



HARVARD
MEDICAL SCHOOL

The Acclaimed Pain Medicine Review and Update
Offered once in 2018. Early registration for this program is strongly advised.

EVALUATING and TREATING PAIN

A comprehensive update of state-of-the-art principles and best practices in pain medicine

June 25-29
2018
Boston, MA



New in 2018
Weaning patients off of opioids
How to recognize addiction
Alternatives to opioids

Under the direction of
Carol A. Warfield, MD
R. Joshua Wootton, MDiv, PhD
Thomas T. Simopoulos, MD, MA

- Updates on the evaluation and treatment of pain: spinal, neuropathic, cancer, musculoskeletal, visceral, headache, fibromyalgia
- Patient selection, dosing, and legal guidance for prescribing opioids and medical marijuana
- Risk stratification, screening and addiction psychopharmacology
- Advances in pharmacologic treatments, injection therapies and implanted devices
- Management of difficult patients
- When and how to utilize acupuncture, mind/body interventions and other complementary and alternative medicine techniques
- Now offering 4 hands-on skills advancement workshops in ultrasound, meditation, acupuncture, and botulinum toxin injections



HARVARD MEDICAL SCHOOL

Dear Colleague,

Relieving pain is one of the most challenging, yet important responsibilities in the practice of medicine. Whether it's addressing spinal, fibromyalgia, headache, abdominal, neuropathic, musculoskeletal or cancer pain, achieving optimal outcomes requires that we are up to date with the newest treatment approaches. In the past year alone, there have been significant changes in how we address pain related to these conditions. This program, Evaluating and Treating Pain, expediently and effectively ensures you are current with these changes and can incorporate them into practice to better assess pain complaints and develop an optimal course of action to relieve patient suffering.

Education covers the entire gamut of options in the relief of pain, including medications, injection therapies and implantables, acupuncture, meditation, and surgery.

Of particular interest in 2018 is the use of opioids and marijuana. The current opioid crisis and resultant mandated CME requirements underscore the need to be sure your clinical knowledge is up to date and that your practice is compliant with recent legislation. Both the rational use of opioids and marijuana for treating pain have generated a great deal of controversy, prompting Massachusetts and other states to require training in pain management for all physicians. In this course, we not only provide these required CME credits but also the required credits in palliative care and risk management. Participants report that our sessions on opioids, guidance to minimize the medicolegal risks of prescribing these medications, and alternatives to opioids have been practice changing.

Our workshops teach skills you can use in your everyday practice, whether it be ultrasound for injection therapies or acupuncture and meditation techniques.

This acclaimed program is one of the country's most respected courses on pain management. Few courses bring together specialists from so many diverse fields to offer their expertise on the many options and best practices available for state-of-the-art pain treatment.

I hope you will join us and look forward to seeing you in Boston in June.

Carol A. Warfield, MD

*Lowenstein Distinguished Professor of Anesthesia
Harvard Medical School*



Who Attends

Year after year, this renowned CME course is attended by professionals from across the U.S. and the international community, including:

- Pain Specialists
- Anesthesiologists
- Psychiatrists
- Psychiatrists
- Internists
- Family Physicians
- Neurologists
- Palliative Care Physicians
- Oncologists
- Orthopedists
- Emergency Medicine Specialists
- Nurse Practitioners
- Nurse Anesthetists
- Physician Assistants
- Dentists
- Psychologists
- Pharmacists

...and other healthcare professionals interested in the practice of alleviating pain.



Beth Israel Deaconess
Medical Center

Evaluating and Treating Pain 2018

Medications

Injection Therapies

Implantables

Acupuncture

Meditation

Surgery

Cognitive Therapy

Interventional
Techniques

Complementary and
Alternative Medicine

Course Description

A significant amount of research has indicated that many, if not all, types of pain are undertreated. Some data indicate that only 25% of patients treated for pain receive adequate relief. In addition, several studies have shown that various pain-relieving techniques may be used inappropriately, which can result in patient harm.

Evaluating and Treating Pain is a live course held each spring in Boston. It provides a comprehensive review and update of the basic science and advances in the field of pain medicine. The faculty consists of specialists in many aspects of pain medicine including anesthesiology, neurology, psychiatry and psychology, internal medicine, physical medicine and rehabilitation, orthopedic surgery, interventional radiology and neurosurgery. Participants learn how to diagnose common pain problems and explore various options for treatment of chronic pain, acute pain and cancer-related pain. Pharmacologic, behavioral and interventional treatments of pain will be discussed.

