The Foundation For Medical Excellence presents

33rd ANNUAL CHRONIC PAIN MANAGEMENT

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

March 6-7, 2020
Simon Fraser University Wosk Conference Centre
Vancouver, British Columbia
Course Purpose and Description:
This course is designed to assist clinicians in successfully managing patients with chronic pain, anxiety, and substance use. These issues impact multiple dimensions of the patient’s life. The complexity of these issues challenge and stress those who work with these patients, day by day and week by week.

The conference assumes that clinicians have a basic knowledge of opioid prescribing principles. The lectures will not focus on the nuts and bolts of opiate and anxiolytic prescribing. This program will help clinicians recognize limits, set mutual goals of care with patients and redefine the role of psychoactive medications in managing chronic pain and distress.

Objectives of the course are to build:
- Knowledge regarding the effective treatment of chronic, non-cancer pain, depressive and anxiety disorders
- Tools for assessing risk in prescribing psychoactive medications
- Interview skills for this challenging group of patients
- Awareness of personal factors that affect effectiveness and impact practitioner well-being

During this conference participants will work in interactive large group sessions and also have customized training in 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.

- Limit setting with opioid prescribing and tapering opioids
- Non-opioid therapies for chronic pain
- Diagnosis and oversight of addiction and diversion
- Management of benzodiazepine, hypnotics and THC use in patients with chronic pain

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.

Program Planning Committee:
Rashmi Chadha, MB,ChB, Barry Egener, M.D., Molly Horton, MPH, Launette Rieb, M.D., Ellen Singer, M.D. and David Unger, M.D.

NEW THIS YEAR – Optional Half-Day Advanced Skill Workshop Sessions will be held on Friday morning (separate registration required)

The Chronic Pain Management Conference will begin at 1:00pm on Friday afternoon.

Accreditation: The Foundation for Medical Excellence is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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 8 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: This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 8 Mainpro+ credits.

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 Friday: 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: 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.
Distinguished Faculty

Apkar V. Apkarian, Ph.D., is a Professor of Physiology, Anesthesiology and Physical Medicine and Rehabilitation at Northwestern University, Feinberg School of Medicine. Dr. Apkarian has studied pain for two decades, both in animal models and fMRI studies in humans. His current interests include cortical dynamics of pain as well as brain plasticity. His overall goal is the uncovering of brain mechanisms underlying PAIN. This work aims to alleviate clinical pain conditions and achieve a more profound theoretical and mechanistic understanding of the brain.

Rashmi Chadha, 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.

Tori Etheridge, BKin., MPT, is a registered Physiotherapist who is an active member of Physiotherapy Association of British Columbia (PABC) and Canadian Physiotherapy Association (CPA). She graduated from UBC with her Masters of Physiotherapy and her Bachelors of Kinesiology. She is a certified Vestibular therapist and a Clinical Instructor at UBC. Tori has a special interest in concussions, chronic pain and vestibular disorders. Tori has clinical experience working in public healthcare, private practice and neurological research. Currently, she is the Rehabilitation Supervisor at the Surrey Neuroplasticity clinic where they focus on combining innovative technology with rehabilitation to aid the brain to adapt, retrain and relearn.

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

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 CBI Health Centre, 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.

Ellen L. Singer, M.D., FACP, Medical Director, The Foundation for Medical Excellence (TFME) is a Clinical Assistant Professor of Medicine at Oregon Health Sciences University (OHSU) and a full-time primary care Internist/Pediatrician with NW Permanente Medical Group. She also currently serves as the NW Permanente director for Graduate and Undergraduate Medical Education. Dr. Singer attended the University of Rochester School of Medicine for both medical school and residency training. She has worked extensively with complex patient care, urgent care and virtual care, quality improvement strategies in mental health and addiction medicine, and in clinical coaching and career development.

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 Past President of the Canadian Society of Addiction Medicine and currently sits on the following CSAM Committees: Executive, Conference and Membership. 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.

Scott P. Stumbo, M.A., Research Associate, Research Program Manager, Kaiser Center for Health Research. He has been using mixed methods in applied research for over 20 years. His current work involves health services research related to the prevention and treatment of substance use disorders, specifically opioids, and access to and utilization of services among individuals with mental illnesses. He is interested in how families and communities impact health.

