



The Foundation For Medical Excellence

in cooperation with

**The College of Physicians and
Surgeons of British Columbia**

presents the

TWENTY-SEVENTH ANNUAL

Pain and Suffering Symposium

**The Assessment & Management
of the Patient with
Complex Chronic Pain**

March 7-8, 2014

Vancouver, British Columbia

The Assessment & Management of the Patient with Complex Chronic Pain

Purpose:

This course is designed to assist clinicians in managing the most challenging of pain patient, 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 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.

Objectives:

Upon completion of this symposium, attendees should be able to:

- More effectively utilize pharmacologic interventions for chronic pain.
- Utilize the latest information on the use of controlled substances for acute and chronic pain management.
- Recognize that what patients experience as physical pain can at times be caused by emotional, social, spiritual and existential distress.

Distinguished Faculty

Jane Ballantyne, M.D., received her medical degree from the Royal Free Hospital School of Medicine in London, England. She trained in Anaesthesia at the John Radcliffe Hospital, Oxford, England, before moving to the Massachusetts General Hospital, Harvard University, Boston in 1990. She became Chief of the Division of Pain Medicine in MGH in 1999. She moved to the University of Washington in 2011 as UW Medicine Professor of Education and Research. Her research is focused on the development of opioid management tools utilizing electronic outcomes assessment and rapid learning methodology. She has editorial roles in several leading journals and textbooks, and is a widely published author.

Barry Egner, 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, and Past-President, the American Academy on Physician and Patient. 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.

Paul Farnan, M.B., BCh, is a Vancouver-based physician, who is certified in both Family Medicine and Addiction Medicine. As Medical Director HealthQuest Occupational Health Services he provides expert occupational medicine consultation for complex disability management cases, especially those related to substance use disorders, complex chronic pain, etc. He is a Clinical Associate Professor, Department of Family Practice at the University of British Columbia. He has also been involved in the special area of physician health and wellbeing for almost twenty years. For 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.

Andrea Furlan, M.D., Ph.D., completed her residency in psychiatry 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 Psychiatry 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 (NOUGG) produced by the medical regulatory authorities in Canada.

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.

Launette Rieb, M.D., MSc, CCFP, FCFP, dip. ABAM is a Clinical Associate Professor in the Department of Family Medicine at the University of British Columbia. Dr. Rieb is certified by The American Board of Addiction Medicine and the Canadian Society of Addiction Medicine. She is the Director of the St. Paul's Hospital Goldcorp Addiction Medicine Fellowship. Dr. Rieb works clinically in chronic pain rehabilitation at Orion Health, and in drug and alcohol rehabilitation at The Orchard Recovery Centre. She teaches in the Methadone Program for the College of Physicians and Surgeons of British Columbia and is on the Education Committee of the Canadian Society of Addiction Medicine.

- Understand the basic principles of chronic pain self-management.
- Learn techniques for preventing burnout when addressing chronic pain patients.
- 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.
- 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.
- Implement specific communication strategies to negotiate narcotic requests.
- Describe the impact of the psychological components in pain and suffering.
- Use new techniques for recognizing and managing addictive disease.
- Learn tips from physiotherapy, mental health, and occupational therapy members of an interdisciplinary pain team that can be applied in a routine office visit.
- Learn how to manage fibromyalgia and related somatic syndrome.
- Understand the role of cognitive behavioral therapy in chronic pain.
- Understand addiction and dependence concepts and how they have evolved.
- Recognize dependence on opioid pain medication as a clinical entity.
- Review treatment options for dependence on opioid pain medication.
- Be able to apply mindfulness techniques to patients in an office visit.

Workshop Faculty

Jimena Malzahn, B.Sc., PT, Physiotherapist, obtained her Degree in Physio Therapy in La Frontera University, Chile in 1997. She had been practicing as a Kinesiologist in Canada since 2003 and now as a Physiotherapist since 2012. She works with rehabilitation of musculoskeletal injuries and individuals who are affected by their pain experience. Her work is actively involved with patient-education on pain neurophysiology, soft tissue healing, pain management strategies and body biomechanics with the goal of promoting active management strategies.

Kimberly Murdoch, BSW, RSW, HSC, NTS, a registered social worker with 20 years of experience in hospitals, corporations and educational institutions integrating Mindfulness, attention training and self-regulation skills. As a graduate of programs in Counseling, Social Work, Natural Therapeutics, Acupuncture & Traditional Chinese Medicine, Kimberly brings a unique inter-professional background focused upon teaching and helping people address addictions & mental health issues, chronic pain, eating disorders, trauma, stress, insomnia and aging. Kimberly is a Stress Management Therapist at the Centre for Addiction & Mental Health, offers counseling at For Health Wellness Consultants and group facilitation at Sheena's Place in Toronto.

