Advances in PAIN MANAGEMENT
A Course for Clinicians

Saturday, April 10, 2010

University of Rochester Medical Center
Rochester, NY

Sponsored by:

Office of Continuing Professional Education
Advances in
PAIN MANAGEMENT
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Activity Description / Needs Statement
Everyone experiences pain at one time or another. Feelings of pain can range from mild to occasional (acute) to severe and constant (chronic). The impact of pain can vary over many areas. 1 in 3 American adults lose more than 20 hours of sleep each month due to pain. Pain costs an estimate $100 billion each year. Only an estimated 1 in 4 of those with pain receive proper treatment.

Over 80 million Americans suffer from chronic pain. As our population ages, the number of chronic pain sufferers grows. Headache and lower back pain are the most common types of pain in the United States. This activity, geared toward primary care providers, will address various types of pain, ranging from acute to chronic. Topics will include headache/migraine, chronic low back pain, peripheral neuropathy, fibromyalgia, cancer pain, and other current issues in pain management.

This program is geared toward primary care physicians, physician assistants, nurse practitioners, and nurses as well as all other allied health care professionals, who on a daily basis confront the challenge of treating myriad pain conditions. The Department of Neurosurgery at the University of Rochester Medical Center has a shared commitment to work with referring and primary care physicians to care for each patient and family.

Activity Objectives
At the conclusion of this activity participants should be able to:

Describe diagnostic and treatment strategies for managing common chronic pain conditions, including headache and migraine, chronic low back pain, peripheral neuropathy and cancer pain.

Review evidence for and recent advances in the prevention and medical treatment of neuropathic pain, acute pain, herpes zoster, and post-herpetic neuralgia, fibromyalgia and chronic pelvic pain.

Identify indications for interventional and surgical therapies for chronic pain conditions such as spine surgery and spinal cord stimulation.

Assess indications and evaluate benefits of non-pharmacologic and interventional therapies.

Accreditation/Certification
The University of Rochester School of Medicine & Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Rochester School of Medicine & Dentistry designates this educational activity for a maximum of 6.75 AMA PRA Category 1 credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.
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SCHEDULE

7:00 am  Registration & Continental Breakfast

7:50 am  Welcome & Introduction
John D. Markman, MD

8:00 am  Optimizing the Benefit and Minimizing the Risk of Opioid Therapy for Chronic Pain
Lynn Webster, MD, FACP, FASAM

8:45 am  Comparative Efficacy Studies of Analgesic Medication
Alec B. O’Connor, MD

9:30 am  Questions & Answers

9:45 am  Diagnosis and Treatment of Chronic Low Back Pain
John D. Markman, MD

10:30 am  Break & Exhibits

10:45 am  An Evidence-Based Review of Fibromyalgia Therapies
Shirley Rast, RN, NP, MS

11:30 am  Questions & Answers

12:00 pm  Luncheon & Exhibits

1:00 pm  Interpreting and Applying Clinical Trial Results in Patients with Chronic Neuropathic Pain
Robert H. Dworkin, PhD

1:45 pm  Questions & Answers

2:00 pm  Intraspinal Therapy for Chronic Pain: A review of the evidence and Expert’s Guide to Clinical Decision Making
Bruce D. Nicholson, MD

2:45 pm  State of the Art Management of Trigeminal Neuralgia
Babak S. Jahromi, MD, PhD, FRCSC

3:30 pm  Questions & Answers

4:00 pm  Adjourn

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

This activity has been submitted to the New York State Nurses Association for approval to award contact hours. The New York State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
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Course Director
JOHN D. MARKMAN, MD,
Director, Neuromedicine Pain Management Center and Translational Pain Research
Associate Professor, Department of Neurosurgery
University of Rochester

Dr. Markman directs the Translational Pain Research Program in the Department of Neurosurgery and is an Associate Professor at the University of Rochester School of Medicine and Dentistry. Dr. Markman leads the Department of Neurosurgery’s Neuromedicine Pain Management Center, a multi-specialty pain practice with a focus on patients with chronic pain associated with nerve injury. His practice and center offerings include the gamut of medical, interventional, and behavioral therapies for chronic pain. His clinical research on chronic pain and low back pain have recently appeared in Journal of Pain, Pain, Rheumatology, Neurology, Anesthesiology Clinics of North America, Medical Clinics of North America, and Geriatric Clinics of North America in addition to numerous book chapters and non peer-reviewed publications.

