



The Foundation for Medical Excellence
in cooperation with
**The College of Physicians and
Surgeons of British Columbia**

presents

**The 30th Annual Pain and
Suffering Symposium
Chronic Pain Management
Conference**

with focus on

**Mindfulness for
Practitioners & Patients**

March 10 - 11, 2017

Four Seasons Hotel

Vancouver, British Columbia

www.tfme.org

Course Purpose and Description:

This course is designed to assist clinicians in managing the most challenging of pain patient, patients with complex chronic pain. Complex chronic pain infiltrates multiple dimensions of the patient's life. Because of this opioids are less effective in treating them. Therefore this conference assumes a basic knowledge of opioid prescribing principles and does not focus on the nuts and bolts of opiate prescribing. Rather it focuses on defining the proper role of opiates in the management of complex chronic pain and describes other, more effective therapies. Participants will also acquire new techniques for recognizing and managing cognitive and behavioral factors in pain, and treating chronic pain syndrome including low back pain.

This interdisciplinary course will provide the practitioner with basic understanding of pharmacologic knowledge needed to treat chronic pain patients, provide patient interaction skills such as empathy, negotiation, cognitive behavioral therapy and self-awareness and co-dependency.

The learning topics will provide information in the following areas:

Participants will be instructed in large group sessions and interactive small groups. The course will provide the participant knowledge and the skills to address some of the key issues that practitioners face in their practices.

- **Mindfulness**
- **Low Back Pain**
- **Tapering**
- **Patient Relationships**
- **Long Term Benzodiazepines**

Who Should Attend: Clinicians, administrators, and regulators interested in the management of chronic pain. Because clinical practice is best implemented within a system, some groups attend as clinical teams: physician, nurse, administrator, pharmacist, etc.

Program Planning Committee:

Barry Egener, M.D.

Launette Rieb, M.D.

Paul Farnan, M.B., B.Ch

Ailve McNestry, M.D.

problem in need of a physical solution. Despite this increased awareness, physical treatments (especially medications) remain the mainstay of back pain treatment. The ready availability and insurance coverage for physical interventions, including some that have found ineffective and harmful, promotes the continued reliance of these treatments for back pain. There are few accessible alternatives to physical treatments for back pain even though one mind-based approach, cognitive behavioral therapy (CBT), has been found effective for chronic pain. This session will describe the results of a large randomized trial determining the effectiveness for chronic back pain of another mind-based treatment, Mindfulness-Based Stress Reduction and comparing its effectiveness with that for CBT.

10:05-10:20a Questions and Discussion – Panel (Drs. Chou and Cherkin)

10:20-10:30a Refreshment Break

10:35-11:50a

Interactive Working Group I Selections

Select one of the following:

- 1. Evidence-based Evaluation and Management of Low Back Pain**
Roger Chou, M.D.
- 2. Tapering High Dose Opioids I: The Negotiation**
Barry Egener, M.D.
- 3. Office Approach to Functional Somatic Syndrome**
Chris Stewart-Patterson, M.D.
- 4. Long Term Benzodiazepines**
Presenter TBA
- 5. Mindfulness for Practitioners**
Elizabeth H.B. Lin, M.D., MPH

11:50-12:50p Lunch, hosted by TFME

12:50-1:30p

Marijuana for Medical Purposes: Weeding the Evidence

Launette Rieb, M.D.

This plenary session will begin with a brief orientation to the neurobiology of cannabinoids. Then an overview will be provided of the medical literature on the potential harms and medical uses of cannabinoids with a focus on pain. Finally, highlights from the new smoked cannabis guidelines developed by the Canadian College of Family Physicians will be presented.

1:30-2:20p

Workplace Safety and Prescribed Medications in Chronic Pain Patients

Paul Farnan, M.B., B.Ch

Sensible goals in the treatment of patients with chronic pain include a reduction in their pain and an increase in functionality; hopefully with a normalization of social, recreational and occupational functioning. While drugs are often prescribed for therapeutic purposes, they have the potential to be abused and also the capacity to impair workplace performance. As part of a proactive approach to workplace safety and a safe return to work, prescribers need to be aware that the use of these drugs becomes an occupational health and safety issue if a person's ability to exercise judgment, coordination, and alertness is affected at the workplace, possibly leading to an increased risk of injury.

