

THE FOUNDATION FOR MEDICAL EXCELLENCE

in cooperation with

**The College of Physicians and
Surgeons of British Columbia**

presents

31st ANNUAL

Pain And Suffering Symposium

**Chronic Pain
Management Conference**

**Balancing Opioid
and Non-Opioid Approaches
to Chronic Pain**

**March 2-3, 2018
Four Seasons Hotel
Vancouver, British Columbia**

www.tfme.org

Chronic Pain Management Conference

Course Purpose and Description:

This course is designed to assist clinicians in managing the most challenging 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 effective therapies. Participants will also acquire new techniques for recognizing and managing cognitive and behavioral factors in pain and treating chronic pain syndromes, including fibromyalgia.

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.

We will also address how practitioners can maintain their well-being while working with these challenging patients.

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.

- Tapering opioids
- Non-opioid therapies
- Addiction and pain
- Patient Relationships
- The emotional impact of working with chronic pain patients
- 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 Egner, M.D., Launette Rieb, M.D., Paul Farnan, M.B.,B.Ch, Ailve McNestry, M.D.

Distinguished Faculty:

Rashmi Chada, MBChB, MScCH, CCFP, ABAM (Cert.), MRCGP (Dist.), DRCOG, DCH, trained and worked as a family physician in the UK before moving to Canada where she completed a Clinical Fellowship in Addiction Medicine at the Centre for Addictions and Mental Health in Toronto. She is certified by the American Board of Addiction Medicine and is a Clinical Assistant Professor in the Department of Family Medicine at UBC. She works as an Addictions Physician for Vancouver Coastal Health working on the Complex Pain and Addiction Service at Vancouver General. She is also a Medical Consultant in the Prescription Review Program of the College of Physicians and Surgeons of British Columbia.

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. Dr. Farnan 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.

Kurt Kroenke, M.D., MACP, is a general internist and Professor of Medicine at Indiana University and Research Scientist at Regenstrief Institute and the VA Center for Health Information and Communication. He is also Past President, Society of General Internal Medicine and Past President, Association of Clinical Research Training. He has conducted more than a dozen clinical trials on collaborative care and telecare interventions for depression, anxiety and pain. He is also a co-developer of widely-used measures like the PHQ-9 for depression, GAD-7 for anxiety, and PEG for pain.

Elizabeth H. B. Lin, M.D., MPH, is a family medicine physician, researcher at Kaiser Permanente Washington, and a clinical professor at the University of Washington School of Medicine. Over the past 30 years, improving mind-body health has been at the core of her work in research and as a physician. This research to bring quality mental health care into general medical settings (collaborative care for depression and chronic illnesses) has been adapted

worldwide. She has had a daily meditation practice for over 25 years, and is a certified instructor of Mindfulness-Based Stress Reduction, and Mindful Self Compassion.

Daniel O'Connell, Ph.D., is a clinical psychologist who lives in Seattle, Washington. 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.

David Patterson, Ph.D., is a professor of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine. He has been a primary psychologist at Harborview Medical Center Burn Unit and developed a consult service. In addition to 30 years of clinical experience in acute and chronic pain control, he has been a principle investigator on NIH funded studies on pain management since 1989 and has published roughly 200 papers and chapters on this subject. He is the author of "Clinical Hypnosis for Pain Control"- American Psychological Association (2000).

Launette Marie Rieb, M.D., MSc, CCFP, FCFP, DABAM, FASAM is a Family Physician and Clinical Associate Professor in the Department of Family Practice at the University of British Columbia, Canada. She is a diplomat of the American Board of Addiction Medicine. She was the co-creator and initial Physician Director of the BC Centre for Substance Use Addiction Medicine Fellowship. Dr. Rieb's graduate work was in the area of pain neurophysiology and current area of research focus is opioid withdrawal pain. She works clinically at OrionHealth (Vancouver Pain Clinic), The Orchard Recovery Centre, and the Rapid Access Addiction Clinic at St Paul's Hospital. Dr. Rieb is the recipient of a UBC Post Graduate Teaching Award.