Dr. Markman is Chairman-elect of the Pain and Palliative Care Section of the American Academy of Neurology, the guest editor of its upcoming Continuum Edition on Neuropathic Pain, a reviewer and editorial board member of several peer-reviewed journals, and an examiner for the American Board of Psychiatry and Neurology. He also serves as a special government employee of the Food and Drug Administration (FDA) and has served on agency Advisory Committees. He lectures internationally and nationally on lumbar stenosis, chronic low back pain, opioid therapy, and neuropathic pain. Dr. Markman is board certified in Neurology and has received subspecialty certification in Pain Management.

Dr. Markman trained in Neurology at The Massachusetts General Hospital and The Brigham and Women’s Hospital. His training in Pain Management was completed in the Department of Anesthesiology at Harvard’s Beth Israel Deaconess Medical Center. He completed his medical degree at the University of Rochester School of Medicine & Dentistry where he was awarded the Rudolph Angell Prize, the Robert J. Joynt Prize for Excellence in Clinical Neurology, and a member of AOA.

Planning Committee
SHIRLEY RAST, MS, FNP-BC
Neuromedicine Pain Treatment Center, University of Rochester Medical Center

LESLEY JOHNSON, FNP
Neuromedicine Pain Treatment Center, University of Rochester Medical Center

Guest Speaker
LYNN R. WEBSTER, MD, FACP, FASAM
Dr. Webster is the Medical Director at Lifetree Clinical Research® & Pain Clinic in Salt Lake City, Utah and Director-At-Large for the American Academy of Pain Medicine. He is board certified in anesthesiology and pain medicine and also certified in addiction medicine. Dr. Webster is co-founder and medical director of Lifetree Clinical Research. His research interests are diverse. He has been keenly interested in developing safer and more effective therapies for chronic pain and addiction. He is co-founder of the non-profit LifeSource, through which the “Zero Unintentional Deaths” campaign was developed to reduce overdose deaths from opioids. Dr. Webster earned his doctorate of medicine from the University of Nebraska Medical Center and completed his residency in the University of Utah Medical Center’s department of anesthesiaology. He lectures extensively on the subject of preventing opioid abuse and criminal diversion in chronic pain patients, and he has authored over 100 scientific abstracts, journal articles and the recently published book entitled Avoiding Opioid Abuse While Managing Pain: A Guide for Practitioners.
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Guest Speaker
BRUCE D. NICHOLSON, MD
Dr. Nicholson is the Director of the Division of Pain Medicine at Lehigh Valley Health Network in Allentown, PA. He also is a Clinical Associate Professor of the Department of Anesthesia at the Penn State School of Medicine in Hershey, PA. He also serves as the president of Pain Specialists of Greater Lehigh Valley. Dr. Nicholson has presented for over 300 invited lectures and presentations on the symptoms/signs and treatment of neuropathic pain. He has specialty certifications with the American Board of Anesthesiology, Added Qualification in Pain Management, and ACLS, American Heart Association. He is a member of the American Society of Regional Anesthesia, International Association for Study of Pain, American Pain Society.

URMC Faculty
ROBERT H. DWORKIN, PhD
Dr. Dworkin received his B.A. in 1971 from the University of Pennsylvania and his PhD in 1977 from Harvard University. He is currently Professor of Anesthesiology, Neurology, Oncology, and Psychiatry and Director of the Anesthesiology Clinical Research Center at the University of Rochester School of Medicine and Dentistry. A primary goal of Dr. Dworkin’s research has been the identification of risk factors for the development of chronic pain. As Director of the Anesthesiology Clinical Research Center, he has served as principal investigator for a large number of clinical trials of analgesic treatments. These studies have examined treatments for various chronic pain conditions—including neuropathic pain, low back pain, cancer pain, fibromyalgia, and osteoarthritis—as well as treatments for acute pain in herpes zoster and following different surgical procedures.

BABAK S. JAHROMI, MD, PhD, FRCSC
Dr. Jahromi is an Assistant Professor of Neurosurgery, Imaging Science, Cerebrovascular, Stroke and Endovascular Program. Dr. Jahromi finished medical school and neurosurgical residency at the University of Toronto. During residency he studied cellular and molecular changes occurring in brain blood vessels after subarachnoid hemorrhage, leading to a PhD from the University of Chicago. He has completed fellowships in neuroendovascular surgery at the Universities of Miami and Buffalo, focusing upon minimally invasive treatment of cerebrovascular diseases. Currently at the University of Rochester, he focuses upon endovascular and microvascular neurosurgery in treating aneurysms, AVM, stroke, and trigeminal neuralgia. His research interests include vascular smooth muscle, cerebral vasospasm, and endovascular therapy for cerebrovascular diseases including acute stroke; with over 90 papers, abstracts and book chapters published to date.