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.

Bobbi Jo Yarborough, Psy.D., is a clinical psychologist and health services researcher, Kaiser Center for Health Research, with a thriving program of opioid-related research. Her current projects include examining the incidence and prevalence of opioid abuse, misuse, and addiction among patients treated with opioids for chronic pain; an observational study designed to measure the incidence and predictors of opioid overdose and death using patient health records, insurance claims, and death records; a study examining long-term changes in function associated with opioid dose changes; and an examination of different models of treatment for opioid use disorders in primary care settings.
8:00 - 8:30 am  Registration and Continental Breakfast for advanced skill workshops

8:30 - 12:00 noon 1. Awakening Resilience for Pain through Mindfulness & Compassion  
   **Faculty:** Elizabeth H.B. Lin, M.D., MPH  
   Caring for patients requires that we give of ourselves. This meaningful work can invigorate and energize us, challenge our world view and help us grow. It can also drain our energy. Patients may tell us stories that overwhelm them and bring us problems that they cannot solve. It is easy to lose one’s sense of self in this work. This special pre-course workshop will teach participants skills to remain present for yourself, your team and most importantly, your patients. Through a mix of presentation, practice and discussion you will leave this workshop feeling restored and with new skills to share with others.

   2. Motivational Interviewing: Advanced Skills  
   **Faculty:** Sean Tollison, Ph.D.  
   How can you more effectively engage patients and others to implement change in their lives? How do you help patients find their own agency and implement and sustain the changes they make? How do you facilitate long-term sustainable solutions? And, how do you keep your sense of self and agency in this process? This interactive and engaging pre-course workshop will give you the opportunity to learn and practice key skills in coaching and motivational interviewing and single session therapy. Participants will learn simple techniques to make your daily clinic sessions more fun and infinitely more successful.

12:30 - 1:00 pm  Registration for conference

1:00 - 1:15 pm  Welcome and Course Themes – Ellen Singer, M.D.

1:15 – 2:00 pm  **Opioid Prescribing and Risk—The Macro Lens: Your Patient, Your Community**  
   Bobbi Jo Yarborough, Psy.D., and Scott Stumbo, MA  
   When our patients fill prescriptions, the medications we have given them are in their purses, backpacks, medicine cabinets and are dispersed in our community. What happens when these medications are psychoactive? What can we learn about opioid, anxiolytic, hypnotic and analgesic use with population data? Can we predict who will be at risk for misuse and abuse? And how can we use this information to set prescribing limits with individual patients and as practice teams? Dr. Yarborough and Mr. Stumbo will use patient stories to share information from community health research and provide participants with a new framework for safe prescribing.

2:00 – 2:10 pm  Questions and Discussion

2:10 – 2:20 pm  Refreshment Break

2:25 - 3:40 pm  **Interactive Working Group Session I – (select one):**
   1. **Difficult Conversations in Clinical Practice** – Ellen Singer, M.D.
   2. **Opioid and Benzodiazepine Deprescribing** – Rashmi Chadha, MB ChB, and Launette Rieb, M.D.
   3. **The Vital Role of OT/PT and Movement in Patient Care** – Tori Etheridge, BKin, MPT
   4. **Occupational Health Oversight & Chronic Pain Management** – Paul Sobey, M.D.

3:45 – 4:30 pm  **Complex Case Histories in Prescribing: Defining Boundaries and Goals of Care**  
   **Moderator:** Ellen Singer, M.D.  
   **Panel:** Rashmi Chadha, MB ChB, Paul Sobey, M.D., and Bobbi Jo Yarborough, Psy.D.  
   This interactive panel discussion will offer different strategies and approaches to challenging clinical cases. We will both define dilemmas and recommend best practices. Be prepared to share a case with our experienced team!

4:30 – 4:40 pm  Questions and Discussion

4:45 – 5:30 pm  **Conference Reception** – Please join us for an opportunity to socialize with faculty and colleagues
8:15 - 9:00 am  Continental Breakfast hosted by TFME

8:45 - 8:55 am  Announcements/Updates - Ellen Singer, M.D.

