

# **Pain**Week.2019

September 3—7




The **Cosmopolitan** of Las Vegas

The national conference on pain for frontline practitioners.

# **Preview** **conference**

September 3—7



**celebrating our 13th year, PAINWeek remains the largest US pain conference and the favorite destination for frontline practitioners to enhance their competence in pain management.**

**5 Days, 120+ Hours, and 90+ Faculty**

**In 2019, you can look forward to a week of Special Interest Sessions, Master Classes, Multidisciplinary Course Concentrations, Satellite Events, and Exhibits.**

To learn more and register for PAINWeek 2019, visit [www.painweek.org](http://www.painweek.org) and follow us on Twitter® at [twitter.com/painweek](https://twitter.com/painweek).



[www.painweek.org](http://www.painweek.org)

# New Workshops!

## Innovations in Pain Medicine Ultrasonography:

Image Guidance, Diagnosis, and Emerging Applications

**Jennifer Hah** MD, MS

**Einar Ottestad** MD

Presented **Tuesday**, September 3 **1:40p – 5:40p**

**Registration Fee:** \$350

The field of pain medicine ultrasonography is continually evolving with utility in image guidance, diagnosis or point-of-care assessment, and treatment. Around the world, pain medicine specialists favor the use of ultrasound guidance for its accuracy, portability, direct visualization of vasculature, and decreased radiation exposure. In addition, emerging applications continue to evolve for pain medicine sonography with new developments in peripheral nerve stimulation and regenerative medicine. This hands-on session will cover the latest evidence-based rationale for ultrasound image guidance for interventions vs other modalities including fluoroscopy and CT-guidance. An introduction to diagnostic ultrasonography will be presented covering common pain conditions. Emerging applications for pain medicine ultrasonography particularly relating to peripheral nerve stimulation, regenerative medicine, cryotherapy, and radiofrequency will be discussed.

## Hitting the Bull's Eye in Pain Management:

Using All the Arrows in Your Quiver

**Alexandra L. McPherson** PHARM D, MPH

**Mary Lynn McPherson** PHARM D, MA, MDE, BCPS

Presented **Wednesday**, September 4 **9:30a – 12:30p**

**Registration Fee:** \$165

**Rarely** is one medication or pharmacologic class of drugs the answer to a medical conundrum, including in pain management. While opioids are indisputably valuable in treating acute pain and some forms of chronic pain, they are just one therapeutic option. Participants in this fast paced, case-based session will learn about the appropriate use of different medications in lieu of, or in combination with, opioid therapy. Along the way we will explore contemporary issues in pain management such as the positive and negative implications of gabapentinoid plus opioid therapy, specific evidence that supports the use of cannabinoids in the management of chronic pain (and does it reduce opioid burden?), and other controversial issues. Participants will learn how to deal with difficult pain syndromes including wound pain, complicated neuropathic pain, and functional pain syndromes. Lastly, we will wrestle with cases that illustrate the need to deploy interventional pain management strategies instead of, or in addition, to opioid therapy. Bring your seat belt: this is going to be a crazy ride!

## Rotate the Molecule!

Rationalizing Excessive Opioid Prescribing  
With Buprenorphine

**Douglas L. Gourlay** MD, MSC, FRCPC, FASAM

Presented **Wednesday**, September 4 **1:40p – 4:40p**

**Registration Fee:** \$165

**Buprenorphine** is a partial mu agonist that has been clinically available for many years. It was recently made available for the treatment of opioid dependency in the office-based setting. Even more recently, it is enjoying a renewed popularity as an opioid analgesic for the treatment of chronic pain. In this workshop, attendees will explore problematic and sometimes excessively high opioid prescription levels in the context of a treatable clinical condition; case-based examples will be provided. The basics of buprenorphine pharmacology, clinical utility, and the regulatory status of a variety of currently available preparations will be examined through the prism of current as well as past peer reviewed literature. Participants will gain a better understanding of initiation, stabilization, maintenance, and exit strategies.

# Featured Sessions

## Inside the Trojan Horse:

Addressing Current Legal Actions Against  
Healthcare Practitioners

**Jennifer Bolen** JD

**Douglas L. Gourlay** MD, MSC, FRCPC, FASAM

**Using** case examples, this course will address the insider's view to illustrate the connection between carrying out licensing board directives on using opioids to treat pain, reasonably prudent medical decision-making, and documentation. The content presented is designed to engage participants who will work through several short case examples with faculty, all of whom are experienced as medical and legal experts. These case examples will cover patient history and risk evaluation; treatment plans including treatment goals and exit strategies; true informed consent and treatment agreements; follow-up encounters and risk monitoring, including the use of prescription drug monitoring databases, drug testing, and adjustments to the treatment plan; and use of consultations and referrals. Attendees will learn about current trends in medical expert assessment of prescribing decisions and how to improve documentation of medical decision-making and opioid prescribing decisions. This session is a must-attend for Main Street Practitioners!