ALEC B. O’CONNOR, MD, MPH
Dr. O’Connor is an Associate Professor of Medicine at the University of Rochester School of Medicine and Dentistry. One of his roles is a practicing, teaching hospitalist (internist who specializes in hospitalized patients). He has also served as a past Chair of the Pharmacy and Therapeutics Committee and of the Pain Management Committee. Dr. O’Connor is also the Associate Program Director of the Internal Medicine Residency, and is interested in research involving education, quality improvement, cost-effectiveness in pain management.

SHIRLEY RAST, MS, FNP-BC
Shirley Rast is a full-time Nurse Practitioner with the Neuromedicine Pain Management Center and Translational Pain Research Program where she provides comprehensive care for patients with chronic pain. She uses special and complex experience in medical management of chronic pain. She coordinate’s patient care with referring and primary care providers. Shirley holds a Bachelors Degree in Nursing from Seton Hall University and a Master’s Degree in Nursing from St. John Fisher College. She is licensed as a Nurse Practitioner in the states of New York and is board certified by the American Nursing Credentialing Service.
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Location
This conference will take place at the University of Rochester School of Medicine & Dentistry located at 601 Elmwood Avenue, Rochester, NY 14642. Driving directions and parking instructions will be sent prior to the conference.

Registration
1. Register online at: www.urmc.rochester.edu/cpe
   Accepts Visa, MasterCard, Discover, Check, University 312 Requisition, Voucher, or NCH Coupon. If you choose this method of registration, you DO NOT need to mail in the attached registration form.
   or
2. Mail registration form with payment.
   We can no longer accept credit card numbers via phone, fax, mail, or e-mail.
   Make checks payable to: Continuing Professional Education
   Mail to:
   University of Rochester
   Office of Continuing Professional Education
   601 Elmwood Ave., Box 677
   Rochester, NY 14642-8677

U of R Voucher Award Program
The CME Voucher Award Program has been developed to recognize the efforts of the Medical School’s community-based preceptors, to encourage their continued involvement and to acknowledge the importance of their contributions. Vouchers can be redeemed ONLY for activities certified through the University of Rochester Office Of Continuing Professional Education. Instructions for use are on the Vouchers. A limited number of ‘Voucher’ registrations will be available for any given activity. Vouchers are redeemed on a first come-first served basis. If you are interested in becoming a preceptor, please contact the Ambulatory Clerkship Office at (585) 273-1615.

U of R Nursing Contact Hour (NCH) Coupon Award Program
This Program has been developed to recognize the efforts of the School of Nursing’s preceptors, to encourage their continued involvement and to acknowledge the importance of their contributions. Coupons can be redeemed for activities registering through the University of Rochester Office of Continuing Professional Education, the School of Nursing, and the Center for Lifelong Learning at the Community Nursing Center at the School of Nursing. Instructions for use are on the Coupons.

Accommodations
Attendees requiring overnight accommodations should call the Brighton Courtyard by Marriott at 866.237.5979 by March 19, 2010. When making reservations, please indicate that you will be attending the UR Pain Management conference.

Additional Information/ADA Services:
For more information or to make accommodations for learners with disabilities, contact the Office of Continuing Professional Education (CPE) at (585) 275-4392 or CMEOffice@urmc.rochester.edu. The office website is www.urmc.rochester.edu/cpe. Office hours are Monday - Friday, 8:00 am to 4:30 pm Please call at least 30 days in advance of the conference for ADA accommodations.
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Registration Form  
Please Print Clearly

Name ____________________________

Credentials ____________________________

Birth month & day (ex. June 21 = 06/21) ___  ___ / ___  ___ (for record-keeping only)

M M D D

Address ____________________________

Suite/Box # ____________________________

City/State/Zip ____________________________

[ ] Work   [ ] Home   [ ] Please check if new name/address

Institution/Affiliation ____________________________

Primary Area of Practice ____________________________

Preferred Phone Number ____________________________

Fax ____________________________

Email (required) ____________________________

Fees

On/Before  March 26, 2010  After

$75  Practicing Physicians  $95

$60  Other Healthcare Professionals  $80

$30  Resident  $50

Fee includes attendance at all course sessions, course materials, continental breakfast, luncheon, and beverage breaks.

Method of Payment (select one; online registration preferred)

1. Register online at: www.urmc.rochester.edu/cpe
   Accepts Visa, MasterCard, Discover, Check, University 312 Requisition, Voucher, or NCH Coupon. If you choose this method of registration, you DO NOT need to mail in the attached registration form.

OR

2. Mail registration form with payment.
   We can no longer accept credit card numbers via phone, fax, mail, or e-mail.
   Make checks payable to: Continuing Professional Education
   Mail to:
   University of Rochester
   Office of Continuing Professional Education
   601 Elmwood Ave., Box 677
   Rochester, NY 14642-8677

Copies of this form are acceptable. Please do not reduce the size of this form.