



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

presents

The Assessment and Management of Complex Chronic Pain Patients

with a focus on:

Marijuana and Tapering High Dose Opioids

February 19 - 20, 2016

Four Seasons Hotel

Vancouver, British Columbia

www.tfme.org

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.

- **How did North America come to endorse high dose opioid therapy for chronic pain and should it continue to do so?**
- **What are the safety implications of pharmacologic management of pain for the working patient?**
- **How can I negotiate a reduction in dosage in patients on high dose opioid therapy?**
- **How does one safely taper high dose opioid therapy?**
- **How can I better address the use of medical marijuana and benzodiazepines in patients with complex chronic pain?**
- **How do I manage patients with co-occurring psychiatric disorders?**
- **How do I maintain my well-being managing these complex patients?**
- **How do I use cognitive behavioral and interview techniques in the interview with chronic pain patients?**
- **What is the proper management of fibromyalgia and other "overlap pain syndromes"?**
- **How should I examine a chronic pain patient?**

FRIDAY AGENDA – February 19, 2016

Four Seasons Hotel – Park Ballroom – Main Lobby Level

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

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

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

8:25-9:10a

The Opioid Epidemic-Reversing the Trend and Providing Better Pain Care in North America

Gary M. Franklin, MD, MPH

The opioid epidemic in the US very likely mirrors that in Canada and other Western countries; it began with a push by pain specialists and lobbying by drug-company funded advocacy groups. Much of what was taught was not evidence-based. In addition, in an effort to de-stigmatize opioid use, we were falsely taught that addiction was rare. What followed was a dramatic increase in doses of opioids. We now know that these increasing doses are strongly correlated with serious overdose events and increasing mortality. In addition, hundreds of thousands have become dependent or addicted. Finally, there is emerging data to suggest an important contribution of opioids to the initiation and perpetuation of disability in workers' compensation systems. Reversal of this epidemic is a critical public health goal, and increasing numbers of States, US specialty societies, the Canadian Working Group, and the US Centers for Disease Control are implementing updated guidance on more appropriate opioid use. Key goals of the recent guidance includes recommendations to not use opioids routinely for many conditions for which they have low evidence of effectiveness and high evidence of dose dependent harms. We will also cover the alternatives to opioids for addressing chronic pain effectively in practice.

9:15-10:00a

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'.

10:00-10:15a Questions and Discussion – Panel (Drs. Franklin and Farnan)

10:15-10:30a Refreshment Break

10:35-11:50a

Interactive Working Group I Selections - Third Level

1 Comprehensive Approach

Gary M. Franklin, MD, MPH

2 Tapering High Dose Opioids I: The Negotiation

Barry Egner, M.D.

3 Opioid and Benzodiazepine Lowering Strategies

Launette Rieb, M.D.

4 Office Approach to Functional Somatic Syndrome

Chris Stewart-Patterson, M.D

5 The Physical Exam in the Chronic Patient

Pam Squire, M.D.

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

Park Ballroom Foyer, Main Lobby Level

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.

1:30-2:35p

The Inherited Patient

Andrea Furlan, M.D. PhD

Not all patients on opioid therapy have progressed through the recommended steps of an opioid trial to determine an optimal dose. This situation can arise from various circumstances, e.g., when a patient on long-term opioid therapy transfers from one doctor to another, or when a patient has inadvertently transitioned from receiving opioids for an acute condition to prolonged use. This presentation will offer recommendations on how to manage this situation.

2:35-2:45p Questions and Discussion – Panel (Drs. Rieb and Furlan)

2:45-2:55p Refreshment Break

3:00-4:15p

Interactive Working Group II Selections - Third Level

6 The Relationships with the Chronic Pain Patient

Barry Egner, M.D.

7 Examining the Chronic Pain Patient with Shoulder Pain

Pam Squire, M.D.

