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MEDICAL SCHOOL

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- 49 AMA PRA Category 1 Credits™
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- 42.25 credits of Risk Management Study

*This includes 42.25 credits of Opioid
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Harvard Medical School

Department of Continuing Education
P.O. Box 825
Boston, MA 02117-0825

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Evaluating and Treating Pain

Principles and Practice of Pain Medicine

June 1-5
2015
Cambridge, MA

Results-driven education



This program is among
the highest-rated Harvard
Medical School CME
programs

Under the direction of
Carol A. Warfield, MD
Joshua Wootton,
MDiv, PhD
Christopher Gilligan,
MD, MBA

Register at PainMedicine.HMSCME.com

Evaluating and Treating Pain

Principles and Practice of Pain Medicine

June 1-5
2015
Cambridge, MA

A comprehensive update for the evaluation and treatment of pain



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- Expanded options for treating spinal pain, headaches, fibromyalgia, neuropathic pain, abdominal and pelvic pain
- Clinical and legal guidance for prescribing opioids and medical marijuana
- Techniques to improve examination and evaluation of spinal pain
- Management of difficult patients
- Advances in chiropractic, complementary and alternative approaches to pain medicine
- Risk stratification, screening and addiction psychopharmacology
- Interventional techniques for cancer patients
- Workshops to advance your skills with injection therapies and use of ultrasound

Register at PainManagement.HMSCME.com

Course Overview

Course Description

This course provides education to optimize evaluation and treatment of pain. It provides a comprehensive review of what's state-of-the-art in pain medicine and of recent changes and advances that impact clinical approaches and patient outcomes.

Sessions are led by world-renowned leaders in anesthesiology, neurology, psychiatry and psychology, internal medicine, physical medicine and rehabilitation, orthopedic surgery, interventional radiology and neurosurgery. This is an opportunity to learn how to better diagnose and treat common pain problems and to explore expanded options for the assessment and treatment of chronic pain, acute pain and cancer-related pain. Updates to pharmacologic, behavioral and interventional treatments of pain will also be presented.

Course Directors

Carol A. Warfield, MD has been on the faculty of Harvard Medical School for over 30 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 forthcoming third edition of *Principles and Practice of Pain Medicine* with Dr. Zahid Bajwa and Dr. Joshua Wootton, due for publication by McGraw-Hill in June, 2015. 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 Anaesthesia at Harvard Medical School, and is co-editor, with Dr. Carol Warfield and Dr. Zahid Bajwa, of the forthcoming third edition of *Principles and Practice of Pain Medicine*, due for publication by McGraw-Hill in June, 2015.

Christopher J. Gilligan, MD, MBA serves as the Chief of the Division of Pain Medicine and Co-Director of the Spine Center at Beth Israel Deaconess Medical Center. He is an Assistant Professor of Anesthesia at Harvard Medical School. His original training is in Emergency Medicine and he has subspecialty training in Pain Medicine, where he has focused on pain of spinal origin. Dr. Gilligan's clinical expertise is focused on the treatment of pain related to disorders of the spine. He also treats patients with a wide range of pain conditions, including cancer-related pain, complex regional pain syndrome, and post-herpetic neuralgia. Dr. Gilligan's research focuses on clinical trials of new interventions, devices and medications for the treatment of pain.

HMS Faculty

Beth Israel Deaconess Medical Center

Carol Warfield, MD
Christopher Gilligan, MD, MBA
Joshua Wootton, MDiv, PhD
Anthony Lee, MD
Gary Horowitz, MD
Jatinder Gill, MD
Thomas Simopoulos, MD, MA
Jonathan Kleefeld, MD
Divya Chirumamilla, MD
Musa Aner, MD
Mary Buss, MD
Mark Young, MD
Carolyn Bernstein, MD
Jyotsna Nagda, MD
John Pawlowski, MD, PhD

Brigham and Women's Hospital

Edward Michna, MD, JD
Robert Jamison, PhD
Joseph Audette, MA, MD

Children's Hospital

Alyssa Lebel, MD
Pierre D'Hemecourt, MD
Andrea Straccioli, MD

Massachusetts General Hospital

Brian Wainger, PhD
Adam Carinci, MD
Ronald Kulich, PhD
James Rathmell, MD
Joshua Hirsch, MD, PhD
Mihir Kamdar, MD
Peter Stefanovich, MD
Steven Scrivani, DDS, DMSc
Herbert Benson, MD
Ellen Slawsky, PhD
Paul Mathew, MD, FAHS

New England Baptist Hospital

James Rainville, MD
Eric Woodard, MD

Spaulding Rehabilitative Hospital

Bridget Chin, MA, MD
Allison Bailey, MD

Guest Faculty

Zahid Bajwa, MD

Director, Boston Headache Institute
Director, Clinical Research
Boston PainCare Center, Waltham, MA

