP, MS, RN-BC, ACNS-BC, FAAN, Teaching Associate, Anesthesiology and Pain Medicine, HMC

Juan Iregui, MD, MA, FAAHPM, Physician, Hospice and Palliative Care, Franciscan Health Systems, University Place, WA

Vishesh Kapur, MD, MPH, Director of Sleep Medicine, Division of Pulmonary and Critical Care Medicine, HMC; Professor, UWSOM

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

Joseph Merrill, MD, MPH, Clinical Assistant Professor of Medicine, UWMC

James Robinson, MD, PhD, Clinical Assistant Professor, Rehabilitation Medicine, UWSOM

David Tauben, MD, Director, Medical Student Education in Pain Medicine; Clinical Associate Professor, Anesthesiology and Pain Medicine, UWSOM

Stephen Thielke, MD, MSPH, MA, Assistant Professor, Psychiatry and Behavioral Sciences, UWSOM; Investigator and Acting Associate Director for Education and Evaluation, Geriatric Research, Education, and Clinical Center, VA Puget Sound Health Care System, Seattle

Heather Tick, MA, MD, CCFP, CAFCI, DipAAPM, Clinical Associate Professor, Family Medicine and Anesthesiology and Pain Medicine, UWSOM

HMC=Harborview Medical Center/UW Medicine, Seattle

UW=University of Washington, Seattle

UWMC=University of Washington Medical Center/UW Medicine, Seattle

UWSOM=University of Washington School of Medicine, Seattle

GENERAL INFORMATION

CONFERENCE LOCATION

Shoreline Conference Center

18560 1st Ave NE, Shoreline (Seattle), WA, 98155

Directions: Going north or south on I-5, take the NE 175th Street exit (Exit #176). Head west on NE 175th to Meridian Ave. N. Turn right on Meridian and continue to next light at N. 185th St. Turn right on N. 185th and continue to 1st Ave. NE. Turn left on 1st NE. The Shoreline complex will be on your right. Drive to the north end and turn right just before the tennis courts. Follow signs to the conference center.

Parking: If the parking area immediately outside the entrance to the conference center is full, return to 1st Avenue NE and drive to the south end of the complex. Free parking is plentiful and you can enter through any major entrance and follow signs to the Shoreline Room. If you park on the street, be sure to avoid parking in front of mailboxes or close to driveways or you may be ticketed.

HOTEL INFORMATION

University of Washington conference rates and shuttle service to the conference center may be available at these hotels if requested in advance.

Embassy Suites, Lynnwood

20610 44th Ave W.
Lynnwood, WA 98036
425-775-2500
www.embassysuites.com

Courtyard Marriott, Lynnwood

4220 Alderwood Mall Blvd.
Lynnwood, WA 98036
425-670-0500
www.marriott.com

REGISTRATION INFORMATION

University of Washington Continuing Nursing Education (UWCNE)

Box 359440 • Seattle, WA 98195-9440

PHONE: 206-543-1047 • FAX: 206-543-6953

EMAIL: cne@uw.edu • WEB: uwcne.org

The fee for this conference is \$375 (\$345 group rate) for both days or \$265 (\$245 group rate) for a single day. Group rate is per person for two or more people from the same agency arriving in the same envelope or per person for members of sponsoring organizations. Fee includes tuition, handouts, daily continental breakfast, lunch, and refreshment breaks.

To register: Please send registration form and fee to UWCNE. You may also make payment using VISA or Mastercard or register online at uwcne.org.

Program changes: UWCNE reserves the right to revise the program schedule as needed.

Refund policy: If you register but then cannot attend, you may send a substitute or, prior to the conference, request a refund less \$35 for handling.

Cancellation policy: If the conference is cancelled, all fees will be refunded in full. Airline and/or hotel penalties are the responsibility of the registrant.

Disability Accommodation: The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least ten days in advance at: 206-543-6450/V, 206-543-6452/TTY, 206-685-7264 (FAX), or dso@uw.edu.

EXHIBITORS

Reserve exhibit space online!

Visit the Exhibitor Portal on our website at uwcne.org/exhibitors.

For more information, please contact Corie Goodloe at corie@uw.edu or 206-616-3826.

4th Annual Pain Conference
The Challenge of Pain

January 23-24, 2013
 Conf. 13140-C
 13.9 contact hours (R_x = 10.6)

REGISTRATION FORM

Three easy ways to register!

- Web: Register online at uwcne.org
- FAX: 206-543-6953
- Mail: UWCNE
 Box 359440, Seattle, WA 98195

PLEASE PRINT/TYPE CLEARLY:

NAME	HIGHEST DEGREE
ADDRESS	
CITY	STATE ZIP
AGENCY NAME	
AGENCY ADDRESS	CITY STATE ZIP
EMAIL ADDRESS	DAYTIME PHONE

■ YOUR PRIMARY POSITION

- Nurse Practitioner (Specialty: _____)
- Clinical Nurse Specialist Staff Nurse
- Physician Psychologist
- Physician Assistant Administrator/Manager
- Social Worker Other _____

■ COURSE FEES

	<u>Individual Rate</u>	<u>Group Rate*</u>
Entire Conference—Jan 23-24	<input type="checkbox"/> \$375	<input type="checkbox"/> \$345
Wednesday only—Jan 23	<input type="checkbox"/> \$265	<input type="checkbox"/> \$245
Thursday only—Jan 24	<input type="checkbox"/> \$265	<input type="checkbox"/> \$245

**Group Rate—Price per person for two or more registrations arriving together from the same agency or for individuals employed by one of the agencies listed as the conference sponsors.*

■ PAYMENT INFORMATION

Total Paid: \$ _____ (U.S. Funds)

- Check enclosed payable to: *University of Washington*
- Purchase order or letter of authorization enclosed. Please bill my agency.
- UW Budget Number _____ UW Budget Title _____
- Charge my bank card: VISA MC Exp. Date _____
- # _____

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UNIVERSITY of WASHINGTON
Continuing Nursing Education

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BOX 359440
SEATTLE, WA 98195-9440
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4th Annual Pain Conference for Health Care Professionals

The Challenge of Pain 2013

January 23-24, 2013
Shoreline Conference Center
Seattle, Washington

NIH Pain Consortium
Centers of Excellence in Pain Education



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