Harvard Medical School Faculty

Stephen A. Amira, PhD
Musa Aner, MD
Joseph Audette, MA, MD
Allison Bailey, MD
Lucy Chen, MD
Bridget Chin, MA, MD
Michelle Dossett, MD, PhD
Gregory Fricchione, MD
Jatinder Gill, MD
Christopher J. Gilligan, MD, MBA
Kevin P. Hill, MD, MHS
Joshua A. Hirsch MD, FACR, FSIR,
FSNIS
Gary Horowitz, MD
Susie Jang, MD
Mihir Kamdar, MD
Jonathan Kleefeld, MD
Karsten Kueppenbender, MD
Ronald Kulich, PhD
Alyssa Lebel, MD
Anthony Lee, MD
Paul G. Mathew, MD, FAAN, FAHS
Edward Michna, MD, JD
Renee Moran, DO
Jyotsna Nagda, MD
James Rainville, MD
Arun Ramappa, MD
Paragi Rana, MD
Meghan M. Searl, PhD, ABPP-CN
Thomas T. Simopoulos, MD, MA
Brian Wainger, MD, PhD
Carol A. Warfield, MD
Eric Woodard, MD
R. Joshua Wootton, MDiv, PhD
Cyrus Yazdi, MD

Course Directors

Carol A. Warfield, MD has been on the faculty of Harvard Medical School for over 35 years, and is currently the Lowenstein Distinguished Professor of Anesthesia. The first woman at Beth Israel Deaconess Medical Center to hold an endowed chair at Harvard, she served as Director of the Pain Management Center for 20 years and as Chairman of the Department of Anesthesia, Critical Care and Pain Medicine for 7 years. Dr. Warfield has published over 100 articles and several books on the topic of pain medicine, including co-editing the new third edition of *Principles and Practice of Pain Medicine* with Dr. Zahid Bajwa and Dr. Joshua Wootton (2017). Dr. Warfield has lectured extensively both nationally and internationally and has served on the boards of many professional societies related to pain medicine.

R. Joshua Wootton, MDiv, PhD serves as the Director of Pain Psychology in the Arnold-Warfield Pain Center at Beth Israel Deaconess Medical Center. He is an Assistant Professor of Anesthesia at Harvard Medical School and is co-editor, with Dr. Zahid H. Bajwa and Dr. Carol A. Warfield, of the third edition of *Principles and Practice of Pain Medicine*, published by McGraw-Hill (2017).

Thomas T. Simopoulos, MD, MA is Director of the Arnold-Warfield Pain Center, and an anesthesiologist in the Department of Anesthesia, Critical Care and Pain Medicine at Beth Israel Deaconess Medical Center. He is an Assistant Professor of Anesthesia at Harvard Medical School. Dr. Simopoulos's clinical interests include radiofrequency technology, intradiscal therapies, and electrical stimulation of the spinal cord and peripheral nerves for chronic nerve injury-related pain.

Guest Faculty

Zahid Bajwa, MD, Director, Boston Headache Institute; Director, Clinical Research, Boston PainCare Center

Daniel Carr, MD, DABPM, FFPANZCA, Professor of Public Health and Community Medicine; Professor of Anesthesiology and Medicine; Founding Director, Tufts Program on Pain Research, Education and Policy, Tufts University School of Medicine

Brian McGeeney, MD, MPH, MBA, Assistant Professor of Neurology, Boston University School of Medicine

Lee Simon, MD, Principal, SDG, LLC

Dmitry Shvartsman, PhD, Director, Stem Cell Program, Cellaria, Cambridge, MA

Evaluating and Treating Pain

Reasons to Attend

- Updates on the evaluation and treatment of pain: spinal, neuropathic, cancer, musculoskeletal, visceral, headache, fibromyalgia
- Patient selection, dosing, and legal guidance for prescribing opioids and medical marijuana
- Risk stratification, screening, and addiction psychopharmacology
- Alternatives to opioids
- Advances in pharmacologic treatments, injection therapies, and implanted devices
- Management of difficult patients
- When and how to utilize acupuncture, mind/body interventions, and other complementary and alternative medicine techniques
- Now offering 4 hands-on skills advancement workshops in ultrasound, meditation, acupuncture, and botulinum toxin injections

Learning Objectives

Upon completion of this course, participants will be able to:

- Determine which patients are optimal to receive pharmacological treatment of pain with opioids and other medications and titrate the doses appropriately
- Determine which patients should receive interventional pain treatments such as injection therapies and implanted devices
- Use a variety of pain-relieving techniques to assure adequate pain control in clinical practice
- Recognize when to use mind/body techniques in practice to help your patients with chronic or debilitating pain
- Apply current guidelines for the management of pediatric pain
- Assess effective ways in which to manage end-of-life pain



Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 52.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Evaluating and Treating Pain (5 days) with all 4 Optional Skills Advancement Workshops: 52.75 *AMA PRA Category 1 Credits*[™]
- Main Course with no Optional Workshops: 39.75 *AMA PRA Category 1 Credits*[™]
- Each Optional Skills Advancement Workshop: 3.25 *AMA PRA Category 1 Credits*[™]

Monday • June 25

7:00–8:00 Course Registration & Continental Breakfast

Morning Program

Moderator: Carol Warfield, MD

8:00–8:05 **Welcome and Introduction**
Carol Warfield, MD

8:05–8:45 **The Evolution of Pain Management**
Carol Warfield, MD

8:45–9:30 **Pain and the Brain**
Brian Wainger, MD, PhD

9:30–10:15 **Musculoskeletal Evaluation of the Patient in Pain**
Joseph Audette, MA, MD

10:15–10:30 *Refreshment break (Refreshments provided)*

10:30–11:15 **Neurologic Evaluation of the Patient in Pain**
Zahid Bajwa, MD

11:15–12:00 **Psychosocial Assessment of Pain**
Joshua Wootton, MDiv, PhD

12:00–12:30 **Pose Your Questions to the Experts**
Drs. Audette, Bajwa, Wainger, Warfield, and Wootton

12:30–1:45 *Break for lunch**

Afternoon Program

Moderator: Joshua Wootton, MDiv, PhD

1:45–2:30 **Fibromyalgia and Myofascial Pain**
Joseph Audette, MA, MD

2:30–3:15 **Disabled or Deceiving: Disability Evaluation**
Anthony Lee, MD

3:15–3:30 *Refreshment break (Refreshments provided)*

3:30–4:15 **Physical Medicine and Pain: Are We Enabling or Disabling?**
James Rainville, MD

4:15–5:00 **Complementary and Alternative Approaches in Pain Medicine**
Joseph Audette, MA, MD

5:00–5:45 **Pose Your Questions to the Experts**
Drs. Audette, Lee, Rainville and Wootton

Optional Hands-On Skills Advancement Workshop

6:00–9:15 **Acupuncture — When, Why and How to Utilize Acupuncture for Pain Control and to Enhance Patients' Physical and Psychological Well-Being**
Bridget Chin, MA, MD
Light refreshments provided

Evaluating and Treating Pain

Tuesday • June 26

7:00–8:00	Continental Breakfast
Morning Program Moderator: Zahid Bajwa, MD	
8:00–8:45	Diagnosis and Treatment of Headache Zahid Bajwa, MD
8:45–9:30	Surgical Treatment of Headache and Facial Pain Disorders Paul Mathew, MD, FAAN, FAHS
9:30–10:15	Nerve Blocks, Botulinum Toxin, and Anatomy of Craniofacial Pain Zahid Bajwa, MD
10:15–10:30	<i>Refreshment break (Refreshments provided)</i>
10:30–11:15	Postherpetic Neuralgia, Postherpetic Itch, and Trigeminal Neuralgia Paul Mathew, MD, FAAN, FAHS
11:15–12:00	Mechanism-Based Treatment of Neuropathic Pain Zahid Bajwa, MD
12:00–12:30	Pose Your Questions to the Experts Drs. Bajwa and Mathew
12:30–1:45	<i>Break for lunch*</i>
Afternoon Program Moderator: Thomas Simopoulos, MD, MA	
1:45–2:30	Complex Regional Pain Syndrome Thomas Simopoulos, MD, MA
2:30–2:35	Q & A with Dr. Simopoulos
2:35–3:20	Ketamine for Refractory Pain Paragi Rana, MD
3:20–3:25	Q & A with Dr. Rana
3:25–3:40	<i>Refreshment break (Refreshments provided)</i>
3:40–4:40	Pain Beyond Reason: Helping Children Cope with Pain Alyssa Lebel, MD
4:40–4:50	Q & A with Dr. Lebel
4:50–5:40	Sleep and Pain Stephen Amira, PhD
5:40–5:45	Q & A with Dr. Amira
Optional Hands-On Skills Advancement Workshop	
6:00–9:15	Botulinum Toxin Injections and Nerve Blocks for the Treatment of Headache Disorders Paul Mathew, MD, FAAN, FAHS and Renee Moran, DO <i>Light refreshments provided</i>

