



# MIDWEST PAIN SOCIETY

A REGIONAL AFFILIATE OF THE AMERICAN PAIN SOCIETY

OCTOBER 27–28, 2017

Northwestern Memorial Hospital  
251 E. Huron Street  
Feinberg Pavilion - 3rd Floor  
Chicago, Illinois



## WHO SHOULD ATTEND?

Any health care professional involved in assessment, treatment, and/or research in the area of pain, including those working in alternative/complementary disciplines. Primary care professionals are strongly encouraged to attend, with pain being one of the most common reasons patients seek medical attention.

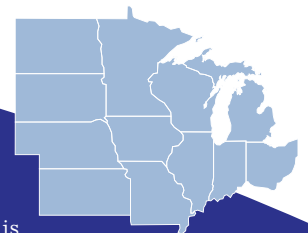
## PROGRAM HIGHLIGHTS

- The latest information on today's most important pain care topics
- Sessions for both clinicians and researchers
- Interdisciplinary faculty and panel discussions
- Opportunities for networking and collaboration

**41<sup>st</sup>**  
*Scientific Meeting*

## SERVING YOU AND OUR REGION

The Midwest Pain Society's purpose is to further the goals and mission of the American Pain Society in the Midwestern States, including Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. MPS is devoted to advancing pain-related research, education, treatment, and professional practice. Physicians, psychologists, nurses, pharmacists, social workers, and any other health professionals interested in pain care are welcome.



**OBJECTIVES**

- Describe how physicians, psychologists, and physical therapists can collaborate to identify appropriate patients for interdisciplinary care
- List how a patient's primary care physician can guide them to be more engaged in rehabilitative exercise
- Explain how patients treated by an interdisciplinary team can have more success with their exercise regimen for pain

**FACULTY**

**Mark Burish, MD, PhD**, *Assistant Professor*, The Vivian L. Smith Department of Neurosurgery, *Director*, Will Erwin Headache Research Center, UT Health Science Center at Houston

**Timothy Furnish, MD**, *Associate Clinical Professor of Anesthesiology*, Center for Pain Medicine, *Pain Fellowship Program Director*, UC San Diego Medical Center

**Wesley Gilliam, PhD, LP**, *Clinical Director*, Mayo Clinic Adult Pain Rehabilitation Center, *Assistant Professor*, Mayo School of Medicine, Rochester, MN

**Keela Herr, PhD, RN, AGSF, FGSA, FAAN**, *Professor & Associate Dean For Faculty*, The University Of Iowa College Of Nursing, Iowa City, IA

**J. Bruce Hillenberg, PhD, ABPP**, *SPC Chairperson, Chief*, *Pain Management Services*, Beaumont Health, Royal Oak, MI

**Sandra Jean Hilton, PT, DPT, MS**, University of Illinois, Chicago, IL

**Emily G. Lattie, PhD**, Center for Behavioral Intervention Technologies, Department of Preventive Medicine, Northwestern University, Chicago, IL

**Elie Mulhem, MD**, *Associate Professor and Vice Chair*, Department of Family Medicine and Community Health, Beaumont Health and OUWB Medical School, Sterling Heights, MI

**Anthony Nader, MD**, *Professor*, Department of Anesthesiology and Orthopaedics, Northwestern University Feinberg School of Medicine, Chicago, IL

**Ramana Naidu, MD**, *Assistant Professor of Anesthesiology & Pain Medicine* at the University of California - San Francisco, *Director of Acute Pain Services* for Mission Bay and Moffitt-Long Hospitals, San Francisco, CA

**Jason L. Silvernail, DPT, DSc, OCS, CSCS, FAAOMPT**, *Lieutenant Colonel, US Army Medical Special Corps., Assistant Chief of Staff*, Walter Reed National Military Medical Center, Bethesda, MD

**Kathleen Sluka, PT, PhD, FAPTA**, *Professor*, Department of Physical Therapy & Rehabilitation Science, University of Iowa, Iowa City, IA

**Jeannie A. Sperry, PhD, ABPP**, *Senior Associate Consultant and Clinical Health Psychologist*, Department of Psychiatry and Psychology Mayo Clinic, Rochester, MN