## The World According to Cannabinoids

**Theresa Mallick-Searle** MS, NP-BC, ANP-BC

**Ethan B. Russo** MD

**Despite** the widespread acceptance of medicinal and recreational cannabis use internationally and domestically, marijuana remains federally illegal in the United States. For this reason, there are significant legal implications to clinical practice. Clinicians are unprepared to answer questions regarding legality or safety of cannabis use and unprepared to counsel their patients on use or abstinence, particularly for pain management. This session will explore legal implications, discuss current science, and define the scope of the problem related to the need for education about risk and safety of counseling patients about cannabis use. Case examples will be presented.

## The Static Pendulum: Pain, Drugs, and Ethics

**Kevin L. Zacharoff** MD, FACIP, FACPE, FAAP

**Pain** remains one of the most common reasons that people seek medical attention in the United States. When pain was designated as the fifth vital sign, people were given the right to have their pain assessed and effectively treated by their healthcare professionals. A number of ethical dilemmas have surfaced since, including the increased prescribing of opioid medications for patients with chronic pain in the face of also increasing rates of abuse, misuse, and addiction related to these medications. The "opioid overdose epidemic/crisis" has led us to the challenge of balancing the safe, compassionate, and effective treatment of chronic pain against serious negative outcomes associated with the increased abuse and misuse of these medications. With overdose death rates increasing, tensions running high, a multitude of political and regulatory involvement, and "knee-jerk" reactivity, it seems as if the only thing being forgotten is the needs of chronic pain patients and the core ethical principles intended to help clinicians maintain the highest standards of care. This session will describe these principles and clarify their role in determining reproducible courses of action that maximize safety, efficacy, and compassionate pain care, regardless of the direction the "opioid pendulum" is swinging.

## Lost in the Weeds:

The Past, Present, and Future of Hemp in Pain Treatment

**Stephen J. Ziegler** PHD, JD

**Marijuana** and hemp are genetically distinct cousins of the genus *Cannabis sativa* L., yet they have been erroneously associated with each other for the past 80 years. That all changed in December 2018 when Congress removed hemp from the federal Controlled Substances Act (CSA) and legalized the plant and its derivatives such as cannabidiol (CBD), a substance which has received a great deal of attention for its potential to treat a variety of medical conditions. This change is historic and has enormous

implications in medicine and the treatment of pain. However, although the oversight of hemp has essentially been transferred from the DEA to the USDA and individual states, the FDA still retains its authority "to regulate products containing cannabis or cannabis-derived compounds" such as CBD. Accordingly, in an effort to inform healthcare professionals about this rapidly changing field, this presentation will discuss the history of hemp, its legality, derivatives, and its potential future in pain treatment.

## Everybody's Greasing Up, But Should You Rub It In?

A Review of Topical Analgesics and Available Evidence in Clinical Trials

**Timothy Atkinson** PHARM D, BCPS, CPE

**Topical** analgesics are often recommended in clinical practice but differences between formulations and routes of administration lead to confusion. In addition to commercially prepared topical analgesics, compounded topical analgesics are highly promoted and widely utilized from compounding pharmacies with individualized recipes of multiple combined medications at substantial cost. To assist providers with tough decisions in this area, the available clinical trials supporting use will be reviewed along with formulations, locations, and doses where their use has been shown to be most effective. This session will review the role of various topical analgesics as well as explore the rationale for "topical polypharmacy" with compounded drugs.