Wednesday • June 27

7:00–8:00	Continental Breakfast
Morning Program Moderator: Carol Warfield, MD	
8:00–8:45	NSAIDs & COX-2 Inhibitors Lee Simon, MD
8:45–9:15	Getting High or Getting Better: The Dope on Medical Marijuana Brian McGeeney, MD, MPH, MBA
9:15–10:00	Opioids: The Scientific Truth Lucy Chen, MD
10:00–10:15	<i>Refreshment break (Refreshments provided)</i>
10:15–11:15	Opioids: Rational Prescribing Edward Michna, MD, JD
11:15–12:00	Toxicology Screening for Opioids: Constructive or Confounding Gary Horowitz, MD
12:00–12:30	Pose Your Questions to the Experts Drs. Chen, Horowitz, McGeeney, Michna, Simon and Warfield
12:30–1:45	<i>Break for lunch*</i>
Afternoon Program Moderator: Joshua Wootton, MDiv, PhD	
1:45–2:45	Managing the Difficult Patient Joshua Wootton, MDiv, PhD
2:45–3:30	An Addict or a Patient in Pain? Ronald Kulich, PhD
3:30–3:45	<i>Refreshment break (Refreshments provided)</i>
3:45–4:30	Addiction Psychopharmacology Update Karsten Kueppenbender, MD
4:30–5:15	Opioid Detoxification Kevin Hill, MD, MHS
5:15–5:45	Pose Your Questions to the Experts Drs. Hill, Kulich, Kueppenbender and Wootton
Optional Hands-On Skills Advancement Workshop	
6:00–9:15	Meditation — How to Introduce, Monitor and Assess Meditation as an Intervention for Relief of Chronic Pain Joshua Wootton, MDiv, PhD <i>Light refreshments provided</i>

RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 52.75 credits of Risk Management Study. This includes 46.25 credits of Opioid Education and Pain Management Training, and 6.25 credits of End-of-Life Care Studies. Please check your individual state licensing board requirements before claiming these credits.

NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

Evaluating and Treating Pain

Thursday • June 28

7:00–8:00 Continental Breakfast

Morning Program

Moderator: Thomas Simopoulos, MD, MA

8:00–8:45 **Pathophysiology of Low Back Pain**
Thomas Simopoulos, MD, MA

8:45–9:30 **Imaging of Pain of Spinal Origin**
Jonathan Kleefeld, MD

9:30–10:15 **Rational Approach to Treating Low Back Pain**
Susan Jang, MD

10:15–10:30 *Refreshment break (Refreshments provided)*

10:30–11:15 **Surgical Management of Spinal Pain**
Eric Woodard, MD

11:15–12:00 **Interventional Techniques for Spinal Pain**
Christopher Gilligan, MD, MBA

12:00–12:30 **Pose Your Questions to the Experts**
Drs. Gilligan, Jang, Kleefeld, Simopoulos, and Woodard

12:30–1:45 *Break for lunch**

Afternoon Program

Moderator: Musa Aner, MD

1:45–2:30 **Vertebral Augmentation**
Joshua Hirsch, MD, FACR, FSIR, FSNIS

2:30–3:15 **Overview of Cancer Pain**
Mihir Kamdar, MD

3:15–3:30 *Refreshment break (Refreshments provided)*

3:30–4:20 **Interventional Techniques for Cancer Pain Management**
Musa Aner, MD

4:20–5:15 **Pain Management: A Palliative Care Perspective**
Mihir Kamdar, MD

5:15–5:45 **Pose Your Questions to the Experts**
Drs. Aner, Hirsch, and Kamdar

Optional Hands-On Skills Advancement Workshop

6:00–9:15 **Ultrasound-Guided Procedures in Pain Medicine — Ultrasound Best Practices for Common Nerve Blocks**
Cyrus Yazdi, MD and Jatinder Gill, MD
Light refreshments provided

Friday • June 29

7:00–8:00 Continental Breakfast

Morning Program

Moderator: Joshua Wootton, MDiv, PhD

8:00–8:30 **An Interventionalist's Perspective on Psychology and Outcomes**
Christopher Gilligan, MD, MBA