**SCIENTIFIC PROGRAM COMMITTEE**

**Magdalena Anitescu, MD, PhD**, *Associate Professor, Director*, Pain Medicine Fellowship Program, *Chief*, Section of Pain Management, Department of Anesthesia and Critical Care, University of Chicago Medical Center, Chicago, IL

**Nicole Bettin, PT, DPT, WCC**, *Director of Clinical Education and Assistant Clinical Professor*, Northern Illinois University, Department of Physical Therapy, DeKalb, IL

**David M. Dickerson, MD**, *SPC Co-Chair, Assistant Professor*, Department of Anesthesia & Critical Care, *Director of Acute Pain Service*, University of Chicago, Chicago, IL

**McKenzie C. Ferguson, PharmD, BCPS**, *Associate Professor, Pharmacy Practice, Director*, Drug Information & Wellness Center, School of Pharmacy, Southern Illinois University Edwardsville, Edwardsville, IL

**Wesley Gilliam, PhD, LP**, *Clinical Director*, Mayo Clinic Adult Pain Rehabilitation Center, *Assistant Professor*, Mayo School of Medicine, Rochester, MN

**Christopher Herndon, PharmD, FASHP**, *Professor*, School of Pharmacy, Southern Illinois University Edwardsville, Edwardsville, IL

**J. Bruce Hillenberg, PhD, ABPP**, *SPC Chairperson, Chief*, *Pain Management Services*, Beaumont Health, Royal Oak, MI

**Zahra Khudeira, PharmD, MA, BCPS, CPPS**, *Medication Safety Officer*, Inpatient Pharmacy Department, Sinai Health System, Chicago, IL

**Mary Lyons, MSN, APN, RN-BC, ONC**, *Clinical Nurse Specialist Inpatient Pain Management*, Northwestern Medicine Central DuPage Hospital, Winfield, IL

**Elie Mulhem, MD**, *Associate Professor and Vice Chair*, Department of Family Medicine and Community Health, Beaumont Health and OUWB Medical School, Sterling Heights, MI

**Marilyn Oertley, MSW, LCSW, ACSW, BCD**, *Director*, Central Illinois Pain Center, OSF Saint Francis Medical Center, Peoria, IL (Retired)

**Anna Ratka, PhD, PharmD, CPE**, *Professor and Interim Associate Dean of Pharmacy Academic Affairs*, College of Pharmacy, Chicago State University, Chicago, IL

**Joan Sacksteder, PT, OCS**, *Chronic Pain Specialist*, Beaumont Health, Troy, MI

**Karen Sikorski, RN, MS, APN/CNS**, *Clinical Nurse Specialist*, Pain, OSF Saint Anthony Medical Center, Rockford, IL (Retired)

**Barbara St. Marie, PhD, ANP, GNP**, *Assistant Professor*, College of Nursing, University of Iowa, Iowa City, IA

**David Walega, MD**, *President*, Midwest Pain Society, *Associate Professor of Anesthesiology*, Chief Division of Pain Medicine, Northwestern University Feinberg School of Medicine, Chicago, IL

## Friday, October 27, 2017

7:30 a.m. Breakfast/Registration/Poster and Exhibit Set-Up

8:00 a.m. Welcome  
David Walega, MD  
President, Midwest Pain Society

### Session 1 CME/CE= 3.0 Innovations in Pain Care

Moderator: David Dickerson, MD

#### Topic 1: Medical Management of Pain

8:15 a.m. Timothy Furnish, MD  
*Advances in Medical Marijuana for Pain*

9:00 a.m. Ramana Naidu, MD  
*Next Generation Neuromodulation:  
Paresthesia-free Spinal Cord Stimulation  
and Targeting of the Dorsal Root Ganglion*

9:45 a.m. Anthony Nader, MD  
*Managing Facial Pain*

#### 10:30 a.m. BREAK/Exhibitors/Posters/Networking

11:15 a.m. Mark Burish, MD, PhD  
*Novel Approaches to Headache Care*

#### 12:00 p.m. Networking Lunch

### Session 2 CME/CE = 3.25 Let's Get Moving

Moderator: Joanie Sacksteder, PT, OCS

#### Topic 2: Psychologically Informed Physical Therapy

1:00 p.m. **E. Richard Blonsky Memorial Talk**  
Kathleen Sluka, PT, PhD  
*Exercise: Does it Hurt or Help?*

