



The Foundation For Medical Excellence
presents

32nd ANNUAL CHRONIC PAIN MANAGEMENT

In cooperation with:
The College of Physicians and Surgeons of British Columbia

March 1-2, 2019
Hyatt Regency Hotel
Vancouver, British Columbia



Chronic Pain Management Conference

What are Opioids Good for?

Course Purpose and Description:

This course is designed to assist clinicians in managing the most challenging of pain patients, 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 these patients' distress. The 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 and other modalities in the management of complex chronic pain.

The objectives of the course are to build:

- Knowledge regarding the effective treatment of chronic, non-cancer pain
- Interview skills for this challenging group of patients
- Awareness of personal factors that affect effectiveness and impact practitioner wellbeing

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
- Balancing patient & practitioner needs in relationships with chronic pain patients
- Benzodiazepines & marijuana in pain patients

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 practitioner, administrator, pharmacist, etc.

FRIDAY AGENDA – March 1, 2019

7:15 - 8:00 am Registration and Continental Breakfast

7:45 - 8:00 am Pre-course test (required for 1 extra CME credit)

8:00 - 8:15 am Welcome and Course Themes

8:15 - 9:05 am Opioids: Guidelines, Conflicting & Confusing Messages

– Paul Sobey, M.D., CCFP, CSAM, ABAM

Dr. Sobey will discuss recently published guidelines for prescribing opioids for chronic non-cancer pain, opioid use disorder and in safety sensitive workers. He will discuss the interface between pain, addiction and risk sensitive work and then compare and contrast the guidelines to point out the conflicting and confusing messages the various guidelines present.

9:10 - 10:00 am Effectiveness of Opioids for Chronic Pain

– Erin Krebs, M.D., MPH

Dr. Krebs will discuss the methods and findings of the Strategies for Prescribing Analgesics Comparative Effectiveness (SPACE) Trial, a landmark randomized trial of opioid versus non-opioid medication therapy for chronic back pain or osteoarthritis pain. She will also provide an updated review of the literature, including recent evidence and remaining gaps in our knowledge about opioid effectiveness for pain.

10:00 - 10:15 am Questions and Discussion – Panel – Drs. Sobey and Krebs

10:15 - 10:25 am Refreshment Break

10:30 - 11:45 am Interactive Working Group Session I (Select one of the following)

- 1. Patient-Centered Opioid Management** – Erin Krebs, M.D., MPH
- 2. Benzodiazepines: Friend or Foe?** – Rashmi Chadha, MBChB, MScCH
- 3. Case presentation: Pain, Possible Addiction and Back To Work**
– Paul Sobey, M.D., CCFP, CSAM, ABAM
- 4. Cognitive Distortions** – Sean Tollison, Ph.D.
- 5. The Vital Role of PT, OT and Movement Therapy in Pain Management and in Opioid Tapering**
– Neil Pearson, MSc, BScPT

- 11:50 - 1:00 pm** *Lunch, hosted by TFME*
- 1:00 - 2:30 pm** **Difficult Encounters with Chronic Pain Patients**
- Barry Egner, M.D.
This session will present a model for negotiation with patients. The model will be demonstrated in three scenarios in which conference participants role play patients requesting opioids with which the physician (presenter) is uncomfortable. The interactions will be debriefed with the audience.
- 2:30 - 2:55 pm** **Yoga/Breathing/Mindfulness (Drs. Egner, Rieb & Lin)**
- 2:55 - 3:15 pm** *Refreshment Break*
- 3:15 - 4:30 pm** **Interactive Working Group Session II** (Select one of the following)
- 6. Patient-Centered Opioid Management** – Erin Krebs, M.D., MPH
 - 7. Bringing Mindfulness & Compassion to Your Practice** – Elizabeth H.B. Lin, M.D., MPH
 - 8. Marijuana for Medical Purposes: Seeing through the smokescreen to the evidence**
– Launette Rieb, M.D.
 - 9. Case presentation: Pain, Possible Addiction and Back To Work**
– Paul Sobey, M.D., CCFP, CSAM, ABAM
 - 10. Cognitive Distortions** – Sean Tollison, Ph.D.
- 4:30 pm** *Recess until Saturday morning*

