The Foundation For Medical Excellence

in cooperation with

The College of Physicians and Surgeons of British Columbia

presents the

TWENTY-SIXTH ANNUAL

Pain and Suffering Symposium

The Assessment & Management of the Patient with Complex Chronic Pain

March 8-9, 2013
Vancouver, British Columbia
This course is designed to assist clinicians in managing the most challenging of pain patients, patients with complex chronic pain. Complex chronic pain inflicts 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, more effective therapies. Participants will also acquire new techniques for recognizing and managing cognitive and behavioral factors in pain, and treating chronic pain syndrome including headache.

Who should attend:
This program will benefit physicians, health professionals, administrators, representatives of state medical boards, and others interested in the management of pain.

Upon completion of this symposium, attendees should be able to:
- Understand the importance of carefully set boundaries and limits
- Identify maladaptive interpersonal dynamics on the part of the patient and the provider and demonstrate how they interfere with care
- Demonstrate effective strategies for converting a maladaptive interaction into a therapeutic one
- Learn how to use opioids, non-opioid medications (including anti-depressants) and non-drug approaches for chronic pain
- Understand recent trends and risks associated with the use of opioid therapy for chronic non-cancer pain
- Understand what is known and what is not known concerning the efficacy of opioids for chronic non-cancer pain
- Learn about various policy initiatives at national, state and local levels intended to reduce risks associated with opioid therapy

Distinguished Faculty
Barry Egener, 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. 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.

Andrea Furlan, M.D., Ph.D., completed her residency in physiatry 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 an associate scientist at the Institute for Work & Health. She is a member of the editorial board of the Cochrane Back Review Group. She is a physician at the Toronto Rehabilitation Institute and Assistant Professor in the Department of Medicine’s Division of Physiatry 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 (NOUG) produced by the medical regulatory authorities in Canada.

W. Michael Hooten, M.D., is an Associate Professor of Anesthesiology, College of Medicine at the Mayo Clinic in Rochester, MN. In addition to Anesthesiology he has certifications in Psychiatry and Internal Medicine. His main area of interest is evidence based pain medicine. His research relates to chronic pain with a specific focus on changes in pain threshold and tolerance following opioid tapering; the genomics of chronic pain; and the effects of smoking on treatment outcomes of chronic pain.

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.

Mick Oreskovich, M.D., is a board-certified general and addiction psychiatrist, general surgeon, and former Medical Director and Chief Executive Officer of the Washington Physicians Health Program. He is a Clinical Professor of Psychiatry at the University of Washington and a Fellow in the American College of Surgeons. He completed a VA MIRECC research fellowship in opioid dependence and detoxification. He has published 35 articles and 4 book chapters as a surgeon and as a psychiatrist. He recently published an article in the Archives of Surgery on the prevalence of alcohol abuse and dependence in practicing American surgeons. Mick currently serves as the psychiatric consultant to the American College of Surgeons, Board of Governors, Committee on Surgeon Competency and Health and as the psychiatric consultant to the American Dental Association, Council on Dental Practice, Dentists Well-Being Committee.

Launette Rieb, MSc, MD, FCPP, is a Family Physician certified by The American Board of Addiction Medicine and the Canadian Society of Addiction Medicine. She is a Clinical Associate Professor at the University of British Columbia where she is the Director of the Addiction Medicine and Inter-collegial Responsibility Program for education of undergraduate medical students and residents. Dr. Rieb also works clinically in chronic pain rehabilitation, using her master’s degree in the area of pain physiology. She teaches for the Methadone Program for the College of Physicians and Surgeons of British Columbia and is a past Board member of the Canadian Society of Addiction Medicine. She is past Chair of the College of Physicians and Surgeons of Ontario’s Inquiry Board for Physician Incapacity due to Drug Dependence and Mental Illness.