Chris Stewart-Patterson, M.D., has practiced Occupational medicine since 1989. He routinely assesses fitness to work for employees with chronic pain including those with a diagnosis of Fibromyalgia or Chronic Fatigue Syndrome. He assesses fitness to work in safety sensitive workers such as police, corrections and pipeline workers. He currently also practices at the Complex Chronic Disease Program at BC Women's Hospital where he treats patients with Fibromyalgia and Chronic Fatigue Syndrome amongst other conditions. He is an online CME course director at Harvard Medical School. He is a Harvard Macy Institute Scholar and has been invited Faculty at the Macy Institute for excellence in medical education.

Balancing Opioid and Non-Opioid Approaches to Chronic Pain

FRIDAY AGENDA – March 2, 2018

- 7:15 - 7:45 am Registration and Continental Breakfast
- 7:45 - 8:00 am Pre-course test (required for CME credit)
- 8:00 - 8:20 am Welcome and Course Themes – Barry Egner, M.D.
- 8:25 - 9:15 am **A Balanced Approach to Chronic Pain Management**
Kurt Kroenke, M.D., MACP
- An update on both medication and nonpharmacological treatments for pain will be provided. Since any specific pain treatment typically has a moderate benefit in a subgroup of patients, understanding the menu of evidence-based treatments available enhances the probability of finding the right treatment combination for the individual patient.
- 9:20 - 9:50 am **Fibromyalgia and Pain**
Chris Stewart-Patterson, M.D.
- Dr. Stewart-Patterson will review some of the current etiological theories around fibromyalgia pain. His presentation will also review current guideline recommendations for symptom control with an emphasis on behavioral approaches.
- 9:50 - 10:05 am **Questions and Discussion –**
Panel (Drs. Kroenke and Stewart-Patterson)
- 10:10 - 10:25 am *Refreshment Break*
- 10:30 - 11:45 am **Interactive Working Group/Mini Plenary Session I (select one)**
1. Managing Pain in the Patient with Anxiety and/or Depression – Kurt Kroenke, M.D., MACP
 2. Tapering High Dose Opioids I: The Negotiation – Barry Egner, M.D.
 3. Benzodiazepines: Friend or Foe? – Rashmi Chadha, MBChB, MScCh
 4. Hypnosis for Pain Management – David Patterson, Ph.D.
 5. Marijuana for Medical Purposes: Seeing through the smokescreen to the evidence – Launette Rieb, M.D.
- 11:45 - 12:40 pm *Lunch, hosted by TFME*
- 12:45 - 1:35 pm **Walking the Tightrope: Treating pain in people with or at risk for substance use disorders**
Launette Rieb, M.D.
- Acute and chronic pain management can be tricky for patients with or at risk for substance use disorders. Pharmacological and non-pharmacological therapies will be presented for pain mitigation including management for those on methadone and buprenorphine maintenance therapy.
- 1:40 - 2:10 pm **Acceptance & Commitment Therapy – or Cognitive Behavioral Approaches to Chronic Pain**
Dan O’Connell, Ph.D.
- 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.
- 2:10 - 2:25 pm **Questions & Discussion –** Panel (Drs. Rieb and O’Connell)
- 2:25 - 2:50 pm **Yoga/Breathing/Mindfulness** (Drs. Egner, Rieb and Lin)
- 2:55 - 3:10 pm *Refreshment Break*
- 3:15 - 4:30 pm **Interactive Working Group/Mini Plenary Session II (select one)**
6. Tapering High Dose Opioids I: The Negotiation – Barry Egner, M.D.
 7. Mindfulness for Practitioners – Elizabeth H.B. Lin, M.D., MPH
 8. Managing Pain in the Patient with Anxiety and/or Depression – Kurt Kroenke, M.D., MACP
 9. Cognitive Distortions – Dan O’Connell, Ph.D.
 10. Non-opioid Pharmacotherapy Adjuncts for Chronic Pain Management – Rashmi Chadha, MBChB, MScCh
- 4:30 pm *Recess until Saturday morning*