Kristy Pahl, Ph.D., Mental Health Practitioner, obtained her PhD in Clinical Psychology from the University of Queensland, Australia. She has been registered as a Psychologist in Australia since 2008 and joined Orion Health as a Mental Health Practitioner in 2012. She provides individual and group therapy to clients with chronic pain and comorbid psychological and medical concerns. She utilizes evidence-based approaches such as Acceptance and Commitment Therapy and Cognitive Behaviour Therapy. She assists clients in accepting their pain and associated emotional discomfort while placing their focus on living a valued, meaningful life.

Cara Rodrigues, B.Sc., B.Sc.(OT), Occupational Therapist, Clinical Practice Manager, graduated from Dalhousie University in 2001 and has been in the field of chronic pain for 8 years, and vocational rehabilitation for 12 years. She teaches clients a basic understanding of pain neurophysiology, while making a link to pacing concepts and self-management are fundamental components to helping clients living with chronic pain. At Orion Health, she has placed more emphasis on the health benefits of work, and how to challenge clients' thinking around hurt versus harm and perceptions of 'threat' that often accompany pain.

Chris Stewart-Patterson, M.D., is an occupational physician and 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. He is a clinical instructor in the Faculty of Medicine, University of British Columbia, a senior lecturer at Wellington School of Medicine, University of Otago and visiting lecturer at Harvard Medical School.

Galt Wilson, MD, MSc, FCFP, 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 family medicine, anaesthesia, emergency, and palliative care. 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. Galt joined the staff of the College of Physicians and Surgeons of BC in 2009, where his responsibilities include clinical performance complaints, prescribing concerns, eHealth as it relates to patient privacy, and the College Library.

Program Planning Committee:

Barry Egner, M.D., Edward Keenan, Ph.D., Mick Oreskovich, M.D., Galt Wilson, M.D., Launette Rieb, M.D.

FRIDAY AGENDA – March 7, 2014

- 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 Egner, M.D.

8:25-9:10 am **Dependence on opioid pain medication: a framework for diagnosis and treatment** — Jane Ballantyne, M.D.

Even though the neurobiological basis of drug addiction is better understood than ever, there is still a lot of uncertainty and debate about how to define drug addiction as a clinical entity. This debate is complicated still further when addictive drugs are used therapeutically, especially when opioids are used for the treatment of pain. The overlap in risk factors, behaviors, diagnostic criteria and underlying stress make it difficult to clearly delineate drug addiction, drug dependence and desperation to obtain pain relief. This session will explore current concepts of drug addiction and drug dependence, including the conceptual basis for the new DSM V criteria for drug addiction (termed substance use disorder). It will consider dependence on opioid pain medication as a distinct clinical entity with neurobiological underpinnings similar to drug addiction, and therapeutic implications related to its coexistence with continued pain.

9:15-10:00 am **Managing Pain in Patients with or at Risk for 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.

10:00-10:15 am *Questions and Discussion—Panel* (Drs. Rieb and Ballantyne)

10:15-10:30 am *Refreshment Break*

10:35-11:50 am **Interactive Working Group/Mini Plenary Session I** (select one of the following)

1. **Cognitive Distortions in the Interview with the Chronic Pain Patient** (repeated session) — Daniel O’Connell, Ph.D.
2. **Mindfulness Approaches to Managing Chronic Pain** (repeated session) — Kimberly Murdoch, BSW, RSW, HSC, NTS
3. **Managing the Patient Who is Failing Opioid Pain Treatment** (repeated session) — Jane Ballantyne, M.D.
4. **Fibromyalgia and Other Functional Somatic Syndromes** (repeated session) — Chris Stewart-Patterson, M.D.
5. **Challenging Cases: Treating Pain and Addiction** — Launette Rieb, M.D.

11:50-12:50 pm *Lunch hosted by TFME*

12:50-1:50 pm **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 Guidelines were 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.

1:55-2:30 pm **Forging a Relationship with the Patient**

— Barry Egner, M.D.

Patient visits about scheduled drugs are some of the most stressful that clinicians (and patients) face. Yet helping the patient improve requires developing a positive relationship. This session will describe how to create the conditions for patients and clinicians to collaborate whether they agree or not about what actions are in the patient’s best interest.