2:00 p.m. Sandra Hilton, PT, DPT, MS  
*The Practical Application of Pain Science in the Clinic*

#### 2:45 p.m. BREAK/Exhibitors/Posters/Networking

3:30 p.m. Jason Silvernail, PT, DPT  
*Pain Education: Flipping the Curriculum*

4:15 **Panel Discussion**  
*An Interdisciplinary View of Rehabilitative Exercise for Pain*  
Kathleen Sluka, PT, PhD  
Sandra Hilton, PT, DPT, MS  
Jason Silvernail, DPT  
Elie Mulhem, MD  
Wesley Gilliam, PhD

5:00–

6:00 p.m. **Networking/Social Hour**  
**Refreshments Served**

## Saturday, October 28, 2017

8:00 a.m. Registration/MPS Business Meeting/Awards

### Session 3 CME/CE = 3.25 Evidence-Based Treatment Planning

Moderator: Elie Mulhem, MD

8:30 a.m. **Debra Gordon Honorary Lecture**  
Keela Herr, PhD, RN  
*Quality Pain Care for Older Adults:  
Current Status and Future Directions*

#### Topic 3: U.S. National Pain Strategy

9:30 a.m. J. Bruce Hillenberg, PhD, ABPP  
Elie Mulhem, MD  
*The Chronic Pain Medical Neighborhood:  
Integrating Primary and Specialty Care*

#### 10:15 a.m. BREAK

10:30 a.m. Wesley Gilliam, PhD  
Jeannie Sperry, PhD, ABPP  
*Examining the Effectiveness of  
Interdisciplinary Pain Rehabilitation  
Across the Age Spectrum*

11:15 a.m. Emily G. Lattie, PhD  
*There is an App for That: Innovative  
Techniques for Providing Support*

#### Total CME/CE = 9.5

12:00 p.m. Industry Sponsored Lunch  
and Presentation  
**No CME/CE will be offered**

## POSTER PRESENTATIONS

We are accepting poster abstracts for presentation at the meeting. Abstracts are due September 15, 2017, and should be submitted to [info@midwestpainsociety.org](mailto:info@midwestpainsociety.org). See the MPS website for submission form and details.

## RESEARCH GRANTS

The Midwest Pain Society offers two grants each year for small or pilot studies in pain-related research. One grant is open to member-sponsored trainees, residents, and fellows only; the other is available to any MPS member. The grants are named for our honored past presidents, the late Robert Addison, MD, and Richard Blonsky, MD. See the MPS website for more information.

## LECTURE MATERIALS

In place of printed handouts, lecture materials (slide thumbnails, note pages) will be available for download and printout at [www.americanpainsociety.org/mps](http://www.americanpainsociety.org/mps) prior to the meeting.

## CONTINUING EDUCATION (CE) CREDIT

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Illinois State Medical Society and Midwest Pain Society. The Illinois State Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Illinois State Medical Society 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.

**Nurses:** The Illinois Board of Registered Nurses recognizes any conference that provides approved Continuing Medical Education (CME) as authorized by the IL Medical Practice Act requirements and meets the requirements for licensure. For information on other states' CE requirements, please refer to your board of nursing. Nurses will receive a Certificate of Attendance following this activity.

**Psychologists:** Midwest Pain Society is approved by the American Psychological Association to sponsor continuing education for psychologists. Midwest Pain Society maintains the responsibility for this program and its content. This activity has been approved for a maximum of 9.5 APA Credits.

**Pharmacists:** Chicago State University College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. Pharmacists who attend the Midwest Pain Society's 41st Scientific Program can earn continuing pharmacy education credit. To receive the stated amount of continuing education credit, participants must attend the Midwest Pain Society's Scientific Program in its entirety and submit a completed Record of Program Attendance (including a post test). The maximum number of CPE contact hours for the Midwest Pain Society Annual Conference is 9.5. Credits will be reported directly to ACPE via the CPE Monitor. Pharmacists must provide their NABP ID number and date of birth to facilitate reporting.



