



MIDWEST PAIN SOCIETY

A REGIONAL AFFILIATE OF THE AMERICAN PAIN SOCIETY

With the support of the American Academy of Pain Medicine

OCTOBER 16–17, 2015

Northwestern Memorial Hospital
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.

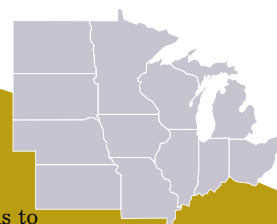
PROGRAM HIGHLIGHTS

- 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

39th
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

- Identify professional dilemmas while caring for patients with chronic neuropathic pain and/or chronic low back pain
- Review the pharmacologic treatment in the management of chronic pain, focusing on opioids, benzodiazepines, and buprenorphine and describe long-term consequences of opioid treatment.
- Evaluate the interprofessional role of behavioral medicine and pharmacists in managing various challenging pain states
- Discuss the value of mindfulness-based stress reduction in those caring for chronic pain patients
- Describe long-term consequences of opioid treatment
- Examine the interprofessional role of behavioral medicine in managing refractory chronic pain states
- Review the treatment strategies in pediatric patients with chronic pain
- Describe innovative interprofessional strategies in the management of acute pain
- Discuss the interprofessional role of pharmacists in effective treatment for various challenging pain states
- Discuss the significance of the US public health priority: intractable pain in the third millennium
- Distinguish between the 0–10 pain scale and the clinical usefulness of the Clinically Aligned Pain Assessment (CAPA)

FACULTY

Jim Atchison, DO, *Medical Director*, Center for Pain Management, Rehabilitation Institute of Chicago, Chicago, IL

Matthew Bair, MD, MS, *Staff Physician*, Roudebush VA Medical Center; *Research Scientist*, Indiana University School of Medicine, Indianapolis, IN

Dawn Belvis, MD, *Attending Anesthesiologist*, Ann & Robert H. Lurie Children's Hospital; *Assistant Professor*, Northwestern University Medical School, Chicago, IL

Laura Brown, DPT, *Physical Therapist*, Ann & Robert H. Lurie Children's Hospital, Chicago, IL

David Cosio, PhD, *Pain Behavior Specialist*, Jesse Brown VA Medical Center, Chicago, IL

David Dickerson, MD, *Assistant Professor of Anesthesia and Critical Care*, University of Chicago Medicine, Chicago, IL

Debra Drew, MS, ACNS-BC, RN-BC, *Clinical Nurse Specialist*, Pain Management, University of Minnesota Health, University of Minnesota Medical Center, Minneapolis, MN

Dalia Elmofty, MD, *Assistant Professor of Anesthesia*, Department of Anesthesia, University of Chicago Medicine, Chicago, IL

Bonnie Essner, PhD, *Medical Psychologist*, Ann & Robert H. Lurie Children's Hospital, Chicago, IL

R. Norman Harden, MD, *Retired Director Center for Pain Studies*, Rehabilitation Institute of Chicago, *Professor*, Department of Physical Medicine and Rehabilitation, Northwestern University, Chicago, IL

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

Bruce Hillenberg, PhD, ABPP, *Director of Psychology*, Pain Medicine, Beaumont Health System, Royal Oak, MI

Erin Hoeman, MSM, APN, *Nurse Practitioner*, Anesthesia Pain Team, Ann & Robert H. Lurie Children's Hospital, Chicago, IL

Tariq Malik, MD, *Assistant Professor of Anesthesiology*, University of Chicago Medical School, Chicago, IL

James Ray, PharmD, *Clinical Associate Professor in Hospice and Palliative Care*, Department of Pharmacy, University of Iowa, Iowa City, IA

Jan Reem, MBBS, BSc, *Assistant Professor of Rheumatology*, University of Chicago, Chicago, IL

Mekhul Sekhadia, DO, *Anesthesiologist, Pain Management Specialist*, Northwestern Memorial Hospital, Chicago, IL

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

Lucy Sternburgh, PhD, *Manager, Employee and Community Health Promotion*, Beaumont Health System, Royal Oak, MI

Raymond Tait, PhD, *Professor, Department of Neurology & Psychiatry, Vice President, Research*, Saint Louis University, Saint Louis University School of Medicine, St. Louis, MO

SCIENTIFIC PROGRAM COMMITTEE

Magdalena Anitescu, MD, PhD, Co-Chair, *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

Matthew Bair, MD, MS, *Staff Physician*, Roudebush VA Medical Center; *Research Scientist*, VA Center for Health Information and Communication and Regenstrief Institute; *Associate Professor of Medicine*, Indiana University School of Medicine, Indianapolis, IN

Miles Belgrade, MD, *Comprehensive Pain Center of Minneapolis VA Health Care System; Minnesota Head & Neck Pain Clinic*, St. Paul, MN

