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
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 Questions and Discussion – Panel – Drs. Sobey and Krebs
10:00 - 10:15 am Refreshment Break
10:15 - 10:25 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 Egener, 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. Egener, 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. How to Get Down from Great Heights: Tapering long-term, high-dose opioid therapy  
   - 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  
Marijuana for Medical Purposes: Seeing through the smokescreen to the evidence  
- Launette Rieb, M.D.
Clinicians are increasing being asked about medical access to cannabis products. This talk will help practitioners navigate the sales pitches, addiction and diversion issues to understand and be able to communicate the health risks and potential medical benefits of cannabinoids. Responsible "prescribing" and monitoring will be covered.

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.
   - Rashmi Chadha, MBChB, MScCH
   14. Supporting Our Colleagues  
   - Barry Egener, 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
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)™ 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)™ 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
Motivational approaches incorporating patient values into facilitating the rehabilitation process and improving general well-being.

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.
Registration Form

If you prefer not to register online, please use this form & mail a check payable to TFME
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

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

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.

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
The Group Code has been pre-entered, please select the dates and the room rate.

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.

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