8 The Inherited Patient: Success Stories from ECHO Ontario

Andrea Furlan, M.D. PhD

9 Treatment Strategies for Patients on Long-term benzodiazepines

Rashmi Chadha, MBChB, MScCH

10 Cognitive Distortions in the Interview with the Chronic Pain Patient

Dan O'Connell, Ph.D.

4:15p Recess until Saturday morning

SATURDAY AGENDA – February 20, 2016

7:00-8:00a

Taking Care of Yourself

(Optional Session – comfortable dress)

- **Supporting the Practitioner**
Barry Egner, M.D.
- **Mindfulness Based Stress Reduction & Chronic Pain**
Linda Turner, RN., PhD

7:30-8:15a Continental Breakfast hosted by TFME

8:15-8:30a Announcements & 2014 Commitment to Change Results

8:30-9:00a

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.

9:05-9:35a

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.

9:35-9:45a Questions and Discussion – Panel (Drs. Farnan and O'Connell)

9:45-10:00a Refreshment Break

10:05-11:20p

Interactive Working Group III Selections - Third Level

11 Pain Management for Patients with Substance Abuse

Launette Rieb, M.D.

12 Challenging Conversations Videos

Andrea Furlan, M.D PhD.

13 Treatment strategies for patients on Long-term Benzodiazepines

Rashmi Chadha, MBChB, MScCH

14 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

15 Office Approach to Functional Somatic Syndrome

Chris Stewart-Patterson, M.D

11:25-11:45a Pearls for Implementing What You've Learned – Panel
(Drs. Egner, Farnan, O'Connell)

11:45-12:00p Evaluations

12:00p Conference Adjourns

SATURDAY, FEBRUARY 20, 2016

AFTERNOON SEMINARS

1:30-5:00 PM

Four Seasons Hotel – Third Floor Conference Area

Registration is \$225 per workshop.

Advanced Interview Skills for Chronic Pain Patients

Drs. Egner, Chadha, 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

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

Barry Egner, 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.

Gary M. Franklin, M.D., MPH has served as the Medical Director of the Washington State Department of Labor and Industries (L&I) from 1988 to the present. At the University of Washington, he serves as the Director of the occupational Epidemiology and Health Outcomes Program and is a Research Professor in the Department of Environmental and Occupational Health Sciences and in the Department of Medicine (Neurology). Dr. Franklin has conducted several studies related to opioid prescribing practices, has translated this research directly back into state health care policy, and is leading a statewide effort to educate physicians about best practice use of opioids for chronic non-cancer pain.

Andrea Furlan, M.D., Ph.D., completed her residency in psychiatry at the University of Sao Paulo in Brazil. She obtained her Ph.D., in clinical epidemiology from the University of Toronto. Currently, Dr. Furlan is a scientist at the Institute for Work & Health and Senior Scientist at Toronto Rehab - UHN. She is the coordinating editor of the Cochrane Back Review Group. She is a physician at the Toronto Rehabilitation – UHN and Associate Professor in the Department of Medicine's Division of Psychiatry at the University of Toronto. Her main research interests include chronic pain, low-back pain and neuropathic pain, with a methodological focus on systematic reviews, meta-analyses and clinical practice guidelines. She participated in the development of the National Opioid Guidelines (NOUGG) produced by the medical regulatory authorities in Canada.

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 Practice at UBC. She is certified by The American Board of Addiction Medicine and the Canadian Society of Addiction Medicine. She co-developed the St. Paul's Hospital Goldcorp Addiction Medicine Fellowship for which she was the first Physician Director. Dr. Rieb works clinically in chronic pain and addiction rehabilitation at OrionHealth (Vancouver Pain Clinic), at the Immunodeficiency Clinic at St. Paul's Hospital, and at The Orchard Recovery Centre. She teaches in the Prescribers Course for the College of Physicians and Surgeons of British Columbia and for the Education Committee of the Canadian Society of Addiction Medicine. Currently Dr. Rieb is a NIDA sponsored Canadian Addiction Medicine Research Fellow. She is the recipient of a UBC post graduate teaching award.