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

Bruce Hillenberg, PhD, ABPP, Co-Chair, *Director of Psychology, Pain Medicine*, Beaumont Health System, Royal Oak, MI

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

Barbara St. Marie, PhD, ANP, GNP, ACHPN, *Associate Faculty*, University of Iowa, Iowa City, IA

Lora McGuire, MS, RN, *Professor Emerita*, Joliet Junior College, *Clinical Educator/Presence*, St. Joseph Medical Center, Joliet, IL

Anna Ratka, PhD, PharmD, CPE, *Professor and Chair*, Department of Pharmaceutical Sciences, College of Pharmacy, Chicago State University, Chicago, IL

Raymond Tait, PhD, *Professor, Department of Neurology & Psychiatry, Vice President, Research*, Saint Louis University, Saint Louis University School of Medicine, St. Louis, MO

David Walega, MD, *Associate Professor of Anesthesiology, Chief Section of Pain Medicine, Assistant Program Director Multidisciplinary Pain Fellowship*, Northwestern University Feinberg School of Medicine, Chicago, IL (Program Chair)

Friday, October 16, 2015

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

8:00 a.m. Welcome
*Mary Lyons, APN,
President, Midwest Pain Society*

Session 1 CME/CE = 3.0

Challenges in Pain Medicine and Professional Dilemmas:
Moderator: Matt Bair, MD

Topic 1: Neuropathic Pain

8:15 a.m. Definition and Pathophysiology of Common Neuropathic Pain Syndromes
Norman Harden, MD

9:00 a.m. Treatment Interventions for Neuropathic Pain Syndromes
Dalia Elmofly, MD

9:45 a.m. **BREAK/Exhibitors/Posters/Networking**

Topic 2: Chronic Low Back Pain

10:30 a.m. Interventions to Improve the Management of Chronic Back Pain—The Primary Care Perspective
Matthew Bair, MD

11:15 a.m. Interventions to Improve the Management of Chronic Back Pain—The Pain Physician Perspective
Mekhul Sekhadia, MD

12:00 p.m. **Lunch Served**

12:15 p.m. **E. Richard Blonsky Memorial Pain Lecture**
CME/CE = 0.75
Applied Pharmacology in Chronic Pain: Opioids, Benzodiazepines, Buprenorphine and Beyond
Chris Herndon, PharmD

Session 2 CME/CE = 3.75

Moderator: Bruce Hillenberg, PhD

Topic 3: The Patient with Widespread Pain

1:00 p.m. The Many Faces of Widespread Pain
Panel Discussion:
*Jim Atchison, MD
Jan Reem, MBBS, BSc*

1:45 p.m. Mindfulness for Providers who Work with Chronic Pain Patients
Lucy Sternburgh, PhD

2:30 p.m. **BREAK/Exhibitors/Posters**

3:15 p.m. Long-term Consequences of Opioids
Tariq Malik, MD

4:00 p.m. Empowering Patients: Behavioral Medicine Interventions in Refractory Chronic Pain States
Panel Discussion:
David Cosio, PhD, Bruce Hillenberg, PhD, Jeannie Sperry, PhD
Moderator: Raymond Tait, PhD

4:45 p.m. Chronic Pain in Pediatric Patient: How is the Treatment Unique?
Collaborative Panel:
Dawn Belvis, MD, Bonnie Essner, PhD, Laura Brown, PT, Erin Hoeman, APN

5:30 p.m. **Networking/Social Hour**
Refreshments Served

Saturday, October 17, 2015

7:30 a.m. Registration/MPS Business Meeting/Awards

Session 3 CME/CE = 3.25

Keeping up with Pain Management in 2015
Moderator: Madga Anitescu, MD

8:00 a.m. Perioperative Comprehensive Pain Programs: Identifying Patients at High Risk for Intractable Pain in the Post-op Setting
David Dickerson, MD

8:45 a.m. Intractable Pain in the Third Millennium: a New US Public Health Priority
Raymond Tait, PhD

9:30 a.m. **BREAK**

10:00 a.m. How Pharmacists Contribute to Effective Interventions in Various Pain States
James Ray, PharmD

10:45 a.m. **Midwest Pain Society Debra Gordon, DNP Honorary Lecture:** Implementation of the Clinically Aligned Pain Assessment Tool: Pain is More than Just a Number
Debra Drew, ACNS-BC

11:45 a.m. Final Evaluations/Adjourn General Meeting

Total CME/CE = 10.75

12:00 p.m. Vendor Sponsored Lunch
No CE/CME credit will be awarded for participation in this program.
Lunch will be served.