Matthew Kowalski, DC

New England Spine Institute, PC, Holbrook, MA

Daniel Carr, MD

Saltonstall Professor of Pain Research
Department of Anesthesia
Tufts University School of Medicine, Boston, MA

Brian McGeeney, MD, MPH

Assistant Professor of Neurology
Boston University School of Medicine
Boston Medical Center, Boston, MA

Lee Simon, MD

Principal, SDG LLC
West Newton, MA

Alan Wartenberg, MD

Assistant Professor of Medicine
Tufts University School of Medicine, Boston, MA
Medical Director, Discovery House Programs



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Dear Colleagues,

Relieving pain is one of the most challenging yet important responsibilities in the practice of medicine. It is also one of the most common dilemmas clinicians in all fields face. In this course, Evaluating and Treating Pain, you will learn how to assess each patient's pain complaint and develop an effective course of action to relieve their suffering.

After viewing the complete agenda, you will see that this course, taught by award-winning experts in the field, discusses all types of pain ranging from spinal pain, fibromyalgia and headache to abdominal and pelvic pain, neuropathic pain and cancer pain. It covers the entire gamut of options in the relief of pain including medications, injection therapies and implantables, acupuncture, chiropractic, meditation and surgery.

The rational use of opioids and marijuana for treating pain has generated a great deal of controversy recently, prompting Massachusetts and several other states to require 3 hours of 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. Our sessions on opioids and discussions with our experts on how to minimize the medicolegal risks of prescribing these medications have been praised by our participants.

This is one of the first and most respected courses on pain management, having started in 1985. Colleagues who have participated in the course over the past 30 years have commented on how the knowledge and skills they have acquired in their week with us have changed their practice.

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

Few courses bring together specialists from so many diverse fields to offer their expertise in the many options and best practices available for state-of-the-art pain treatment.

I look forward to seeing you in Cambridge in June.



Carol A. Warfield, MD

*Lowenstein Distinguished Professor of Anesthesiology,
Harvard Medical School*

Strategies to optimize your evaluation and treatment of:

- Spinal pain
- Fibromyalgia
- Headaches
- Neuropathic pain
- Cancer pain
- Abdominal pain
- Pelvic pain

Who attends

Year after year, this renowned CME course is attended by pain specialists, neurologists, anesthesiologists, dentists, pharmacists, internists, family medicine practitioners, psychologists, psychiatrists, nurses, social workers and physician assistants from across the U.S. and the international community.

Monday June 1, 2015

7:00–8:00	Course Registration & Continental Breakfast
Morning Program Moderator: Carol Warfield, MD	
8:00–8:05	Welcome and Introductory Remarks Carol Warfield, MD
8:05–8:45	The Evolution of Pain Management Carol Warfield, MD
8:45–9:30	Pain and the Brain Brain Wainger, PhD
9:30–10:15	Musculoskeletal Evaluation of the Patient in Pain Joseph Audette, MA, MD
10:15–10:30	<i>Break</i>
10:30–11:15	Neurologic Evaluation of the Patient in Pain Zahid Bajwa, MD
11:15–12:00	Disability Evaluation Anthony Lee, MD
12:00–12:30	Pose Your Questions to the Experts Drs. Audette, Bajwa, Lee, Wainger, Warfield
12:30–1:45	<i>Lunch (on your own)</i>
Afternoon Program Moderator: Christopher Gilligan, MD, MBA	
1:45–2:30	Fibromyalgia and Myofascial Pain Joseph Audette, MA, MD
2:30–3:15	Physical Medicine and Rehabilitative Issues in Pain Medicine James Rainville, MD
3:15–3:30	<i>Break</i>
3:30–4:30	Complementary and Alternative Approaches in Pain Medicine Joseph Audette, MA, MD
4:30–5:00	Chiropractic Treatment of Pain Matthew Kowalski, DC
5:00–5:45	Pose Your Questions to the Experts Drs. Audette, Kowalski, Rainville, and Gilligan