## The Golden Girls Dilemma:

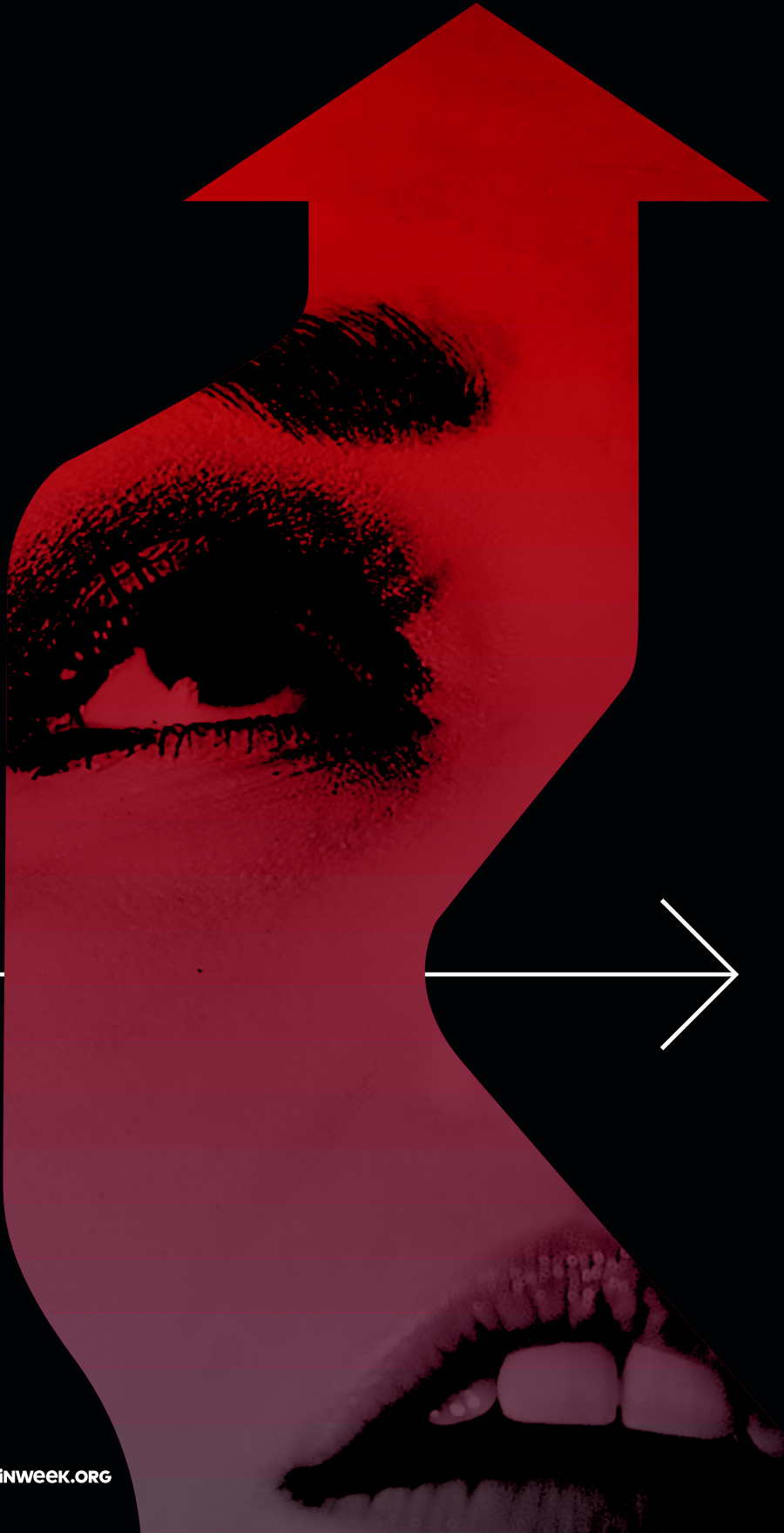
Genitourinary Syndrome of Menopause (GSM)

**Georgine Lamvu** MD, MPH

**Genitourinary** syndrome of menopause (GSM) is a term used to describe what was formerly known as vaginal atrophy, atrophic vaginitis, or urogenital atrophy. The older terminology was replaced by this descriptive term with the goal of more accurately describing the constellation of symptoms experienced by GSM patients, including vaginal pain, dryness, dyspareunia, urinary incontinence, urgency, frequency, hematuria, and sexual dysfunction. Although GSM-like symptoms occur in 15% of premenopausal women and 40% to 54% of postmenopausal women, the condition is associated with significant social stigma and often remains ignored or underdiagnosed. This presentation will review the clinical manifestations, pathophysiology, etiology, evaluation, and management of this condition. Specific emphasis will be placed on differentiating GSM from other genital pain conditions such as vulvodynia and vulvar dermatoses. Additionally, the presentation will review the impact of postmenopausal pain on quality of life, mental and physical health, and sexual function. Treatment recommendations will focus on multimodal therapies to address what is a complex but treatable syndrome. The importance of early detection and patient education in avoiding long-term risks and complications that compromise quality of life will also be discussed.

