



OFFICE *of* CONTINUING MEDICAL EDUCATION

Quillen College of Medicine

EAST TENNESSEE STATE UNIVERSITY

Changing Behaviors, Changing Outcomes: Integrative Approaches to Pain Management

Friday, April 6, 2018

Millennium Centre, Johnson City, TN

AGENDA & LEARNING OBJECTIVES

Learning Objective(s)

As a result of participating in this activity,
the attendee will be able to:

Friday, April 6, 2018

7:00 AM – 8:00 AM **Registration and Breakfast**

7:20 AM – 7:40 AM **Yoga and Mindfulness - active skill
session (dress comfortably)**

Kerry Ferguson, LMT, HHP, NRYT
Founder, The Yoga Tree

8:00 AM – 8:15 AM **Welcoming Remarks**

8:15 AM – 9:00 AM ***Complementary and Alternative Options
for Pain Management***

Linda Pearson, MD
Chronic Interventional Pain Physician,
Medical Acupuncturist, Addiction Medicine,
Anesthesiology
Ballad Health

- **Identify key factors that contribute to the pain experience**
- **Identify multiple non-pharmacological treatments for pain**
- **Describe complementary and alternative options for pain**
- **Describe access and barrier issues to complementary and alternative options for pain management**

9:00 AM – 10:00 AM	<p><i>Diet Changes to Alleviate Pain from Inflammation</i> Amber Gourley, MS, RDN, LDN, CDE, CLT Owner, The Disobedient Dietician Specializing in chronic pain, autoimmune disease, and digestive disorders</p> <p>Julie Culligan, PhD Psychologist, Health Behavior Coordinator Health Promotion & Disease Prevention Program Manager James H. Quillen VA Medical Center</p>	<ul style="list-style-type: none"> • Describe how integrative nutrition addresses the whole person • Identify at least three foods/nutrients that have been proven effective in pain management • Identify at least two nutrients linked to chronic pain related disease states • Describe the benefits of yoga and stress management • Identify four lifestyle behaviors that decrease inflammation
10:00 AM – 10:15 AM Break		
10:15 AM – 11:15 AM	<p><i>Psychologically Informed Practice: Improving Patient Outcomes</i> Kristin Archer, PT, PhD, DPT Associate Professor and Vice Chair Department of Orthopaedic Surgery Vanderbilt University Medical Center</p>	<ul style="list-style-type: none"> • Identify successful strategies for addressing specific psychosocial risk factors and improving pain, disability, and physical activity • Describe a targeted approach to care for patients at risk for poor outcomes • Describe evidence-based cognitive and behavioral strategies that can be integrated into clinical care • Understand motivational interviewing and how it can be used for behavior change within a clinical setting
11:15 AM – 12:15 PM	<p><i>Chronic Pain: Pharmacotherapy Pearls and Pitfalls</i> Kellie Rose, PharmD Clinical Pharmacy Specialist, Pain Management James H. Quillen VA Medical Center</p>	<ul style="list-style-type: none"> • Identify common pharmacotherapy challenges with treatment of chronic pain • Analyze the risk benefit profile of gabapentinoids • Compare different antispasmodic agents and describe their place in therapy
12:15 PM – 1:15 PM Lunch		
1:15 pm – 2:15 PM	<p><i>Keynote Transforming Pain and Hurt into Flow</i> Margaret Jean Williams, MD, MD(H) Child and Adolescent Psychiatrist Energy Medicine Border Region Behavioral Health Center</p>	<ul style="list-style-type: none"> • Describe listening to the language of pain and hurt • Describe pain and hurt as resistance to flow • Identify ways resistance to flow can manifest in the body and life as pain • Identify strategies to regain flow

2:15 PM – 3:15 PM	<p><i>Managing Pain After the CDC Guidelines</i> Indy Wilkinson, MD Associate Professor of Anesthesiology and Pain Medicine Uniformed Services University of the Health Sciences</p>	<ul style="list-style-type: none"> • Identify how to confidently address patients with new pain • Describe how to manage long standing patients on opioids • Identify the breadth of options for pain management • Describe how to construct a consult request that will increase the likelihood of patient acceptance
<p>3:15 PM – 3:30 PM Break</p>		
3:30 PM – 4:15 PM	<p><i>Identifying and Diagnosing Opioid Disorders and Addiction Transitioning Care from Pain Management to Addiction: The Role of MAT</i> Tim Smyth, MD Medical Director Addiction Medicine Specialist Catalyst Health Solutions</p>	<ul style="list-style-type: none"> • Describe the epidemiology of opioid use disorder (OUD) in chronic pain management • Describe the concept of ‘Adverse Selection’ in pain management • Identify the one CDC guideline that has substantial evidence • Recognize the role that medication assisted therapy (MAT) can play in pain management
<p>4:15 PM – 4:45 PM Skills Session</p> <ul style="list-style-type: none"> • Ear Seed Acupuncture Michelle Bouton, LAc Acupuncturist, Owner Appalachian Acupuncture • National AcuDetox Association (NADA) Protocol – Experiential Session Mateo Caffrey, MD Chronic Pain Specialist Janes H. Quillen VA Medical Center <ul style="list-style-type: none"> • Recognize patients who could benefit from Ear Seeds • Describe an Ear Seed Acupuncture session • Describe the scientific basis of Ear Seed Acupuncture • Define what NADA is and when to implement it • Identify how to be trained in the NADA Protocol • Experience NADA Protocol with needles or beads, if interested. 		
4:45 PM – 5:00 PM	Closing Remarks	



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Friday, April 6, 2018
Millennium Centre, Johnson City, TN

Activity Director Leigh Johnson, MD

Target Audience This conference is designed for family medicine physicians, internal medicine physicians, OB/GYN physicians, pediatricians, psychiatrists, surgeons, emergency medicine physicians, pain specialists, advanced practice nurses, physician assistants, pharmacists, psychologists, physical therapists, nurses, medical students, and nursing students.