Mark Sullivan, M.D., received his M.D. and his Ph.D. in Philosophy from Vanderbilt University. After completing an internship in Family Medicine at University of Missouri, he completed a residency in Psychiatry at the University of Washington in 1986. He is now Professor of Psychiatry and Adjunct Professor of Medical History and Ethics at the University of Washington. He served as attending physician in the Multidisciplinary Pain Center for 15 years. For the past 5 years, he has developed training programs and policies concerning opioid management of chronic pain in the UW General Internal Medicine Center. He has published over 130 peer-reviewed articles, many on chronic pain. He is currently participating in two NIDA-funded studies on trends and risks of opioid therapy for chronic pain.

Workshop Faculty
Paul Farnan, M.B., BCh, is a Vancouver-based Addiction Medicine and Occupational Medicine physician, who has also been involved in the special area of physician health and wellbeing for almost twenty years. He is a Clinical Associate Professor, Department of Family Practice at the University of British Columbia. He is a member of the Canadian Medical Association’s Expert Advisory Committee on Physician Health and for almost 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. As Medical Director at HealthQuest Occupational Health Services he provides specialized consultation for complex disability management cases especially related to complex chronic pain, substance use disorders, etc.

Thomas L. Perry, M.D., FRCP, is a general internist/clinical pharmacologist who works in the Department of Anesthesiology, Pharmacology & Therapeutics and Dept. of Medicine, University of British Columbia, Vancouver. Dr. Perry is involved with the UBC Therapeutics Initiative, a renowned source of information about drugs which strictly avoids pharmaceutical conflict of interest. Dr. Perry consults to physicians around British Columbia for patients with chronic pain and specializes in “subtuldal drugercept” the practical reduction of complex polypharmacy.

Chris Stewart-Patterson, M.D., CBEM FACOEM is an occupational physician and frequently 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. Dr. Stewart-Patterson is a clinical instructor in the Faculty of Medicine, University of British Columbia, and visiting lecturer at Harvard Medical School.

Galt Wilson, M.D., MSc, FCPP, earned his medical degree at UBC in 1979 and an MSc in Medical Education at the University of Calgary in 2005. His 29 year clinical practice in Prince George included full spectrum family medicine, anaesthesia, emergency (21 memorable New Year’s Eves in the ER), and palliative care. He was founding director of both the Northern Family Medicine Residency Program (1994-2004) and the clinical third and fourth years of the Northern Medical Undergraduate Program (2004-2009). He is a Clinical Professor with the Department of Family Practice, UBC. He has served as Medical Director and Chief of Staff of the Prince George Regional Hospital and President of the College of Physicians and Surgeons of BC. He was the 1999 recipient of PAR-BC’s resident advocate award and, in 2000, the CFPC’s Canadian Family Physician of the Year. In September 2009, Galt joined the staff of the College of Physicians and Surgeons of BC, where his responsibilities include clinical performance complaints, prescribing concerns, eHealth as it relates to patient privacy, and the College Library.

Program Planning Committee:
Barry Egener, M.D., Edward Keenan, Ph.D., Mick Oreskovich, M.D., Launette Rieb, M.D. and Galt Wilson, M.D.
FRIDAY AGENDA—March 8, 2013

7:30-8:00 am Registration and Continental Breakfast

7:45-8:00 am Pre-course Assessment Questionnaire (required for credits)

8:00-8:20 am Welcome and Course Themes — Barry Egener, M.D.

8:25-9:00 am Policy Options for Chronic Opioid Prescribing — Mark Sullivan, M.D.

Rates of chronic opioid therapy have quadrupled in the past decade with parallel increases on accidental overdoses and opioid abuse. These trends in use, abuse and overdose may be linked through a process of “adverse selection” whereby the highest risk patients are prescribed the highest risk opioid regimens. While evidence of efficacy of short-term opioid therapy for chronic pain is good, the evidence of long-term efficacy is weak. Multiple efforts are underway to reduce risks of opioid therapy. Many of these are controversial, some appear effective.

9:05-9:45 am Pain Management for Patients with Substance Use Disorders — Launette Rieb, M.D.

Treatment is tricky for patients who have a history of substance use disorders and concurrent pain. Many pain medications are reinforcers and can trigger relapse. This presentation will cover strategies to identify those at highest risk, treatment of acute and chronic pain in the active addict (including those on methadone), and for those in recovery. Parallels between chronic pain and addiction will be drawn including the need for a bio-psycho-social treatment approach.