2:20-2:45p Yoga/Breathing/Mindfulness – Drs. Egener, Rieb, Lin

2:45-3:00p Questions and Discussion – Panel (Drs. Rieb and Farnan)

3:00-3:10p Refreshment Break

3:15-4:30p

Interactive Working Group/Mini Plenary Session II

- 1. Forging Relationships**
Barry Egener, M.D.
- 2. Tapering High Dose Opioids II: The Pharmacology**
Launette Rieb, M.D.
- 3. Long Term Benzodiazepines**
Presenter TBA

FRIDAY AGENDA – March 10, 2017

Four Seasons Hotel – Park Ballroom

7:15-7:45a Registration and Continental Breakfast

7:45-8:00a Pre-course test (required for CME credit)

8:00-8:20a Welcome and Course Themes – Barry Egener, M.D.

8:25-9:15a

2016 CDC Guideline on Opioid Prescribing: Evidence and Controversies

Roger Chou, M.D.

In 2016, the CDC released guidelines on opioid prescribing for chronic pain. These guidelines are likely to have a large impact on opioid prescribing practices and policies over the coming years. This presentation, by one of the authors of the CDC guideline and the lead investigator on the systematic review used to develop the guideline, discusses the evidence behind the recommendations, with a focus on areas of controversies, in order to help clinicians interested in implementing the guidelines in practice.

9:20-10:05a

Mindful Based Stress Reduction for Chronic Low Back Pain Patients

Daniel Cherkin, Ph.D.

There has been a growing appreciation that chronic back pain is not simply a physical

4. Approach to and Interpretation of Urine Drug Screening

Roger Chou, M.D.

5. Talking to Patients about Non-Opioid Treatments for Chronic Pain

Dan Cherkin, Ph.D.

4:30p Recess until Saturday morning

SATURDAY AGENDA – March 11, 2017

6:45-7:30a Continental Breakfast hosted by TFME

7:30-7:45a Announcements & 2016 Commitment to Change Results

7:45-8:45a Three Patient Interviews (Patients and Faculty)

8:45-9:15a

Pain and Co-Dependency in Patients and Doctors

Paul Farnan, M.B., B.Ch.

Pain is complex, and emotional pain can present itself as somatic pain. Therapeutic relationships are also complex. As caring physicians we often desperately want to fix and cure pain but can end up taking responsibility for the patient's problems and using our prescribing pads as the solution. Dr. Farnan will provide tips for identifying somatizing patients, and managing the discomfort that often exists for both the patient and physician.

9:20-9:50a

Cognitive Behavioral Approaches to Chronic Pain

Dan O'Connell, Ph.D.

Cognitive Behavioral (CBT) understandings and approaches to helping patients with chronic pain have evolved over the last 40 years into a place where they can be used with good effect both in formal treatment programs as well as in briefer encounters between patients and clinicians. In this session we will review the key elements of a Cognitive Behavioral approach and a form of CBT called Acceptance and Commitment Therapy that is demonstrating success in improving patients ability to function despite their pain. Our goal is both to offer the key ideas and specific applications for exam room conversations with patients.

9:50-10:00a Questions and Discussion – Drs. Farnan and O'Connell

10:00-10:15a Refreshment Break

10:15-11:30a

Interactive Working Group/Mini Plenary Session III

1. Pain Management for Patients with Substance Abuse Disorders

Launette Rieb, M.D.

2. The Patient with Complex Chronic Pain and the Busy Primary Care Physician: Reflecting on Me and Personal Well-being

Paul Farnan, M.B., B.Ch.

3. Mindfulness for Practitioners

Elizabeth H.B. Lin, M.D., MPH

4. Office Approach to Functional Somatic Syndrome

Chris Stewart-Patterson, M.D.

5. Cognitive Distortions

Dan O'Connell, Ph.D.

11:35a-12:00p Pearls for Implementing What You've Learned

(Drs. Egener, Farnan, O'Connell)

12:00p Conference Adjourns



SATURDAY, MARCH 11, 2017

AFTERNOON SEMINARS

1:30-5:00 PM

Registration is \$225 per workshop.