Overall Conference Objectives As a result of attending this activity, the participant will be able to:

- Utilize several common non-opioid approaches used in the treatment of pain
- Discuss the evidence supporting the use of specific alternative techniques in pain treatment
- Describe the connection between behavioral health, lifestyle, and physical pain
- Set appropriate expectations for the treatment of pain
- Identify patients at risk for opioid disorders

Disclosure Information and Potential Conflicts of Interest East Tennessee State University's Quillen College of Medicine, Office of Continuing Medical Education (OCME) holds the standard that its continuing medical education programs should be free of commercial bias and conflict of interest. It is the policy of the OCME that each presenter and planning committee member of any CME activity must disclose any financial interest/arrangement or affiliation with commercial organizations whose products or services are being discussed in a presentation. All commercial support of an educational activity must also be disclosed to the conference attendees.

Participants with No Potential Conflicts of Interest Each of the following individuals have completed a disclosure form indicating that neither they nor their spouse/family have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters involved with this activity:

Planning Committee Members

John Bossaer, PharmD
Mateo Caffrey, MD
Patty Harnois-Church, MSN, MHA
David Dahl, MD
Dru Herring, DO
Marta Gouge, BS, CHCP
Crag Wassinger, PT, PhD
Elizabeth Wolf, MBA, CPPS, CPHRM

Speakers

Michelle Bouton, LAc
Matteo Caffrey, MD
Julie Culligan, PhD
Amber Gourley, MS, RDN, LDN, CDE, CLT
Linda Pearson, MD
Kellie Rose, PharmD
Tim Smyth, MD
Indy Wilkinson, MD
Margaret Jean Williams, MD, MD(H)

The committee member and speaker listed below have reported a financial relationships with commercial interests:

Activity Director

Leigh Johnson, MD

Conflict of Interest

Merck Nexplanon Trainer

Speaker

Kristin Archer, PT, PhD, DPT

Salary and/or Consultant fees – Pacira

Commercial Support Disclosure

It is the policy of the Office of Continuing Medical Education at Quillen College of Medicine, East Tennessee State University to disclose all commercial supporters of this educational activity from which educational grants were received. This activity has received NO commercial support.

The mission of the Office of Continuing Medical Education at the Quillen College of Medicine is to provide lifelong learning opportunities that meet the needs of faculty, community physicians and other health professionals. In addition, the Office of CME is committed to excellence and dedicated to the improvement of health care in Northeast Tennessee and the surrounding Appalachian Region.

Handouts

If the author has given permission for us to share his/her presentation(s) it will be posted online and will be available for download and viewing at:

<https://drive.google.com/drive/u/1/folders/1Fk3xcuD6yqVnwU9Yzn-yUF0FEvVWKCby>

**Transcripts of
CME Credit**

By submitting the "Request for Credit Form" (which is part of your conference handouts) and by signing the sign-in sheet, credits will be added to your online TRANSCRIPT, which is maintained in the ETSU Office of CME. You may print your transcript online from our website at <http://www.etsu.edu/cme>. Please allow two weeks from the conference date before requesting your transcript. Check with the Registration Desk for information on how to access and print your transcript, or call our office, 423-439-8027, with questions.

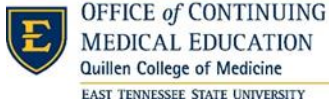
**Conference
Planner**

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If you have questions, concerns, or comments about this activity, please contact:

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Accreditation



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 Quillen College of Medicine, East Tennessee State University. The Quillen College of Medicine, East Tennessee State University is accredited by the ACCME to provide continuing medical education for physicians.

The ETSU Quillen College of Medicine designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Please allow two to three weeks for credits to be applied.

East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Up to a total of 7.25 continuing nursing education hours have been approved for this conference with 2.0 CNE designated as pharmacology contact hours. East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Claim only the credit commensurate with the extent of participation in this activity

East Tennessee State University College of Nursing implements a \$15 certificate fee per conference. This fee covers the following: cost for being a provider of nursing contact hours, supplies, and nursing coordinator's time for completing necessary paperwork for each conference. If you would like to claim Nursing Contact Hours, please contact etsucne@etsu.edu.

Please select nursing credits on the request for credit form and attendance credit, and sign in at the registration desk.



Pharmacists will have access to 7.0 ACPE Credits accredited by The Tennessee Pharmacists Consortium for Education (TPCE). TPCE is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.

To receive ACPE Credit, visit the Tennessee Pharmacists Consortium for Education website at Tpce.learningexpressce.com.

UNIVERSAL ACTIVITY NUMBER (UAN): 0575-0000-18-036-L01-P
A completion code will be provided to pharmacists at the conclusion of this event. Please stop by the registration desk to receive. You will have 60 days after the date of this program to complete the evaluation and receive credit.

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The ETSU Office of Continuing Medical Education is excited to announce that we have implemented a new online CME management system as of March 1, 2018. To ensure you maintain an accurate record of your CME credits earned prior to March 1, you will need to download and save your transcript from the current system. Credits earned prior to March 1, 2018 will not transfer into the new system, and we do not want you to lose these valuable credits.

The good news is that we will walk you through the process every step of the way, via detailed online instructions available on our website. We appreciate your patience and assistance through this transition.

Website: www.etsu.edu/cme
Office of Continuing Medical Education
Phone: 423-439-8081