



Featuring  
2017  
Opioid  
Updates

# Best Practices in Pain Management

**Primary Care and Specialty Collaboration**

September 16-17, 2017

Williamsburg Lodge, Autograph Collection by Marriott  
310 South England Street | Williamsburg, VA  
*In the Colonial Williamsburg Historic Area*

Presented by VCU Health Departments of Anesthesiology and Physical Medicine and Rehabilitation, VCU Health Neuroscience, Orthopaedic and Wellness Center and VCU Health Continuing Medical Education  
Richmond, Virginia



**VCU**Health™

# Schedule September 16-17, 2017

## Saturday, September 16, 2017

A.M.

- 7:00 **Registration and Exhibits Open**  
**Continental Breakfast**
- 7:55 **Welcoming Remarks**  
Marc Huntoon, MD
- 8:00 **Opioids: What Every Doctor Should Know**  
Tracy Jackson, MD
- 8:30 **The Opioid Epidemic: Virginia Perspective**  
Katherine Neuhausen, MD, MPH
- 9:00 **The Interplay of Anxiety, Depression, Substance Abuse and Pain**  
W. Michael Hooten, MD
- 9:30 **Question and Answer Session**
- 9:50 **Break with Exhibits**
- 10:15 **Latent Opioid Withdrawal: Neurophysiological Underpinnings**  
W. Michael Hooten, MD
- 10:45 **Update on Adjuvant Medications: Expert use of Muscle Relaxants, NSAIDs and Neuromodulation**  
Bradley Stovall, DO
- 11:15 **Opioid Hyperalgesia**  
Marc Huntoon, MD
- 11:45 **Question and Answer Session**
- P.M.
- 12:05 **Exhibits Open**
- 12:20 **Lunch with Talk** TBD  
Not for credit
- 1:30 **Novel Uses of Neuromodulation I: Peripheral Nerve Stimulation and Dorsal Root Ganglion Stimulation**  
Marc Huntoon, MD
- 2:00 **Neuromodulation: Burst, High Frequency and Conventional Patients and Outcomes**  
Andrew Chapman, MD
- 2:30 **Question and Answer Session**

- 2:40 **Break with Exhibits**
- 3:10 **WORKSHOP SESSION** - Choose One Session
- Workshop 1**  
**Physical Exam of the Pain Patient: A Workshop for Specialists and Primary Care**  
Elizabeth Huntoon, MD
- Workshop 2**  
**Imaging Review for the Pain and Non-Pain Specialist**  
Josephina Vossen, MD, PhD
- 4:30 **Adjourn**

## Sunday, September 17, 2017

A.M.

- 7:00 **Registration and Exhibits Open**  
**Continental Breakfast**
- 7:55 **Welcoming Remarks**  
Marc Huntoon, MD
- 8:00 **Functional Restoration Part A: Use of Acupuncture and Tai Chi, A Mechanistic Understanding of Science and Outcomes**  
Elizabeth Huntoon, MD
- 8:30 **Pain Psychology 101**  
Mary Wells, PhD
- 9:00 **Functional Restoration Part B: Yoga, Mindfulness and Exercise – How to Incorporate into Practice**  
Tracy Jackson, MD
- 9:30 **Question and Answer Session**
- 9:45 **Break with Exhibits**
- 10:15 **Headache: State of the Art**  
Catherine Ham, MD
- 10:45 **Mock Trial Case with Panel Experts**  
**Case: Overprescribing of Opioids**  
Les Bowers, JD – Plaintiffs Attorney  
Marc Huntoon, MD – Judge  
Tracy Jackson, MD – Defendant Physician  
Mary Wells, PhD – Psychological Expert Witness
- 11:45 **Question and Answer Session**
- 12:00 **Conference Adjourns**

## Target Audience

The symposium is for primary care physicians, pain specialists, psychiatrists, anesthesiologists, neurologists, surgeons, orthopedists, internists, nurse practitioners, nurses, physician assistants, physical therapists and other healthcare professionals who are engaged in treating chronic pain.

## Virginia Board of Medicine Info Regarding Prescription Authority

The 2016 General Assembly passed law that requires the Board of Medicine to identify prescribers that should complete 2 hours of continuing education each biennium on topics related to pain management, the responsible prescribing of controlled substances, and the diagnosis and management of addiction. The Board decided that for the first biennium, it would require all licensees of the Board of Medicine with prescriptive authority to obtain the 2 hours of continuing education. The hours are to be Type 1.

## Course Objectives

At the conclusion of this activity, participants should be better able to:

- Summarize the intersection of depression, anxiety and opioid use in the process of pain chronification.
- Describe the difference between opioid tolerance, dependence, and addiction.
- Outline therapeutic strategies to treat opioid withdrawal, appropriately taper opioids in a responsible fashion and choose adjuvant analgesic agents.
- List new neuromodulation therapies, describe novel waveforms/technologies and identify potential patient diagnoses to take advantage of these newer therapies.
- Outline first, second and third line non-opioid analgesic medications and potential interactions in chronic disease states.
- Appreciate the role of non-pharmacological pain therapies such as acupuncture, mindfulness and Tai Chi and know the underlying mechanisms of effect and appropriate timing of these modalities.

