The 30th Annual Pain and Suffering Symposium
Chronic Pain Management Conference
with focus on Mindfulness for Practitioners & Patients

March 10 - 11, 2017
Four Seasons Hotel
Vancouver, British Columbia
www.tfme.org
There has been a growing appreciation that chronic back pain is not simply a physical problem in need of a physical solution. Despite this increased awareness, physical treatments remain the mainstay of pain management. The availability and insurance coverage for physical interventions, including some that have found ineffective and harmful, promotes the continued reliance of these treatments for back pain. There are few reliable strategies for treating chronic back pain even though one minimally invasive approach, cognitive behavioral therapy (CBT), has been found effective for chronic back pain. This session will describe the results of a large randomized trial that determined the effectiveness for chronic back pain of another minimally invasive treatment, Mindfulness-Based Stress Reduction and comparing its effectiveness with that of CBT.

In 2016, the CDC released guidelines on opioid prescribing for chronic pain. These guidelines focus on defining the proper role of opiates in the management of complex chronic pain. Because clinical practice is best implemented within a system, some groups opted as clinical teams: physician, nurse, administrator, pharmacist, etc. In this environment, clinicians work together in teams to develop shared care plans, use shared decision-making strategies, and provide individualized care to patients. In this session we will review the key elements of a Cognitive Behavioral approach, pain management, and functional restoration. We will discuss the role of the clinician as a coach in teaching patients the skills and strategies they need to manage their pain effectively.

Suicide is a major public health problem in the United States. In 2016, there were over 49,000 deaths by suicide in the United States. This number represents an increase of 25% from 1999. In 2015, the suicide rate for white non-Hispanic men was 16.3 per 100,000 population, and the suicide rate for white non-Hispanic women was 4.6 per 100,000 population. The suicide rate for black non-Hispanic men was 9.1 per 100,000 population, and the suicide rate for black non-Hispanic women was 2.3 per 100,000 population.

In this session, we will discuss the different types of chronic pain, including nociceptive, neuropathic, and referred pain. We will also discuss the diagnostic criteria for chronic pain and the importance of identifying the underlying cause. We will then discuss the treatment options available for chronic pain, including medications, physical therapy, and behavioral interventions.

The course will provide the participant knowledge and the skills to address some of the key issues that practitioners face in their practices:

- Mindfulness
- Low Back Pain
- Tapering
- Patient Relationships
- Long Term Benzodiazepines

Application of the course content to clinical practice will be facilitated through interactive case scenarios, small group discussions, and presentation of evidence-based guidelines. The course will also include an Avalon exercise, which is a simulation of a patient encounter to practice effective communication and decision-making skills.

FRIDAY AGENDA – March 10, 2017
Four Seasons Hotel – Park Ballroom
7:15-7:45a Registration and Continental Breakfast
7:45-8:00a Pre-course test (required for CME credit)
8:00-8:20a Welcome and Course Themes – Barry Egener, M.D.
8:25-9:15a 2016 CDC Guideline on Opioid Prescribing: Evidence and Controversies
Roger Chou, M.D.

In 2016, the CDC released guidelines on opioid prescribing for chronic pain. These guidelines are the first attempt to have a consensus on opioid prescribing practices and policies over the coming years. This presentation, by one of the authors of the CDC guideline and the lead investigator on the systematic review used to develop the guideline, discusses the evidence behind the recommendations, with a focus on engaged controversy, in order to help clinicians interested in implementing the guidelines in practice.

9:20-10:05a Mindful Based Stress Reduction for Chronic Low Back Pain Patients
Daniel Cherkin, Ph.D.

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Approach to and interpretation of Urine Drug Screening
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There has been a growing appreciation that chronic back pain is not simply a physical problem in need of a surgical solution. Despite this increased awareness, physical treatments have remained a mainstay of management. The availability and insurance coverage for physical interventions, including some that have been found ineffective and harmful, has prompted the continued reliance of these treatments for back pain. There are few data available online or in the physical treatment of back pain even when randomized controlled studies. Chronic low back pain is a complex and heterogeneous condition involving the interplay of mechanical, psychological, and social factors. This session will describe the results of a large randomized trial that determined the effectiveness of chronic low back pain and another minimally invasive treatment, Mindfulness-Based Stress Reduction and comparing its effectiveness with that of CBT.

SATURDAY AGENDA – March 11, 2017

6:45-7:30a Continental breakfast hosted by TFME
7:30-7:45a Announcements & 2017 Commitment to Change Reports
7:45-8:45a Three Patient Interviews (Patients and Faculty)
8:45-9:15a 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 caregivers, patients are often eager to find and cure pain but end up taking responsibility for the patient’s problems and using our prescribing power as the solution. Dr. Farnan will provide tips for identifying something patients, and managing the discomfort that often exists for both the patient and physician.

9:20-9:50a Cognitive Behavioral Approaches to Chronic Pain
Dan 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 chronic pain management and as well as in brief conversations 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 outline the key ideas and applications for exam room conversations with patients.

9:50-10:00a Questions and Discussion – Drs. Farnan and O’Connell

10:00-10:15a Refreshment Break

10:15-11:30a Interactive Working Group/Mini Plenary Session II

1. Pain Management for Patients with Substance Abuse Disorders
Launette Rieb, M.D.

Pain and substance use coincide in a high percentage of patients. A number of factors may contribute to the problem of pain management for people with substance use disorders. These factors include the development and management of pain medication use, strategies for pain management, and the prevention and treatment of co-existing pain and substance use disorders. We will identify evidence-based pain management strategies and discuss the unique challenges of pain management in this population.

2. Mindfulness for Practitioners
Eliza H.B. Lin, M.D., MPH

Mindfulness has been shown to be beneficial in the management of chronic pain. However, the evidence base for the effectiveness of mindfulness is limited and the mechanisms of action are not fully understood. This session will review the evidence base for the efficacy of mindfulness in the management of chronic pain and discuss the potential advantages and limitations of these approaches.

3. Pain and Co-Dependency in Patients and Doctors
Paul Farnan, M.B., B.Ch.

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11:35a-12:00p Pearls for Implementing What You’ve Learned (Drs. Farnan, Egener, O’Connell)

12:00p Conference Adjourns

Registration is $225 per workshop.

Advanced Interview Skills for Chronic Pain Patients
Faculty: Drs. Egener, Farnan, 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. Seizing this opportunity, a practical day has been scheduled for this session. Participants will meet on Saturday afternoon. Enrolment is limited to 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.
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The Foundation for Medical Excellence
in cooperation with
The College of Physicians and Surgeons of British Columbia
presents