2:30-2:45 pm *Questions and Discussion* (Drs. Furlan and Egner)

2:45-3:00 pm *Refreshment Break*

3:05-4:20 pm **Interactive Working Group/Mini Plenary Session II**

6. **How to say “No” – Compassionate Refusal of Requested Prescriptions** (repeated session)

— Barry Egner, M.D.

7. **Practical Tools & Tips from an Interdisciplinary Pain Team for Use in the Busy Family Physician’s Office**

— Cara Rodrigues, B.Sc., B.Sc.(OT), Occupational Therapist; Kristy Pahl, Ph.D., Mental Health Practitioner; Jimena Malzahn, B.Sc., PT, Physiotherapist

8. **Applying the NOUGG Guidelines**

— Andrea Furlan, M.D., Galt Wilson, M.D.

9. **Mindfulness Approaches to Managing Chronic Pain**

(repeated session) — Kimberly Murdoch, BSW, RSW, HSC, NTS

10. **Fibromyalgia and Other Functional Somatic Syndromes**

(repeated session) — Chris Stewart-Patterson, M.D.

4:20 pm

Recess until Saturday morning

Saturday Agenda – March 8, 2014

7:30-8:10 am *Continental Breakfast*

7:30-8:00 am **Multi-Disciplinary Focus Group** — this will be an open forum for discussion of short cases provided by conference participants.

8:00-8:10 am **Announcements and Commitment to Change Results**

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

8:30-9:00 am **Pain and Co-Dependency in physicians and patients**

— Paul Farnan, M.B.

Pain is complex and emotional pain can present itself as somatic pain. Therapeutic relationships are also complex. As caring physicians we often desperately want to fix and cure pain but can end up taking responsibility for the patient’s problems and using our prescribing pads as the solution. Dr. Farnan will provide tips for identifying somatizing patients, and managing the discomfort that often exists 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 Farnan)

9:45-10:00 am *Refreshment Break*

10:05-11:20 am **Interactive Working Group/Mini Plenary**

Session III (*Select one*)

- 1. The Patient with Complex Chronic Pain and the Busy Primary Care Physician: Reflecting on Me and My Personal Well-Being** — Paul Farnan, M.B.
- 2. How to say "No" – Compassionate Refusal of Requested Prescriptions** (*repeated session*) — Barry Egener, M.D.
- 3. Cognitive Distortions in the Interview with the Chronic Pain Patient** (*repeated session*) — Daniel O'Connell, Ph.D.
- 4. Medication Management for Patients with Persistent Pain** — Launette Rieb, M.D.
- 5. Managing the Patient Who is Failing Opioid Pain Treatment** (*repeated session*) — Jane Ballantyne, M.D.

11:20-11:45 am **Pearls for Implementing What You've Learned** (Drs. Furlan, O'Connell and Egener)

11:45-12:00 pm **Complete Course Evaluations and post assessment exam**

12:00 pm *Conference Adjourns*

SATURDAY AFTERNOON SEMINARS

1:30-5:00 PM — Separate registration required - \$225

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. Several faculty will offer a practical, skills-based half day course for interested participants on Saturday afternoon. Enrollment will be limited in 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: Daniel 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.

Registration Information:

Registration is online at www.tfme.org

Registration Fee for Pain & Suffering Symposium:

\$450 (US Funds for US Registrants/Canadian Funds for Canadian Registrants)

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

Registration Fee for Advanced Skills Building Workshops on Saturday 1:30-5:00 pm: \$225 (US Funds for US Registrants/Canadian funds for Canadian Registrants)

Refund Policy: Refunds prior to February 17, 2014 will be charged a \$50 fee. No refunds after February 17, 2014

Venue and Accommodations: Hyatt Regency Vancouver, 655 Burrard Street, Vancouver, British Columbia V6C 2R7, (1-888-421-1442). To book a room online: <https://resweb.passkey.com/go/chronicpainconf>

For a limited time, a block of rooms is being reserved for seminar registrants at a reduced rate. Contact the hotel early for reservations and be sure to mention that you are attending The Foundation Symposium on Chronic Pain.

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)**TM. 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 1 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 1 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)**TM. Physicians should only claim 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

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

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

Name: _____

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Method of Payment (*see above for fees and refunds information*)

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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

CVV2 code _____ (*the 3 digit code that appears on the signature panel on the back of the credit card*)

Cardholder's Name _____

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