WORKSHOP FACULTY

Rashmi Chadha, MBChB, MScCH, CCFP, ABAM (Cert.), MRCGP (Dist.), DRCOG, DCH is a Vancouver-based physician who is dual certified in Addiction Medicine and Family Medicine. She worked as a GP in rural England before moving to Toronto to do a Masters in community and family medicine at the University of Toronto. She completed a one-year fellowship in addiction medicine at CAMH before moving to Vancouver in 2010. She is a Clinical Lecturer in the Department of Family Practice at the University of British Columbia and she currently works at Vancouver General Hospital providing consults for inpatients with complex pain and/or addiction issues. She also has an addictions clinic at South Mental Health and Addiction (VCH) where she has special interests in chronic pain and addiction, opioid dependence, and benzodiazepine tapers. Dr. Chadha has provided specialist addiction consultation to the College of Registered Nurses of BC and WorkSafeBC. She is the Medical Consultant for the Prescription Review Program of the College of Physicians and Surgeons of BC, is a peer practice assessor for the college's Methadone Program and teaches at the college's biannual Prescribers Course.

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.

Pam Squire, M.D. CCFP, FCFP, dip ISAM, dip. CAPM, CPE is a Clinical Assistant professor in the Department of Family Medicine at the University of British Columbia. Dr. Squire is certified by the International Society of Addiction Society and by the Canadian and American Academies of Pain Management. She was a member of the guidelines committee (2010-2012) for Pain Medicine, the national group mandated to write the curriculum for the new Royal College of Physicians and Surgeons specialty of Pain Medicine. She currently practices in Vancouver B.C. where she has a consultative practice in complex pain, providing assessments and both medical and interventional treatment. She is involved in medical education and curriculum development for both undergraduate and post-graduate physicians. In 2008 she was given the inaugural Helen Hays award for excellence in pain management and in 2010 she was given the Academic Pain Educator of the Year award by the American Society of Pain Educators.

Linda Catherine Turner, RN, PhD, Certified MBSR Instructor, is the manager of Health and Human Services at Langara College in Vancouver, British Columbia, Canada where she also teaches Mindfulness Based Stress Reduction (MBSR). She studied MBSR at the University of Massachusetts Medical Center where she became a certified instructor. She is a registered nurse who has worked extensively with patients in pain in Vancouver, San Francisco and Toronto. Linda completed an Interdisciplinary PhD investigating pain and complementary therapies at the University of British Columbia. She has a strong interest in incorporating alternative and complementary modalities into the mainstream of health care and she is the president of the Canadian Holistic Nurses Association.

REGISTRATION INFORMATION

Registration is online at www.tfme.org.

Registration Fee:

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

Refund Policy:

Refunds prior to January 15, 2016 will be charged a \$50.00 fee. No refunds after January 16, 2016.

Venue and Accommodations: Four Seasons Hotel, Vancouver, BC

Go to www.fourseasons.com/vancouver/foundation_of_medical_excellence.

Enter your arrival and departure dates and number of guests.

Click on Corporate/Promo Code and enter Promo Code: **CI0216FME**

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.

Credit for the Advanced Interviewing Skills for Chronic Pain Patients Workshop on Saturday afternoon: The Foundation For Medical Excellence designates this live activity for a maximum of *3.5 AMA PRA Category 1 credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Credit for the Cognitive Behavioral Approaches to Managing Chronic Pain: Advanced Skills Workshop on Saturday afternoon: The Foundation For Medical Excellence designates this live activity for a maximum of *3.5 AMA PRA Category 1 credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

College of Family Physicians of Canada: *Accreditation approval has been requested for these programs.* If it is approved by the College of Family Physicians of Canada and the British Columbia Chapter it would be 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. For National and Provincial Mainpro-M1 programs: "The Saturday workshops are requested for 3.5 credits."



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

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

Check enclosed (payable to **TFME**)

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