9:45-10:00 am Refreshment Break

10:00-10:30 am Forging a Relationship with the Patient — Mick Oreskovich, M.D.

Maladaptive interpersonal dynamics are very common in patients with complex chronic pain. The ability to recognize these patterns as part of the phenomenology of pain disorders and to respond empathically translates into better treatment outcomes. This presentation will describe techniques for recognizing these issues of patient transference and provider countertransference and how to convert them into a positive therapeutic interaction.

10:35-11:05 am Using Tools and Videos to Implement the Recommendations of the Canadian Opioid Guidelines — Andrea Furlan, M.D.

Clinical Practice Guidelines usually become obsolete and out-of-date before they were implemented in the field. For this reason, The National Faculty of the Canadian Opioid Guideline was created with the objective to maintain the implementation activities in Canada after the release of the guidelines in May 2010. Dr. Furlan is the leader of the subgroup responsible for tools development to assist in the application of the Guideline’s recommendations by primary care physicians and specialists. She will demonstrate the use of the Opioid Manager in daily practice and will discuss difficult conversations around prescription of opioids for chronic non-cancer pain.

11:05-11:20 pm Questions and Discussion (Drs. Furlan, Oreskovich, Rieb and Sullivan)

11:25-12:40 pm Interactive Working Group/Mini Plenary Session I (select one)

1. Using Tools and Videos to Implement the Recommendations of the Canadian Opioid Guidelines — Andrea Furlan, M.D., and Galt Wilson, M.D.

2. How to say “No” — Compassionate Refusal of Requested Prescriptions (repeated session) — Barry Egener, M.D.

3. Mitigating the Adverse Effects of Chronic Opioids — Mark Sullivan, M.D.

4. Functional Somatic Syndromes (repeated session) —Chris Stewart-Patterson, M.D.

5. Case Management of Pain in Patients with Present or Past Addiction — Launette Rieb, M.D.

12:45-1:45 pm Lunch hosted by TFME

SATURDAY AGENDA — March 9, 2013

7:30-8:15 am Continental Breakfast

7:30-8:10 am Multi-Disciplinary Focus Group - this will be an open forum for discussion of short cases provided by conference participants.

8:10-8:25 am Patient Interactive Interview — Barry Egener, M.D. and Laurie Newton

8:30-9:00 am Pain and Co-Dependency in Patients and Doctors — Mick Oreskovich, M.D.

Emotional pain may present itself as somatic pain. Physicians sometimes try to fix the pain by taking responsibility for the patient’s problem and prescribing addictive medications. Dr. Oreskovich will provide tips for recognizing somatizing patients and managing discomfort for both the patient and physician.

9:05-9:35 am Cognitive Behavioral Approaches to Chronic Pain — Daniel 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.

9:35-9:45 am Questions and Discussion (Drs. O’Connell and Oreskovich)

9:45-10:00 am Refreshment Break

(Continued on next page)
Canadian funds for Canadian Registrants)

Cognitive Behavioral Therapy for Chronic Pain

Please register  person(s) at $225 for the Saturday 1:30-5:00 pm

Optional Opportunity

Please register  person(s) at $450 for the Pain & Suffering Symposium

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

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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 claim only the 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 credit to reach a max of 10.5.

College of Family Physicians of Canada: This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited by the British Columbia Chapter 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 credit to reach a max of 10.5.

Credit for the Advanced Skills Workshops 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. This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited by the British Columbia Chapter for up to 3.5 MAINPRO-M1 credits.

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 FORM

Send to: The Foundation For Medical Excellence, One S.W. Columbia Street, Suite 860, Portland, OR 97258, (503) 222-1960, FAX: (503) 796-0699, www.tfme.org

If you would prefer not to Register On-Line you may use this form and mail to The Foundation For Medical Excellence

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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 pm (select one)
Advanced Skills Building Workshop
Cognitive Behavioral Therapy for Chronic Pain

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