Saturday Agenda – March 3, 2018

- 6:45 - 7:30 am Continental Breakfast
- 7:30 - 7:45 am Announcements & 2017 Commitment to Change results
- 7:45 - 8:30 am Two Patient Interviews (Patients and Faculty)
- 8:35 - 9:05 am **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.
- 9:10 - 9:50 am **How to get down from great heights: Tapering long-term high-dose opioid therapy**
Launette Rieb, M.D.
- Many risks exist those on high-dose opioid therapy, yet lowering the dose can be difficult. Clinicians see that withdrawal can be painful both physically and emotionally. But why? This presentation will review various types of opioid induced pain along with mitigation strategies, including opioid rotation, tapering and adjuvant medications for those with chronic non-cancer pain.
- 9:50 - 10:00 am **Questions and Discussion** (Drs. Farnan and Rieb)
- 10:05 - 10:15 am *Refreshment Break*
- 10:15 - 11:30 am **Interactive Working Group/Mini Plenary Session III (select one)**
11. OMG what next? Complicated cases involving patients with pain and addiction – Launette Rieb, M.D.
 12. 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.
 13. Treating Fibromyalgia & Chronic Fatigue Syndrome in Primary Care – Chris Stewart-Patterson, M.D.
 14. Bringing Mindfulness & Compassion to your Practice – Elizabeth H.B. Lin, M.D., MPH
 15. Hypnosis – David Patterson, Ph.D.
- 11:35 - 12:00 pm **Pearls for Implementing What You Have Learned**
(Drs. Farnan, O’Connell)
- 12:00 pm *Conference adjourns*

Saturday Afternoon Seminars – March 3, 2018

1:30-5:00 pm – Registration fee is \$225 per workshop

Advanced Interview Skills for Chronic Pain Patients

Faculty: Drs. Chadha, Egner 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.

REGISTRATION INFORMATION

Please register online at www.tfme.org

Registration fees:

Pain & Suffering Symposium: \$450 (US funds)

Advanced Skills Building Workshops on Saturday afternoon (1:30-5:00 pm): \$225 (US funds)

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

Refund Policy: Refunds prior to February 12, 2018 will be charged a \$50.00 fee. No refunds after February 13, 2018.

Venue and Accommodations:

Four Seasons Hotel,
791 W. Georgia Street, Vancouver, BC

To make hotel reservations:

http://fourseasons.com/vancouver/The_Foundation_For_Medical_Excellence/. The website will walk you through the registration process.

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.

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 in order to receive accommodations.

REGISTRATION FORM

**If you would prefer not to register online, you may use this form and mail with a check to The Foundation For Medical Excellence
11740 SW 68th Parkway, Suite 125, Portland, Oregon 97223-9014**

Name _____

Address _____

City _____ Province/State _____ Postal Code _____

Telephone _____ Email _____

Please register _____ person(s) at \$450
for the Pain & Suffering Symposium March 2-3, 2018

Optional Session:

Please register _____ person(s) at \$225 for Saturday afternoon (*select one*)

_____ Advanced Skills Building Workshop

_____ Cognitive Behavioral Therapy for Chronic Pain

Payment (see above for fees and refund information).

Please enclose a check (payable to TFME).

Credit cards are not accepted if registering by mail.

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

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)TM. 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 Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 10.5 Mainpro+ 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.

Maintenance of Certification credit: This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and approved by The Foundation For Medical Excellence.

Credit for the Advanced Skills Building Workshops on Saturday: The Foundation For Medical Excellence designates this live activity for a maximum of 3.5 AMA PRA Category 1 credit(s)TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

College of Family Physicians of Canada: This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 3.5 Mainpro+ credits.