8:30–9:15 **Cognitive Therapy**
Meghan Searle, PhD, ABPP-CN

9:15–10:15 **Resolving Difficult Encounters with Patients**
Joshua Wootton, MDiv, PhD

10:15–10:30 **Pose Your Questions to the Experts**
Drs. Gilligan, Searle, and Wootton

10:30–10:45 *Refreshment break (Refreshments provided)*

10:45–11:15 **Helping the Mind Heal the Body: Mind/Body Approaches to Pain Medicine**
Michelle Dossett, MD, PhD

11:15–12:15 **The Relaxation Response: Meditation as an Approach to Pain Management**
Gregory Fricchione, MD

12:15–12:30 **Pose Your Questions to the Experts**
Drs. Dossett, Fricchione, and Wootton

12:30–1:45 *Break for lunch**

Afternoon Program

Moderator: Jyotsna Nagda, MD

1:45–2:30 **Medical and Surgical Treatment of Joint Pain**
Arun Ramappa, MD

2:30–2:40 **Q & A with Dr. Ramappa**

2:40–3:25 **Pelvic Pain** Allison Bailey, MD

3:25–3:35 **Q & A with Dr. Bailey**

3:35–3:50 *Refreshment break (Refreshments provided)*

3:50–4:35 **Stem Cell Therapy for Pain**
Dmitry Shvartsman, PhD

4:35–4:45 **Q & A with Dr. Shvartsman**

4:45–5:30 **The Future of Pain Medicine**
Daniel Carr, MD, DABPM, FFPANZCA

5:30–5:45 **Q & A with Dr. Carr**

**There are many convenient and varied lunch options within a short walking distance of the course.*

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit*™ to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits*™ to ECMECs® can be found at: www.eaccme.eu.

DISCLAIMER: CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.



HARVARD MEDICAL SCHOOL

Evaluating and Treating Pain

Current Principles and Best Practices in Pain Medicine

June 25-29

2018

Boston, MA

Results-driven education



Earn up to:

- 52.75 AMA PRA Category 1 Credits™
- 52.75 credits of Risk Management Study
- 6.25 credits of End-of-Life Care Studies
- 46.25 credits of Opioid Education and Pain Management Training

CUSTOMIZE YOUR LEARNING EXPERIENCE

In addition to updates to ensure your knowledge is current with state-of-the-art approaches to pain management, you can customize your learning experience with optional skills advancement workshops: Ultrasound-Guided Procedures, Acupuncture, Meditation, and Botulinum Toxin Injections and Nerve Blocks for Headache Disorders



Beth Israel Deaconess
Medical Center

Register at PainMedicine.HMSCME.com



REGISTRATION INFORMATION

Evaluating and Treating Pain

Course #732424-1802

	Tuition
Physicians	\$1,445
Allied Health Professionals	\$1,245
Residents and Fellows	\$1,045
Optional Hands-On Skills Advancement Workshops	
Monday through Thursday evenings, 6:00 pm – 9:15 pm (<i>light refreshments provided</i>)	
Acupuncture Workshop (Monday evening, June 25)	\$285
Botulinum Toxin and Nerve Blocks for Headache Disorders (Tuesday evening, June 26)	\$285
Meditation Workshop (Wednesday evening, June 27)	\$185
Ultrasound-Guided Procedures in Pain Medicine (Thursday evening, June 28)	\$345

Your tuition includes continental breakfast each day, morning and afternoon refreshment breaks, and complimentary internet in the meeting room.

All attendees of Evaluating and Treating Pain will be provided with an online syllabus. You can purchase a printed copy of the syllabus at the time of online registration for \$50.

REGISTRATION, PAYMENT, CONFIRMATION, and REFUND POLICY

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at PainMedicine.HMSCME.com.

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a United States bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

VENUE

Fairmont Copley Plaza
138 St. James Avenue • Boston, Massachusetts
1-617-267-5300



ACCOMMODATIONS

A limited number of discounted rooms* have been reserved at Fairmont Copley Plaza until May 30, 2018. You can call the hotel reservation line to make a room reservation: 1-800-441-1414. Please specify that you are enrolled in this activity in order to request a reduced room rate. You may also make your discounted reservation online by May 30, 2018 by visiting the course website and clicking on the dedicated reservation link on the Venue page.

**Please note that the discounted rooms may sell out before the deadline.*

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

INQUIRIES

Call 617-384-8600 Mon-Fri 9am – 5pm (ET) or e-mail CEPrograms@hms.harvard.edu