- Describe better physical diagnostic skills and discuss the role of imaging in care of the chronic pain patient.
- Develop an understanding of a risk-averse practice and the ramifications of appropriate prescribing practices.

## Disclosure Statement

In compliance with the ACCME Standards, all planner and presenter relationships with commercial supporters have been resolved according to VCU's Policy on Conflict of Interest. All presenting faculty affirm that they will employ the best available evidence from all sources to support any clinical recommendations made in their presentations. If learners detect any commercial bias in any presentation, they should document their observations in the activity evaluation.

## Faculty

### **Les Bowers, JD**

Partner  
Gentry Locke Attorneys  
Roanoke, VA

### **Andrew Chapman, MD**

Assistant Professor of  
Anesthesiology  
VCU Health  
Richmond, VA

### **Catherine Ham, MD**

Assistant Clinical Professor  
of Neurology  
Director, VCU Health  
Headache Clinic  
Neuroscience, Orthopaedic  
and Wellness Center  
Richmond, VA

### **W. Michael Hooten, MD**

Professor of Anesthesiology  
Mayo Clinic College of Medicine  
Rochester, MN

### **Elizabeth Huntoon, MD**

Conference Co-Chair  
Associate Professor of  
Physical Medicine & Rehabilitation  
VCU Health  
Richmond, VA

### **Marc Huntoon, MD**

Conference Chair  
Professor of Anesthesiology  
Director, VCU Health Pain  
Management  
Neuroscience, Orthopaedic  
and Wellness Center  
Richmond, VA

### **Tracy Jackson, MD**

Associate Professor of  
Anesthesiology  
Division of Pain Medicine  
Vanderbilt University Medical Center  
Nashville, TN

**Katherine Neuhausen, MD, MPH**

Chief Medical Officer  
VA Department of Medical  
Assistance Services  
Richmond, VA

**Bradley Stovall, DO**

Conference Co-Chair  
Assistant Professor of  
Physical Medicine & Rehabilitation  
VCU Health  
Richmond, VA

**Josephina Vossen, MD, PhD**

Assistant Professor of Radiology  
Musculoskeletal Imaging &  
Intervention  
VCU Health  
Richmond, VA

**Mary Wells, PhD**

Director, Medical Psychology  
Department  
Sheltering Arms Physical  
Rehabilitation Center Associates,  
LLC  
Richmond, VA

## Accreditation and Educational Credit

### Physicians

University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UHS-PEP designates this live activity for a maximum of 9.5 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, Best Practices in Pain Management: Primary Care and Specialty Collaboration, with a beginning date of 09/16/2017, has been reviewed and is acceptable for up to 9.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. CME activities approved for AAFP credit are recognized by the AOA as equivalent to AOA Category 2 credit.

## Nurses

ANCC and the Virginia Board of Nursing accept **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME for your CNE contact hour requirements.

## Physician Assistants

AAPA accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME or a recognized state medical society.

This continuing education activity meets the criteria of Virginia Commonwealth University and the Southern Association of Colleges and Schools. 0.9 CEUs will be awarded and recorded with the University.

## Learning Materials

An email will be sent to registered participants **3 days prior** to the symposium with instructions on how to download course learning materials at no cost. No hard copies of materials will be provided onsite. It is recommended that files be downloaded and saved on devices or printed in advance of arrival. Be sure to fully charge any devices in advance as access to electrical outlets is not guaranteed.

## Conference Location – The Williamsburg Lodge



Located in the heart of Williamsburg, the Williamsburg Lodge puts southern hospitality, comfort and relaxation in the forefront. Decorative elements of classic American style give character and charm to this unique hotel, and

signature southern hospitality from the staff is a hallmark of every guest's experience. Room décor is inspired by the collections of the Abby Aldrich Rockefeller Folk Art Museum, the first in the country dedicated to the works of self-taught artists. Soft bedspreads bear the design of 18th century coverlets, and hand-painted lamps and throw pillows give each guest room a touch of southern comfort. World-class dining options are available, with the lodge featuring two restaurants serving classic American cuisine with a contemporary southern and Chesapeake flair. The lodge is also located near the Spa of Colonial Williamsburg and the award-winning Robert Trent Jones Sr. – and Rees Jones–designed Golden Horseshoe golf courses. Complimentary WiFi and high-speed internet access is available throughout the Williamsburg Lodge and conference center. Self-parking is complimentary for all



attendees, valet is available for a fee. Hotel guests have complimentary access to the fitness center and pools at the Spa of Colonial Williamsburg; complimentary access to the Historic Area Shuttle during operating hours. Come and enjoy the Williamsburg Lodge, Autograph Collection at 310 South England Street in Williamsburg, Virginia.

**Airports** - The two closest airports are Richmond International Airport (RIC) in Richmond, VA, and Newport News/Williamsburg International Airport (PHF) in Newport News, VA.

## Hotel Reservations

A block of rooms is being held at the Williamsburg Lodge in Colonial Williamsburg. **The cutoff date for reservations is Monday, August 14, 2017.** Any room not reserved by this time will be available on a space available basis and may not be available at the conference rate. **The conference room rate is \$215.00 for single or double occupancy plus 11% tax and \$2.00 per room night Occupancy Tax.** This special rate is good for three nights before and after the dates of the conference if rooms are available.