# Agenda

For planning purposes, please note that the first certified-for-credit course begins on Tuesday, September 3, at approximately 7:00a. The last certified-for-credit course concludes on Saturday, September 7, at 4:30p.



**PAINWeek 101\***

● **Making the Most of Your PAINWeek Experience!**

**PAINWeek 101** is a noncertified primer for first time attendees—or anyone seeking a refresher on the conference agenda, faculty, onsite technology, and venue logistics. Moderated by PAINWeek staff and faculty, with Global Education Group, all questions as they pertain to course selection and CME protocol will be answered. With so much packed into the 5-day conference, PAINWeek 101 will make sure that you're fully briefed and oriented to navigate, plan, select, and make the most of your PAINWeek experience!

**Not certified for credit.**

**Behavioral Pain Management**

● **Moving Beyond the Obvious:**

The Pivotal Role of Psychology in Pain Management

● **Icebergs, Oceans, and the Experience of Pain**

● **The Death of Caesar:**

Psychological Stages of Grief and Chronic Pain

● **Lip Service:**

Using Words as the Foundation for Effective Pain Management

● **Pain Catastrophizing:**

Making a Mountain Out of a Mole Hill

**Chronic Pain Syndromes**

● **Not Tonight:**

Headache & Sex Hormones

● **Hanging by a Thread:**

Facial & Orofacial Pain

● **Neck and Upper Extremity Pain Syndromes**

● **Neurogenic Thoracic Outlet Syndrome**

**Interventional Pain Management**

● **Dorsal Root Ganglion:**

Neuromodulation as an Alternative to Opioids

● **Injections, Nerve Blocks, Pumps, and Spinal Cord Stimulation**

● **Spinal Stenosis:**

Epidemiology, Pathophysiology, and Treatment

● **Neuromodulation for Advanced Practice Providers**

● **Stem Cells and Regenerative Medicine for Chronic Pain**

● **Interventional Pain Management:**

Opioid Sparing Technologies

**Special Interest Sessions**

● **Insight into Preclinical Drug Discovery and Translational Medicine**

● **Status Traumaticus:**

A Trauma Informed Approach to Chronic Pain Management

● **The World According to Cannabinoids:**

Clinical and Research Updates

● **The Gang that Couldn't Shoot Straight:**

Reconsidering the CDC Guidelines

● **Salt of the Earth:**

The Importance of Sodium Channels in Pain Management

● **Geriatric Pain Management:**

Minimally Invasive Interventions

● **Malpractice for Dummies:**

Getting Sued and Surviving to Talk About It

● **Eyes Without a Face:**

Pain Management for Those Living With Alzheimer's Disease

● **Chapter None:**

Patient-Centered or Paper-Centered Pain Management?

● **Follow the Yellow Brick Road:**

Reducing Clinician Burnout

**NEW Workshop**

● **Innovations in Pain Medicine Ultrasonography:**

Image Guidance, Diagnosis, and Emerging Applications

# Wednesday 9.4

Sessions presented from 7:00a – 6:30p

## Acute Pain Management

- **Acute Pain in Patients With Active Substance Use Disorder**
- **The Dynamics of Managing Acute Postoperative Pain in the Current Opioid Sparing Environment**
- **Case-Based Challenges in Acute Pain Management**
- **Enhancing Recovery After Surgery:**  
How Certified Nurse Anesthetists Are Improving Outcomes

## International Pelvic Pain Society (IPPS)

- **The BIG BANG of Pain:**  
Chronic Overlapping Pain Conditions in Women
- **The Force is With You:**  
Mind Tricks for Chronic Pain Patients
- **Let's Get Physical!**  
Musculoskeletal Pelvic Pain
- **The Golden Girls Dilemma:**  
Genitourinary Syndrome of Menopause GSM

## Medical/Legal

- **Inside the Trojan Horse:**  
Addressing Current Legal Actions Against Healthcare Practitioners

## Pain Educators Forum

- **Pain Terminology:**  
Knowing the Difference Makes a Difference!
- **Pain Pathways Made Simple**
- **Chronic Pain Assessment**
- **Clinical Pearls:**  
Unraveling the Secrets of Imaging Studies
- **Pain Therapeutics**

## Special Interest Sessions

- **Causalytics:** You're in Pain, and It's All Your Fault
- **How Healing Works, and What it Means for Chronic Pain Management**
- **Preventing a Benzodiazepine Crisis and Understanding Protracted Withdrawal Syndrome**
- **Psych Twister:** Using Metaphors, Mindfulness, and Values to Promote Behavioral Change
- **Maleficent Morphine Milligram Equivalents & Dosing Dilemma Disasters**
- **Pain Management Coaching**

## NEW Workshops

- **Hitting the Bull's Eye in Pain Management:**  
Using All the Arrows in Your Quiver
- **Rotate the Molecule!**  
Rationalizing Excessive Opioid Prescribing with Buprenorphine

## Keynote

- **Are the Monsters Coming to Main Street?**

## Welcome Reception/Exhibit Hall Opening\*

\*Not certified for credit.