Tuesday June 2, 2015

7:00–8:00	Continental Breakfast
Morning Program Moderator: Carol Warfield, MD	
8:00–8:45	NSAIDS & COX-2 Inhibitors (to include topicals) Lee Simon, MD
8:45–9:15	Ketamine Carol Warfield, MD
9:15–10:00	Getting High or Getting Better: The Dope on Medical Marijuana Brain McGeeney, MD, MPH
10:00–10:15	<i>Break</i>
10:15–11:00	Opioids — The Scientific Truth Adam Carinci, MD
11:00–12:00	Opioid Contracts & Rational Prescribing Edward Michna, MD, JD
12:00–12:30	Pose Your Questions to the Experts Drs. Carinci, McGeeney, Michna, Simon and Warfield
12:30–1:45	<i>Lunch (on your own)</i>
Afternoon Program Moderator: Joshua Wootton, MDiv, PhD	
1:45–2:30	Addiction Psychopharmacology Update Alan Wartenberg, MD
2:30–3:15	Toxicology Screening for Opioids Gary Horowitz, MD
3:15–3:30	<i>Break</i>
3:30–4:30	Risk Stratification with Chronic Opioid Therapy Ronald Kulich, PhD
4:30–5:30	Managing the Difficulty with Difficult Patients Joshua Wootton, MDiv, PhD
5:30–5:45	Pose Your Questions to the Experts Drs. Horowitz, Kulich, Wartenberg and Wootton

Ultrasound Workshop (6:00–9:00 pm)

Jatinder Gill, MD

Lectures, hands-on demonstration and practice for:

- Upper extremity joint injections and blocks
- Lower extremity joint injections and blocks
- Anterior trunk blocks
- Lumbar spine procedures
- Cervical spine procedures

Fee: \$350 (Dinner included. Hosted on site.)

Program changes/substitutions may be made without notice.

Register at PainMedicine.HMSCME.com

Evaluating and Treating Pain

Wednesday June 3, 2015

7:00–8:00	Continental Breakfast
Morning Program Moderator: Christopher Gilligan, MD, MBA	
8:00–8:45	The Lowdown on Low Back Pain Thomas Simopoulos, MD, MA
8:45–9:30	Imaging of Pain of Spinal Origin Jonathan Klee field, MD
9:30–10:15	Rational Approach to Treating Low Back Pain Divya Chirumamilla, MD
10:15–10:30	<i>Break</i>
10:30–11:15	Surgical Management of Spinal Pain Eric Woodard, MD
11:15–12:00	Interventional Techniques for Spinal Pain James Rathmell, MD
12:00–12:30	Pose Your Questions to the Experts Drs. Chirumamilla, Gilligan, Klee field, Rathmell, Simopoulos, and Woodard
12:30–1:45	<i>Lunch</i> (on your own)
Afternoon Program Moderator: Musa Aner, MD	
1:45–2:30	Vertebral Compression Fractures Joshua Hirsch, MD, PhD
2:30–3:15	Interventional Techniques for Cancer Pain Musa Aner, MD
3:15–3:30	<i>Break</i>
3:30–4:15	Overview of Cancer Pain Mihir Kamdar, MD
4:15–5:15	Pain Management — A Palliative Care Perspective Mary Buss, MD
5:15–5:45	Pose Your Questions to the Experts Drs. Aner, Buss, Hirsch, Kamdar

Acupuncture Workshop (6:00–9:00 pm)
Bridget Chin, MA, MD

Lectures, hands-on demonstration and practice with acupuncture. Learn how acupuncture can optimize pain control and enhance patients' physical and psychological well-being; how to incorporate acupuncture as a treatment modality; how to integrate modern medical science and acupuncture diagnostics and therapeutics to improve patient care and patient satisfaction.

Fee: \$295 (*Dinner included. Hosted on site.*)

Thursday June 4, 2015

7:00–8:00	Continental Breakfast
Morning Program Moderator: Joshua Wootton, MDiv, PhD	
8:00–8:45	Psychosocial Assessment of Pain Joshua Wootton, MDiv, PhD
8:45–9:30	The Interventionalist's Perspective on Psychology and Outcomes Christopher Gilligan, MD, MBA
9:30–10:15	Measuring Outcomes in Pain Medicine Robert Jamison, PhD
10:15–10:30	Panel Discussion Drs. Gilligan, Jamison and Wootton
10:30–10:45	<i>Break</i>
10:45–11:15	Helping the Mind Heal the Body: Mind/Body Approaches to Pain Management Ellen Slawsky, PhD
11:15–12:15	Relax! Meditation as an Approach to Pain Management Herbert Benson, MD
12:15–12:30	Pose Your Questions to the Experts Drs. Benson, Gilligan, Slawsky, and Wootton
12:30–1:45	<i>Lunch</i> (on your own)
Afternoon Program Moderator: Christopher Gilligan, MD, MBA	
1:45–2:30	From "Ouch" to "Ah": Managing Acute Pain Mark Young, MD
2:30–3:15	From Pain in the Moment to Momentous Pain James Rathmell, MD
3:15–3:30	<i>Break</i>
3:30–4:30	Pain Beyond Reason: Helping Children Cope with Pain Alyssa Lebel, MD
4:30–5:15	Orofacial Pain Steven Scrivani, DDS, DMSc
5:15–5:45	Pose Your Questions to the Experts Drs. Gilligan, Young, Lebel, Rathmell and Scrivani

Meditation Workshop (6:00–9:00 pm)

Joshua Wootton, MDiv, PhD

Lecture, Q&A, Guided Demonstration

Learn about meditation as a mind/body intervention for pain management, the biological and psychological mechanisms through which meditation relieves chronic pain, and where it is being incorporated into mainstream practice. Learn about the form of meditation known as Relaxation Response and get a template for teaching the technique to your patients. Methods of monitoring and assessing patients' progress will also be provided.