Advanced Interview Skills for Chronic Pain Patients

Faculty: Drs. Egener, Farnan, and Rieb

Several participants of previous courses have expressed the desire to enhance their interview skills with particularly challenging patients, especially those with chronic pain or who request specific prescriptions. Several faculty will offer a practical, skills-based half day course for interested participants on Saturday afternoon. Enrollment will be limited in order to give each participant a chance to practice with simulated patients. Some pre-course goal setting will be required.

Cognitive Behavioral Approaches to Managing Chronic Pain: Advanced Skills

Faculty: Dan O'Connell, Ph.D.

In this workshop participants will apply the CBT approach and its most recent evolution, Acceptance and Commitment Therapy, to the treatment of patients with chronic pain. We will examine both in planned sessions as well as the ad hoc conversations that take place in most encounters between clinicians and patients with this problem. There will be a mix of didactic teaching, case discussion, demonstration and modeling of the approaches and then opportunities to practice.

DISTINGUISHED FACULTY

Daniel C. Cherkin, Ph.D. is senior scientific investigator with the Group Health Research Institute in Seattle. He trained in biostatistics and epidemiology. For the past 30 years, Dr. Cherkin's research has focused on identifying more effective strategies for responding to the needs of the many persons with chronic back pain whose pain has not responded to conventional medical treatments. He has conducted numerous randomized clinical trials evaluating conventional approaches (e.g., patient education, shared-decision-making, cognitive behavioral therapy) and complementary and alternative medical (CAM) therapies such as chiropractic manipulation, acupuncture, massage, mindfulness meditation, and yoga for low back pain. This research has also raised some fascinating and fundamental questions about the nature of the mind-body connection and how it affects patient's experiences and the healing process.

Roger Chou, M.D. is an Associate Professor of Medicine at the Oregon Health & Science University in Portland. He is also the Director of the Pacific Northwest Evidence-based Practice Center (based at OHSU), the Director of Clinical Guidelines Development for the American Pain Society, served as a member of the American College of Physicians Clinical Guidelines Committee, and is on the Cochrane Back Review Editorial Board. Dr. Chou has written many peer-reviewed journal articles and is an author for several low back pain topics for Up-To-Date. In addition to conducting systematic reviews and developing guidelines in the area of chronic pain, he leads reviews for U.S. Preventive Services Task Force and the Agency for Healthcare Research and Quality's Effective Healthcare Program.

Barry Egener, M.D. is a practicing general internist on the faculty of the Legacy Portland Program in Internal Medicine, Medical Director, The Foundation for Medical Excellence and Northwest Center for Physician-Patient Communication, and Past-President, the American Academy on Physician and Patient. From 2006-2010, he served as a director of the American Board of Internal Medicine. He teaches regionally and nationally on the doctor-patient relationship and the management of difficult patient relationships.

Paul Farnan, M.B., B.Ch. is a Vancouver-based physician, who is certified in both Family Medicine and Addiction Medicine. As Medical Director at HealthQuest Occupational Health Services he provides expert occupational medicine consultation for complex disability management cases, especially those related to substance use disorders, complex chronic pain, etc. He is a Clinical Associate Professor, Department of Family Practice at the University of British Columbia. He has also been involved in the special area of physician health and wellbeing for almost twenty years. For six years he was the Executive Director of the Physician Health Program of British Columbia, where he had a special interest in physician stress and burnout.

Elizabeth H. B. Lin, MD, MPH, is a family medicine physician, clinical professor at the School of Medicine, University of Washington, and an affiliate scientific investigator at the Group Health Research Institute. As a physician researcher, Dr. Lin and her team have conducted and published innovative and important research to improve mind-body health in general medical settings. With an integrated and team-based approach, this collaborative care model for mental and physical health has been adopted world-wide. As a family medicine physician, Dr. Lin has provided primary care for diverse populations from various

ethnic backgrounds. She has also trained extensively with founders of mindfulness, self-compassion, and compassion programs. Dr. Lin has continued a daily meditation practice for more than 25 years.