**Social Workers:** The Midwest Pain Society is an approved sponsor by the Illinois Department of Financial and Professional Regulation (IDFPR). This program offers a total of 9.5 hours of continuing education credit for Licensed Clinical Social Workers and Licensed Social Workers. Single-day attendance continuing education credit will also be offered. See brochure for related information.

**Physical Therapy:** This activity offers a total of 7 hours of continuing education credits from ProCert. The awarded Continuing Competence Units (CCUs) will be posted in the aPTitude system.

## FACULTY DISCLOSURE

Attendees will receive full planner and faculty disclosure information at the meeting.

## CONFERENCE VENUE

The Conference Center of Northwestern Memorial Hospital, at 251 East Huron Street in Chicago, is the site of the 41st Scientific Meeting of the Midwest Pain Society. This stunning facility has become a model for health care center design, with hundreds of tour groups visiting annually. All conference facilities are fully accessible for those with disabilities. Only blocks away, Chicago's Magnificent Mile and the Lake Michigan shoreline are home to magnificent museums, breathtaking architecture, world-class dining opportunities, professional sporting events, and superb shopping, plus over 100 theaters and performing venues. Join us for an exciting visit, both during and after the conference!

Chicago's weather is moderate in October, with temperatures ranging from the low 40s to the 60s.

## ACCOMMODATIONS

Accommodations are available at the **Hyatt Centric-Chicago Magnificent Mile**, located at 633 North St. Clair Street. You can reserve your room online at: <https://aws.passkey.com/event/49109110/owner/2501/home> or by calling (312) 787-1234. Be sure to mention our MPS group code: G-MDPS to receive the special room rate of \$229 + tax (King or Double Queen). There is a daily charge for parking of \$65 overnight (with in/out privileges). Make your reservations early; MPS discount expires on **September 28, 2017, or when rooms sell out.**

## GROUND TRANSPORTATION

Shuttle service from both O'Hare International Airport and Midway Airport to the convention hotel area is available from Airport Express. For reservations and information, please call (888) 284-3826 or visit [www.airportexpress.com](http://www.airportexpress.com).

If you are planning on driving to the meeting, we encourage you to park at the Northwestern Memorial Parking garage located at 222 E. Huron Street, Chicago. Discounted parking passes will be provided at the meeting.

## CANCELLATION POLICY

Cancellation Policy: ALL CANCELLATIONS MUST BE MADE IN WRITING. A \$25 processing fee will apply to all cancellations postmarked more than 30 days before the meeting. A \$50 processing fee will be charged for cancellations postmarked between 14 and 29 days before the meeting. No refunds will be made on cancellations postmarked fewer than 14 days before the meeting. All refunds will be issued after the meeting.

## PROGRAM CHANGES

The Midwest Pain Society (MPS) reserves the right to substitute faculty or to cancel or reschedule courses due to low enrollment or other unforeseen circumstances. If MPS must cancel, registrants will receive full credit and refunds of their paid registration fees. MPS will make no refunds for lodging, airfare, or other expenses related to the meeting.

## DEDUCTIBILITY OF EXPENSES

Please consult your tax advisor for information regarding the deductibility of registration and/or membership fees.

## DISCLAIMER

The material presented in this meeting represents the opinions of the speakers and not necessarily the views of the American Pain Society, Illinois State Medical Society, Chicago State University, American Psychological Association, and/or the Midwest Pain Society.

**For Office Use Only**

Cust # \_\_\_\_\_ Date \_\_\_\_\_  
 Mtg Ord # \_\_\_\_\_

# REGISTRATION FORM

Name \_\_\_\_\_ Degree \_\_\_\_\_ First Name for Badge \_\_\_\_\_

Title \_\_\_\_\_

Affiliation \_\_\_\_\_ City/State \_\_\_\_\_

Mailing Address (  Home  Work ) \_\_\_\_\_

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

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_ \*E-mail \_\_\_\_\_

Check here if this will be your first MPS Scientific Meeting. *\*Required. Registration confirmation will only be sent via e-mail.*

Check here if you are at least 65 years old and have been an active MPS member in good standing to be considered for a Lifetime Membership. Candidates will be reviewed by the MPS Board of Directors and recognized at the 2017 meeting.