To reserve your room call the hotel directly at **800-261-9530** between the hours of 8:30 a.m. and 5:00 p.m. EST Monday through Friday. **You must mention the group name Best Practices in Pain Management when making your reservation.** All lodging reservations must be accompanied by one night's deposit for room and tax. Reservations must be guaranteed with a credit card number or by a first night's deposit. Check-in time is 4:00 p.m. and check-out time is 11:00 a.m.

Cancellation of hotel lodging. Individual deposits are refundable, provided notice of cancellation is received by the Hotel by 5:00 p.m. EST at least three (3) business days prior to your reserved date of arrival. **Book your group rate on line for Best Practices in Pain Management at <http://cwp.marriott.com/phfak/vcuhealth>**

## **Historic Area / Museum Tickets / Spa**

As a conference hotel guest staying at the Lodge, you can receive a **length of stay** ticket that gives you access to the Historic area of Colonial Williamsburg and its Museums for only **\$20.00** per adult, which is a considerable savings. Children with the group, between the ages of 6 and 12, can receive a length of stay ticket for \$10.00, and children under five (5) receive free admission.

\*To purchase discounted tickets, go to the ticket office located for your convenience in the Lodge after you check in. You will need to present your rooming cards which you will receive upon check-in to purchase your tickets.

Spa services and reservations are made by calling the Spa directly at **757-220-7720** or **1-800-688-6479**. It is recommended that you make reservations in advance. The Spa is located right across from the Williamsburg Lodge. As a guest of the Lodge, you have complimentary access to the pools and fitness center located within the Spa.

## **Colonial Williamsburg Information**

Call (757) 253-2277 or 1-800-HISTORY (1-800-447-8679)

Go online for your Colonial Williamsburg Vacation Planner at **[history.org](http://history.org)**

## Questions and Information

VCU Health Continuing Medical Education  
PO Box 980048 | Richmond, VA 23298-0048  
Telephone: (804) 828-3640 or (800) 413-2872  
Email for more information: [cmeinfo@vcuhealth.org](mailto:cmeinfo@vcuhealth.org)

*VCU is an equal opportunity/affirmative action employer.*

*If special accommodations are needed, please contact us at (804) 828-3640.*

## ON-LINE REGISTRATION ONLY

Register at [cme.vcuhealth.org](http://cme.vcuhealth.org) (Supported best by using Google Chrome)

## Cancellation Policy

Registration fee, less a \$60.00 non-refundable administrative fee, will be refunded only if written notice of cancellation is received via email to [cmeinfo@vcuhealth.org](mailto:cmeinfo@vcuhealth.org) **on or before August 16, 2017**. There will be no refunds after August 16, 2017.

# Best Practices in Pain Management

## Primary Care and Specialty Collaboration

### September 16-17, 2017

Williamsburg Lodge, Autograph Collection Hotel in Williamsburg, VA

\*Register online at [cme.vcuhealth.org](http://cme.vcuhealth.org) (viewed best using Google Chrome)

Please PRINT information legibly as you would like it to appear on your name badge.

First name \_\_\_\_\_ Last name \_\_\_\_\_

Firm \_\_\_\_\_

Degree/Specialty/Certification \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (home or cell) \_\_\_\_\_

#### Email (required)

#### REGISTRATION FEE - REGISTRATION IS NON-REFUNDABLE AFTER AUGUST 16, 2017

- |   |       |          |
|---|-------|----------|
| <input type="checkbox"/> Industry Professionals                                 | \$400 | \$ _____ |
| <input type="checkbox"/> Physician  | \$375 | \$ _____ |
| <input type="checkbox"/> Non-Physician, NP, RN, PA                              | \$275 | \$ _____ |
| <input type="checkbox"/> VCU NP, RN, PA   | \$200 | \$ _____ |
| <input type="checkbox"/> Residents/Fellows                                      | \$150 | \$ _____ |
| <input type="checkbox"/> Residents/Fellows<br>VCUHS & McGuire VA Medical Center | \$50  | \$ _____ |

TOTAL \$ \_\_\_\_\_

Workshop Session (Choose One): Workshop #1 \_\_\_\_\_ Workshop #2 \_\_\_\_\_

**Free Download Instructions to obtain Syllabus will be sent via email 3 days prior to meeting.**

**REGISTRATION ON-LINE PREFERRED or make checks payable to UHS-PEP and mail registration form and check to:**

UHS-PEP, Inc, I P.O. Box 980048 | Richmond, VA 23298-0048

#### CREDIT CARD INFORMATION

Visa  Mastercard  Discover  Amex

Credit card # \_\_\_\_\_ Expiration date \_\_\_\_\_ Security code \_\_\_\_\_

Billing address for credit card \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



in conjunction with

**University Health Services Professional Education Programs**

VCU Health Continuing Medical Education

P.O. Box 980048

Richmond, Virginia 23298-0048

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Collaboration**

September 16-17, 2017  
Williamsburg, VA

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