Daniel O'Connell, Ph.D. is a clinical psychologist who lives in Seattle, WA. Over the last 30 years Dr. O'Connell has worked as educator, consultant, clinician, department chair and executive director in medical, behavioral health and educational settings. He is a consultant to The Institute for Healthcare Communication and serves on the faculty of the Foundation for Medical Excellence. He teaches in the Residency Programs at the University of Washington School of Medicine and maintains a coaching and consulting practice working primarily with healthcare organizations and individual providers on all aspects of the psychology of medicine, leadership in healthcare settings and professional interactions.

Launette Rieb, M.D., MSc, CCFP, FCFP, dip. ABAM is a Clinical Associate Professor in the Department of Family Medicine at the University of British Columbia. Dr. Rieb is certified by The American Board of Addiction Medicine and the Canadian Society of Addiction Medicine. She is the Director of the St. Paul's Hospital Goldcorp Addiction Medicine Fellowship. Dr. Rieb works clinically in chronic pain rehabilitation at Orion Health, and in drug and alcohol rehabilitation at The Orchard Recovery Centre. She teaches in the Methadone Program for the College of Physicians and Surgeons of British Columbia and is on the Education Committee of the Canadian Society of Addiction Medicine.

Chris Stewart-Patterson, M.D., is an occupational physician and provides consultations on workers in chronic pain for both employers and unions. He lectures both locally and internationally on disability evaluation. He has clinical experience in general practice, emergency medicine, community psychiatry and multidisciplinary pain programs. He is a clinical instructor in the Faculty of Medicine, University of British Columbia, a senior lecturer at Wellington School of Medicine, University of Otago and visiting lecturer at Harvard Medical School.



REGISTRATION INFORMATION

Registration is online at www.tfme.org.

Registration Fees:

Pain & Suffering Symposium: \$450 (US)

The Foundation for Medical Excellence is not responsible for any conversion fees charged by your banking institution.

Advanced Skills Building Workshops on Saturday 1:30-5:00: \$225 (US Funds for US Registrants/ Canadian funds for Canadian Registrants)

Refund Policy:

Refunds prior to February 15, 2017 will be charged a \$50.00 fee. No refunds after February 16, 2017.

Venue and Accommodations: Four Seasons Hotel, Vancouver, BC

Go to www.fourseasons.com/vancouver

From the "Make Your Reservation" tab

Enter your arrival and departure dates and number of guests

Click on Corporate/Promo Code

Enter Promo Code: **CI0317ME**

For a limited time, a block of rooms is being reserved for seminar registrants at a reduced rate.

Contact the hotel early for reservations. 604-689-9333

Continuing Education Credits

Accreditation: The Foundation For Medical Excellence is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit for the Pain & Suffering Symposium: The Foundation For Medical Excellence designates this live activity for a maximum of *10.5 AMA PRA Category 1 credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. The course is 9.5 credits. If you complete the pre and post exams you receive an additional 1 credit to reach a max of 10.5.

College of Family Physicians of Canada: This program has been submitted to be accredited by the College of Family Physicians of Canada, British Columbia Chapter for up to 10.5 MAINPRO-M1 credits. The course is 9.5 credits. If you complete the pre and post exams you receive an additional 1 credit to reach a max of 10.5.

Special Needs: The Foundation For Medical Excellence fully complies with the legal requirements of the Americans with Disabilities Act rules and regulations thereof. If any participant attending this educational activity is in need of accommodation, please contact The Foundation for Medical Excellence in order to receive accommodations.



If you would prefer not to Register Online you may use this form and mail with check to the Foundation for Medical Excellence.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

Method of Payment

(is above for fees and refunds information)

The Foundation for Medical Excellence is not responsible for any conversion fees charged by your banking institution.

Enclose check (payable to TFME). Credit cards are not accepted if registering by mail.

Please register _____ person(s) at \$450 for the Pain & Suffering Symposium

Optional Opportunity

Please register _____ person(s) at \$225 for the Saturday 1:30-5:00

(select one)

Advanced Skills Building Workshop

Cognitive Behavioral Therapy for Chronic Pain