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# Thursday 9.5

Sessions presented from 7:00a – 6:30p

## Advanced Practice Providers

- **Medication Assisted Therapy:**

New Opportunities in Treatment

- **No Guts, No Glory:**

Mystery of the Microbiome

- **Achieving Change from Within:**

Use of Motivational Interviewing

- **Through the Eyes of an Expert Witness:**

The Importance of Chart Documentation

- **Starting an Acute Pain Service**

## American Headache Society (AHS)

Chronic Migraine Education Program (CMEP)

- **Diagnosis of Chronic Migraine and Episodic Migraine**

- **Transitions, Risk Factors, and Barriers to Care**

- **Pathophysiology of Chronic Migraine and Episodic Migraine**

- **Acute and Preventive Treatment Strategies**

## Master Class

- **Blinded by the Light:**

The Danger of Idiopathic Intracranial Hypertension

## Medical/Legal

- **A New Leaf:**

A Legal and Medical Perspective on Marijuana Use When Prescribing Controlled Substances

## Pain Educators Forum

- **Life Hacks to Teach Chronic Pain Patients**

- **Navigating the OTC Analgesic Aisle:**

What a Pain in the Aspirin!

- **The Curbside Consult in Management**

- **Red Rover, Red Rover, Send Pain Patients Right Over:**

Patient Engagement in Multimodal Care Plans

- **Spilled Beans and Hard Stops:**

How Legislation, Guidelines, and Reimbursement Policies Impact Patient Care

## Pharmacotherapy

- **Which Came First...**

Pain or Substance Use Disorder?

- **Kratom or Bait 'em?**

Understanding the Pharmacology of Kratom

- **Mirror, Mirror on the Wall...**

Who's the FDA's Fairest ADF of All?

- **Putting the "FUN" in Dysfunctional:**

Pain Management Options in Renal and Hepatic Dysfunction

## Special Interest Sessions

- **Buprenorphine:**

A Molecule for All Seasons

- **The Static Pendulum:**

Pain, Drugs, and Ethics

- **Understanding Analgesic Trials**

- **Back to the Future:**

Current and Future Opioid Abuse Risk Assessment and Mitigation Strategies

- **The Elephant in the Room:**

Helping Patients to Navigate the "O" Impasse

- **Central Sensitization and Ketamine**

- **Deuces Wild:**

Fudin & Gudin Argue the New Rules of the Game

- **Alcohol As Analgesia:**

Does it Really Numb the Pain?

## Scientific Poster Session and Reception\*

\*Not certified for credit.

**"PAINWeek is what every pain conference wants to be... what every pain conference should be!"**

—Michael Schatman PhD, CPE, DASPE

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### Cannabinoids and Medical Marijuana

● **Lost in the Weeds:**

The Past, Present, and Future of Hemp in Pain Treatment

● **Reefer Madness Madness:**

Taking the Insanity Medical Cannabinoids

● **Medical Marijuana:**

Psychiatric and Medical Conditions With Specific Attention to Chronic Pain

● **The Global Legalization of Marijuana:**

A Reasonable Solution to Treat Pain...or a Pipe Dream?

● **Cannabis and Opioids Together:**

Syn or Synergistic?

### Master Classes

● **Back Pain:**

It's All About the Diagnosis

### Medical/Legal

● **I'm Not a Doctor, But I Play One in DC**

### Neurology

● **An Elusive Villain:**

Pain Associated With Lyme Disease and Other Spirochetal Infections

● **When Darkness Falls:**

Managing Pain in Fibromyalgia and Restless Leg Syndrome

● **The Spider's Strategem:**

Arachnoiditis

● **Not Glad All Over:**

Chronic Widespread Pain

### Pharmacotherapy

● **Everybody's Greasing Up, But Should You Rub It In?**

A Review of Topical Analgesics and Available Evidence in Clinical Trials

● **Opioid Math Conversions:**

Calculations, Titrations, and Breakthroughs

● **He SAID, She SAID.**

What's the Deal with NSAIDs?