Saturday Agenda – March 2, 2019

- 7:00 - 8:15 am** **Continental Breakfast hosted by TFME**
- 7:15 - 7:45 am** **Case Discussions** (*optional session*)
- 7:45 - 8:00 am** **Announcements & 2018 Commitment to Change results**
- 8:00 - 8:50 am** **Pain and Co-Dependency in Patients and Doctors**
- Paul Sobey, M.D., CCFP, CSAM, ABAM
Pain is the body's most complex sensory modality and is one of the most common complaints seen in general medical practice. The doctor/patient relationship is complex, office visits are short and further complicated when patients require treatment of chronic pain. As physicians we are oriented towards solving clinical problems. This can result in inappropriate prescribing patterns. Dr. Sobey will discuss common physician traits that result in inappropriate doctor/patient relationships and prescribing and provide pearls for managing the discomfort that can exist for both the patient and physician.
- 8:55 - 9:45 am** **How to get down from great heights: Tapering long-term high-dose opioid therapy**
– Launette Rieb, M.D.
Many risks exist for those on high-dose opioid therapy, yet lowering the dose can be difficult. Clinicians see that withdrawal can be painful both physically and emotionally. 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.
- 9:45 - 10:00 am** **Questions and Discussion – Panel – Drs. Sobey and Rieb**
- 10:00 - 10:15 am** *Refreshment Break*
- 10:15 - 11:30 am** **Interactive Working Group Session III** (Select one of the following)
- 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. Non-opioid Pharmacotherapy Adjuncts for Chronic Pain Management**
– Rashmi Chadha, MBChB, MScCH
 - 14. Supporting Our Colleagues** – Barry Egner, M.D.
 - 15. The Vital Role of PT, OT and Movement Therapy in Pain Management and in Opioid Tapering**
– Neil Pearson, MSc, BScPT
- 11:30 - 11:50 am** **Pearls for Implementing What You Have Learned**
- 11:50 - 12:00 pm** **Post-course test** (required for extra CME credit) **& course evaluations**
- 12:00 pm** *Conference adjourns*

Distinguished Faculty

Rashmi Chadha, MBChB, MScCH, CCFP, ABAM (Cert.), MRCP (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., practicing general internist on the faculty of the Legacy Portland Program in Internal Medicine, Medical Director, The Foundation for Medical Excellence 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.

Erin E. Krebs, M.D., MPH, is a general internist and health services researcher at the Minneapolis Veterans Affairs (VA) Center for Chronic Disease Outcomes Research and Associate Professor of Medicine at the University of Minnesota. She was awarded a five-year VA Career Development Award focused on improving the quality and safety of opioid prescribing in primary care. Dr. Krebs' professional goal is to improve the management of chronic pain in primary care. Her research program is funded by VA, the National Center for Complementary and Integrative Health (NCCIH), and the Patient-Centered Outcomes Research Institute (PCORI). She recently completed the landmark VA-funded SPACE trial, which compared opioid therapy versus non-opioid pain medication therapy over 12 months for chronic back pain or osteoarthritis pain. She currently leads the VOICE trial, a multi-site study comparing two collaborative care interventions for improving pain management among VA patients on high-dose long-term opioid therapy, and the EPOCH study, a nationwide prospective cohort study assessing pain and quality of life outcomes of opioid dose reduction in >9000 Veterans prescribed long-term opioids.

Elizabeth H. B. Lin M.D., MPH, is a family medicine physician, researcher at Kaiser Permanente Washington, and a clinical professor at 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.

Neil Pearson, MSc, BScPT, is a Clinical Assistant Professor at UBC, and a leader in the field of physiotherapy and yoga therapy pain management. Neil is the Founding Chair of the Canadian Physiotherapy Pain Science Division, a 2011 recipient of the PABC's Excellence in Clinical Practice Contribution award, and the 2012 recipient of the Canadian Pain Society's Excellence in Interprofessional Pain Education Award. His clinical work in Penticton is exclusively with people with complex and persistent pain.

Launette M. 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.

Paul Sobey, M.D., CCFP, CSAM, ABAM, is a full-time addiction medicine physician who completed fellowship training in Addiction Medicine at University Hospitals of Cleveland and Case Western Reserve University in 1999. He was formerly a family doctor in Surrey for 12 years. He is the current President of the Canadian Society of Addiction Medicine and has been conference co-chair for the Society's Annual Scientific Conference for the last three years. He received Board Certification from the American Board of Addiction Medicine in 2010 and is a Clinical Instructor, with the UBC Faculty of Medicine, Department of Family Practice. He is Lead Physician on the Royal Columbian Hospital Addiction Medicine service and acts as an Occupational Addiction Medicine consultant to both public and private organizations.