8:55 - 9:40 am  Pain, the Brain and Incenting Change: The Neuroscience of Chronic Pain and Brain Plasticity – Apkar Apkarian, Ph.D.

Dr. Apkarian’s “Pain and Passion” lab at Northwestern University performs research on pain perception and brain plasticity. His work aims to alleviate clinical pain conditions, but understanding the brain mechanics and structures that map pain perception. This session will allow participants to explain the neuroscience of pain management to patients in clear, concise language.

9:40 - 9:50 am  Questions and Discussion

9:50 - 10:05 am  Refreshment Break

10:05 - 11:20 am  Interactive Working Group Session II (select one):

5. Cognitive Distortions – Sean Tollison, Ph.D.
7. Cannabinoids: Weeding fact from fiction – Launette Rieb, M.D.
8. The Vital Role of OT/PT and Movement in Patient Care – Tori Etheridge, BKin, MPT

11:30 - 12:15 pm  Buffet lunch Hosted by TFME

12:15 - 1:05 pm  Sleep, Stress, Sex, Cocktails and Cannabinoids: Clinical Pearls for Conversations in Clinical Practice

Moderator: Ellen Singer, M.D.
Panel: Apkar Apkarian, Ph.D., Rashmi Chadha, MB ChB, Launette Rieb, M.D., Paul Sobey, M.D., and Sean Tollison, Ph.D.

Our panelists will address questions and challenges about the complaints that community-based clinical providers manage every day. We will emphasize clinical pearls, communication tips and best practices for improving the health and well-being of our patients and communities.

1:10 - 2:00 pm  Wise and Well: Tools for Self-Care

Panel: Elizabeth H.B. Lin, M.D., MPH, Launette Rieb, M.D., Ellen Singer, M.D., and Paul Sobey, M.D.

This interactive session will be a discussion of best practices of self-care as we care for others. Our panelists will share evidence and best practices for resilience.

2:00 – 2:15 pm  Refreshment Break

2:15 - 3:30 pm  Interactive Working Group Session III (select one):

9. Motivating Change in Clinical Practice – Sean Tollison, Ph.D.
11. Cannabinoids: Weeding fact from fiction – Launette Rieb, M.D.
12. Difficult Conversations in Clinical Practice – Ellen Singer, M.D.

3:30 pm  Conference adjourns
Registration is available online at www.tfme.org

Registration fees:
- Pain Management conference – March 6-7, 2020
  (begins at 1:00 pm on Friday, March 6, 2020 * Note new start time)
  $595 Canadian Funds for Canadian residents/$450 US Funds for US residents
- Advanced Skill Building Workshops – March 6, 2020 (8:30am-Noon)
  $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.

Conference Venue:
Simon Fraser University Wosk Conference Centre, 515 West Hastings Street (enter via Seymour Street), Vancouver, BC V6B 5K3

Refund Policy: Refunds Prior to February 21, 2020 will be charged a $50 fee. No Refunds after February 21, 2020

Hotel Accommodations: Delta Hotels Vancouver Downtown Suites
550 West Hastings Street, Vancouver, BC V6B 1L6
We are holding rooms at a reduced rate until January/21/2020. To secure reservations online:
https://www.marriott.com/event-reservations/reservation-link.mi?id=1560280688493&key=GRP&app=resvlink
or call the Central Reservations team at 1-844-254-5048.
Please identify yourself as being with The Foundation for Medical Excellence in order to qualify for the group 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 TFME in order to receive accommodations.

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

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 6-7, 2020

Please register
___ person(s) at $595 (Canadian funds for Canadian residents/$450 US funds for US residents) for the Pain Management Conference on March 6-7, 2020.

Optional advanced skill building workshops on Friday Morning - March 6, 2020

Please register
___ person(s) at $295 Canadian funds for Canadian residents/$225 (US funds for US residents) for an advanced skill building workshop on Friday morning, March 6, 2020.

Select one workshop:
___ Mindfulness + Compassion  ___ Motivational Interviewing: Advanced Skills