In case of emergency during the meeting, please contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

I do not wish to have my name and contact information included in the on-site attendee list.

I wish to have a vegetarian meal.

*Please contact MPS if you have any special needs.*

I plan to attend the Saturday luncheon.

<p><b>Full Registration Fees</b></p> <table border="0"> <tr> <td></td> <td style="text-align: center;"><b>On or before</b></td> <td style="text-align: center;"><b>After</b></td> </tr> <tr> <td></td> <td style="text-align: center;"><b>10/13/2017</b></td> <td></td> </tr> <tr> <td>MPS member (doctoral level)*</td> <td style="text-align: center;"><input type="checkbox"/> \$260</td> <td style="text-align: center;"><input type="checkbox"/> \$310</td> </tr> <tr> <td>MPS member (other health care professional)</td> <td style="text-align: center;"><input type="checkbox"/> \$160</td> <td style="text-align: center;"><input type="checkbox"/> \$210</td> </tr> <tr> <td>MPS member student/resident/fellow</td> <td style="text-align: center;"><input type="checkbox"/> \$75</td> <td style="text-align: center;"><input type="checkbox"/> \$125</td> </tr> <tr> <td>Nonmember (doctoral level)*</td> <td style="text-align: center;"><input type="checkbox"/> \$345</td> <td style="text-align: center;"><input 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dentists, chiropractors, and psychologists</b></p> <p><b>How did you hear about MPS?</b> _____</p>		<b>On or before</b>	<b>After</b>		<b>10/13/2017</b>		MPS member (doctoral level)*	<input type="checkbox"/> \$260	<input type="checkbox"/> \$310	MPS member (other health care professional)	<input type="checkbox"/> \$160	<input type="checkbox"/> \$210	MPS member student/resident/fellow	<input type="checkbox"/> \$75	<input type="checkbox"/> \$125	Nonmember (doctoral level)*	<input type="checkbox"/> \$345	<input type="checkbox"/> \$395	Nonmember (other health care professional)	<input type="checkbox"/> \$220	<input type="checkbox"/> \$270	Nonmember student/resident/fellow	<input type="checkbox"/> \$100	<input type="checkbox"/> \$150	MPS member (doctoral level)*	<input type="checkbox"/> \$185	<input type="checkbox"/> \$235	MPS member (other health care professional)	<input type="checkbox"/> \$135	<input type="checkbox"/> \$185	MPS member student/resident/fellow	<input type="checkbox"/> 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<p><b>PHONE:</b> Call (847) 375-4397, Monday–Friday, 8:00 a.m.–6:00 p.m. CDT (credit card payment only)</p> <p><b>MAIL:</b> MPS                  PO Box 3781                  Oak Brook, IL 60522</p> <p><b>FAX:</b> 24 hours a day to (847) 375-6440</p> <p style="text-align: right;"><b>Total Amount (A + B)</b> _____</p>
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<p><b>Payment (must accompany registration form; fax orders accepted only with credit card payment at (847) 375-6440).</b></p> <p><input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> </p> <p>If rebilling of a credit card charge is necessary, a \$25.00 processing fee will be charged.</p> <p>Check (enclosed) # _____</p> <p><b>Make checks payable to MPS.</b></p> <ul style="list-style-type: none"> <li>• Checks not in U.S. funds will be returned.</li> <li>• A charge of \$25 will apply to checks returned for insufficient funds.</li> </ul> <p>Account Number _____ Expiration Date _____</p> <p>Signature _____ Cardholder's Name (Please Print) _____</p> <p><small>Cancellation Policy: ALL CANCELLATIONS MUST BE MADE IN WRITING. A \$25 processing fee will apply to all cancellations postmarked more than 30 days before the meeting. A \$50 processing fee will be charged for cancellations postmarked between 14 and 29 days before the meeting. No refunds will be made on cancellations postmarked fewer than 14 days before the meeting. All refunds will be issued after the meeting.</small></p>																																																																																



**MIDWEST PAIN SOCIETY**  
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# MIDWEST PAIN SOCIETY

OCTOBER 27-28, 2017

# 41<sup>st</sup> *Scientific Meeting*

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