Sean Tollison, Ph.D., Clinical Director of the Pain Management Program, Rehabilitation Institute of Washington in Seattle. He received his BS in psychology at the University of New Mexico and Ph.D. in Clinical Psychology from the University of Washington. He completed his internship and a one year post-doctoral fellowship in interdisciplinary treatment of substance abuse at the Seattle VA Medical Center. After completing his fellowship at the Seattle VA, he joined the team at the Rehabilitation Institute of Washington. His interests include utilizing mind-body and motivational approaches incorporating patient values into facilitating the rehabilitation process and improving general well-being.

SATURDAY, March 2, 2019

Optional Afternoon Seminars : 1:30 -5:00 pm

Awakening Resilience for Pain through Mindfulness & Compassion

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

Working with chronic pain patients may result in minimal pain relief for the patient and much distress for the physician. This workshop offers complementary approaches using mindfulness and compassion (including self-kindness) that can benefit both patients and clinicians. A combination of didactics on the science of mindfulness and compassion, demonstration, modeling and role-play of practical skills in patient encounters will be included. Clinicians will learn ways to lessen caregiver fatigue, enhance resilience, satisfaction in their daily work, as well as clinical applications for their chronic pain patients.

Motivational Interviewing: Advanced Skills

Faculty: Sean Tollison, Ph.D.

In this workshop participants will learn about empirically supported models of behavior change, the principles of Motivational Interviewing, and the essential elements of Motivational Interviewing skills to facilitate change. The workshop will focus on applying Motivational interviewing to the clinical challenges that arise in treating patients with chronic pain including: reducing ambivalence and resistance related to making healthy changes to the use of pain medications, exploring and increasing patient commitment to engage in proactive and healthy alternatives for pain coping, and improving communication between provider and patient in the treatment process. The workshop will conclude with Motivational Interviewing skills practice.

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 Chronic Pain Management Conference: 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 participants complete the pre and post exams they will receive an additional 1 credit to reach a maximum 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 participants complete the pre and post exams they will receive an additional 1 credit to reach a maximum of 10.5.

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

Credit for the Mindfulness and Motivational Interviewing 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.

About TFME:

The Foundation For Medical Excellence (TFME) was created in November 1984. Its mission is to promote excellence in health care and advance sound health policy through education and collaboration. TFME's educational offerings center on contemporary medical issues facing physicians including leadership, physician well-being and communication. www.tfme.org

Venue and Accommodations:

Hyatt Regency Hotel
655 Burrard Street
Vancouver, BC V6C 2R7
604-683-1234

A block of rooms is being reserved for conference registrants at a reduced rate until January 31, 2019.

Please make your reservations on-line using

https://www.hyatt.com/en-US/hotel/canada/hyatt-regency-vancouver/yvrrv?corp_id=G-FFEX

The Group has been entered, just select the dates you wish to stay + check rates

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.

Registration is available online at www.tfme.org

Registration fees: **Pain Management conference – March 1-2, 2019**
\$595 Canadian Funds for Canadian residents/\$450 US Funds for US residents

Advanced Skill Building Workshops – March 2, 2019 (1:30-5:00 pm)
\$295 Canadian Funds for Canadian residents/\$225 US Funds for US residents

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

Refund Policy: **Refunds prior to February 14, 2019 will be charged a \$50 fee.**
No refunds after February 14, 2019.

Registration Form

If you prefer not to register online, please use this form & mail a check payable to TFME
11740 SW 68th Parkway, Suite 125, Portland, OR 97223-9014. (503) 222-1960.
Credit cards are not accepted if registering by mail.

Name: _____

Address: _____

Telephone: _____ Email: _____

Pain Management Conference - March 1- 2, 2019

Please register

___ person(s) at \$595 Canadian funds for Canadian residents/\$450 US funds for US residents for the Pain Management Conference on March 1-2, 2019.

Optional advanced skill building workshops on Saturday afternoon - March 2, 2019

Please register

___ person(s) at \$295 Canadian funds for Canadian residents/\$225 US funds for US residents

Select one:

___ Mindfulness + Compassion workshop

___ Motivational Interviewing Workshop workshop