● **Thug Drugs...**

Revisited

### Special Interest Sessions

● **Medical Stasi:**

The Standardization Proclamation and Its Consequences

● **The Cracked Mirror:**

Exploring Opioid Abuse Deterrent Methods from Lab to End User

● **The Visible Few:**

An Imperfect Burden on Patients and Providers

● **Managing Opioid Withdrawal and Overdose With Alternative Treatment Options**

● **Applying Mechanism-Based Classification to Clinical Reasoning for Complex Persistent Pain**

● **Analgesics of the Future**

● **Opioid Moderatism:**

Seeking Middle Ground

### Exhibit Hall Closing Reception\*

\*Not certified for credit.

**"PAINWeek is the premier interdisciplinary pain management conference for frontline practitioners and the leading edge of science in pain medicine."**

—Jennifer Hah MD, MS



## Encore Presentations

### ● Pain Pathways Made Simple

### ● Clinical Pearls:

Unraveling the Secrets of Imaging Studies

## Integrative Pain Management

### ● Acupuncture for Opioid Use Disorder (OUD)

### ● Nutritional Pain Management

### ● Manual Therapies for Pain Management

### ● An Integrative Pain Management Program:

What Does a Multi-Modal Program for Chronic Pain Look Like?

## International Myopain Society (IMS)

### ● Transformative Care for Myopain:

Enhancing Long-Term Success in Myofascial Pain and Fibromyalgia

## Medical/Legal

### ● Embrace Changes and Prevent Overdose:

A Basic Blueprint for Legal Risk Mitigation and Response

### ● Get Your Specimens in Order:

Timely Use of Test Results

## Palliative Care

### ● That's Debatable! Does Cannabis Reduce Opioid Death, and Does Gabapentin Increase It?

### ● Addressing the Pain While Dressing the Wound

### ● You're Using WHAT for Pain Management?

Psilocybin, Ecstasy, and Ketamine

### ● Doing Business or Risky Business?

Benzodiazepines and Opioids in Palliative Care

## Pharmacotherapy

### ● Better With Age?

Pain Management of the Older Adult

### ● Testing the Waters:

Urine Drug Screening for the Perplexed Among Us

### ● Frankie says RELAX:

The INs and OUTs of Skeletal Muscle Relaxants

## Special Interest Sessions

### ● Let's Get on the Same Prescribing Page:

Standardizing Opioid Prescribing Practices Among Sickle Cell Disease Patients

### ● Improving Safety of Chronic Opioid Prescribing by Incorporating Clinical Pharmacists on Teams

## Veterans Health Administration (VHA)

### ● Moving Mountains:

Shifting the Pain Management Paradigm

### ● VA's Stepped Care Model for Pain Management and Whole Health:

Patient Centered Biopsychosocial Pain Care

### ● Opioid Therapy and Opioid Tapering—Guidance for Clinicians to Improve Outcomes:

A Case-Based Pro/Con Discussion Format

### ● Opioids and Mental Health:

Suicide Prevention as Highest Priority

**Please note:** faculty and courses are subject to change.

## Accreditation

Over 120 hours of content will be presented! This activity is provided by Global Education Group. Global Education Group is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Global Education Group designates this live activity for a maximum of 39.0 AMA PRA Category 1 Credits™.

This activity will be approved for continuing pharmacy, psychology, nurse practitioner, and nursing education. Applications for certification of nurse anesthetists, social work NASW and family physician AAFP hours have been applied for and are pending decision. For more information and complete CME/CE accreditation details, please visit our website at [www.painweek.org](http://www.painweek.org).

# 2019



## Discount Expiration Dates for Practicing Healthcare Professionals:



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1

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2

**Full Fee** ..... **\$879**

(After July 31)

- Industry registration is \$979.
- Please note that workshops for PAINWeek 2019 require additional registration fees.



## Registration Options

### Visit:

[www.painweek.org](http://www.painweek.org)

### Call:

toll free (877) 724-6933



# Register

# Now!

### Hotel Information

**The Cosmopolitan** of Las Vegas  
3708 S Las Vegas Boulevard  
Las Vegas, NV 89109

Conference rate **\$165** + tax per night.  
This rate is applicable to healthcare providers  
only, and can only be guaranteed if reserved  
by July 29, 2019.

**Please note:** You will receive hotel  
booking information upon completion  
of your conference registration.

**Be there or be**



**Register Now!**

September 3—7 2019

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**Pain**WEEK<sup>®</sup>

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