Fee: \$85 (*Dinner included. Hosted on site.*)

Friday June 5, 2015

7:00–8:00	Continental Breakfast
Morning Program Moderator: Zahid Bajwa, MD	
8:00–9:00	Diagnosis and Treatment of Severe Headache (to include Botox) Zahid Bajwa, MD
9:00–9:30	Treatment of Refractory Headache Carolyn Bernstein, MD
9:30–10:15	Post-Herpetic Neuralgia, Post-Herpetic Itch & Trigeminal Neuralgia Paul Mathew, MD, FAHS
10:15–10:30	<i>Break</i>
10:30–11:15	Complex Regional Pain Syndrome Thomas Simopoulos, MD, MA
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, Bernstein, Mathew and Simopoulos
12:30–1:45	<i>Lunch (on your own)</i>
Afternoon Program Moderator: Joshua Wootton, MDiv, PhD	
1:45–2:45	Difficult Encounters with Patients: Interventions That Will (Almost Always) Help Joshua Wootton, MDiv, PhD
2:45–3:30	Abdominal Pain Jyotsna Nagda, MD
3:30–3:45	<i>Break</i>
3:45–4:30	Pelvic Pain Allison Bailey, MD
4:30–5:15	The Future of Pain Medicine Daniel Carr, MD
5:15–5:45	Pose Your Questions to the Experts Drs. Bailey, Carr, Nagda and Wootton
2:00–8:00	Maintenance of Certification in Anesthesiology — (MOCA) John Pawlowski, MD, PhD <i>This MOCA workshop is a separate offering and requires a separate registration. The fee is \$1700. Please contact Ron Mayes (rmayes@bidmc.harvard.edu) for program and payment submission details. This program is limited to six participants.</i>

Learning Objectives

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

- Optimally select patients for pharmacologic treatment of pain with opioids and other medications and titrate the doses appropriately
- Optimally select patients for 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
- Consider mind/body techniques to use in practice to help your patients with chronic or debilitating pain
- Apply current guidelines for the management of pediatric pain

Accreditation

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

The Harvard Medical School designates this live activity for a maximum of **49 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 42.25 credits of Risk Management Study. This includes 42.25 credits of Opioid Education and Pain Management Training, and 3.0 credits of End-of-Life Care Studies. Please check your individual state licensing board requirements before claiming these credits.

- Core course only (no optional evening sessions): **40 AMA PRA Category 1 Credits™**
- Tues/Wed/Thu optional evening sessions alone: **3 AMA PRA Category 1 Credits™** each (9 AMA PRA Category 1 Credits™ total)
- MOCA Course on Friday: **5.75 AMA PRA Category 1 Credits™**



HARVARD MEDICAL SCHOOL

REGISTRATION INFORMATION

Evaluating and Treating Pain 2015

(Course #352424)

	Register after March 31, 2015	Register by March 31, 2015 (Save \$100)
Physicians	\$1295	\$1195
Trainee/Allied Health Professionals	\$995	\$895
Additional Workshops		
Ultrasound Workshop (Tuesday, June 2)		\$350
Acupuncture Workshop (Wednesday, June 3)		\$295
Meditation Workshop (Thursday, June 4)		\$85
Processing (service fee)		\$5

*All fees shown in USD.

TUITION PAYMENT, CONFIRMATION, and REFUND POLICY

Payment via credit card (VISA, MasterCard, or American Express) or check only. Telephone, fax, and cash payment registrations are not accepted. Upon receipt of your paid registration, an email confirmation from the HMS DCE 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 distribution, and certificate delivery.

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 postal mail, email, or fax. 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

Royal Sonesta Boston
40 Edwin H. Land Blvd.
Cambridge, MA 02142
1-617-806-4200

ACCOMMODATIONS and TRAVEL

A limited number of rooms have been reserved at the Royal Sonesta Boston until Friday May 15, 2015. It is important that you specify Harvard Principles & Practice of Pain Medicine Course to take advantage of this discounted group rate. Single Rate: \$279; Double Rate: \$279; Triple Rate: \$304; Quad Rate: \$329.



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 Monday – Friday, 9am – 5pm EST. Send email to HMS-CME@hms.harvard.edu

DISCLOSURE POLICY: Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.