“When Seconds Count: Will Your Patients Be Ready? Starting the Conversation About Opioid Overdose”
Courtesy of Kaleo Pharmaceuticals

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October 16–17, 2015

POSTER PRESENTATIONS/AWARDS COMPETITION

We are accepting poster abstracts for presentation at the meeting. Abstracts are due September 12, 2015, and should be submitted to d-walega@northwestern.edu. First authors will be notified of acceptance and will receive further instructions. Awards will be given for the top three poster winners, \$300 first place, \$200 second place, and \$100 third place. Each of the winning posters will be listed in a future issue of the *MPS Bulletin*. 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.

AWARDS

The Midwest Pain Society (MPS) is seeking nominations for two annual awards, the Clinical Excellence Award, and the Research Excellence Award. These awards will recognize MPS members of any discipline who have provided significant contributions to their field of practice or the advancement of the understanding of pain or its treatment. Information regarding the nomination process may be found on the MPS website.

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 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 10.75 *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: Saint Louis University School of Medicine is approved by the American Psychological Association to sponsor continuing education for psychologists. Saint Louis University maintains the responsibility for this program and its content. This activity has been approved for a maximum of 10.75 APA Credits.

Pharmacy: 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 39th 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 6.25. 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.



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 39th 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 **Mile North Hotel**, located one block North of Northwestern University Medical Center at 166 East Superior Street. You can reserve your room online at: <https://gc.synxis.com/rez.aspx?Hotel=56846&Chain=18038&template=G-CF&shell=beta&start=availresults&arrive=10/15/2015&depart=10/17/2015&adult=1&child=0&group=9489642> or by calling (312) 787-6000. Be sure to mention our MPS group code: 9489642 to receive the special room rate of \$229 + tax (King or Double Queen). There is a daily charge for parking of \$62 overnight (with in/out privileges). Make your reservations early; MPS discount expires on **September 15, 2015**.

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 (800) 284-3826 or visit www.airportexpress.com.

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, Saint Louis University, and/or the Midwest Pain Society.

REGISTRATION FORM

- Each registrant should fill out a separate form.
- Duplicate as necessary and keep a copy for your records (please type or print).

For Office Use Only

Cust # _____ Mtg Ord # 1- _____
Date _____

Complete Name _____ First Name for Badge _____

Title _____

Workplace _____ Workplace 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.*

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.

☐ I have other needs. Please contact me.

☐ I plan to attend the Saturday luncheon

A one-year MPS membership is included when you register for the Scientific Session!

Full Registration Fees

	On or before 9/18/2015	After 9/18/2015
MPS member (doctoral level)	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275
MPS member (other health care professional)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$200
MPS member student/resident/fellow	<input type="checkbox"/> \$75	<input type="checkbox"/> \$125
Nonmember* (doctoral level)	<input type="checkbox"/> \$275	<input type="checkbox"/> \$325
Nonmember* (other health care professional)	<input type="checkbox"/> \$180	<input type="checkbox"/> \$230
Nonmember* student/resident/fellow	<input type="checkbox"/> \$85	<input type="checkbox"/> \$135

1-Day Registration Fees–Friday

MPS member (doctoral level)	<input type="checkbox"/> \$175	<input type="checkbox"/> \$225
MPS member (other health care professional)	<input type="checkbox"/> \$125	<input type="checkbox"/> \$175
MPS member student/resident/fellow	<input type="checkbox"/> \$60	<input type="checkbox"/> \$110
Nonmember* (doctoral level)	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275
Nonmember* (other health care professional)	<input type="checkbox"/> \$155	<input type="checkbox"/> \$205
Nonmember* student/resident/fellow	<input type="checkbox"/> \$70	<input type="checkbox"/> \$120

1-Day Registration Fees–Saturday

MPS member (doctoral level)	<input type="checkbox"/> \$125	<input type="checkbox"/> \$175
MPS member (other health care professional)	<input type="checkbox"/> \$90	<input type="checkbox"/> \$140
MPS member student/resident/fellow	<input type="checkbox"/> \$55	<input type="checkbox"/> \$105
Nonmember* (doctoral level)	<input type="checkbox"/> \$175	<input type="checkbox"/> \$225
Nonmember* (other health care professional)	<input type="checkbox"/> \$115	<input type="checkbox"/> \$165
Nonmember* student/resident/fellow	<input type="checkbox"/> \$65	<input type="checkbox"/> \$115

***Nonmembers receive one full year of MPS membership**

Total \$ _____

Professional Discipline or Specialty (check one)

- ☐ Anesthesiology ☐ Orthopedic Surgery
- ☐ Chiropractic ☐ Pharmacy
- ☐ Dentistry ☐ Physical Medicine and Rehabilitation
- ☐ Family Medicine ☐ Physical Therapy
- ☐ Internal Medicine ☐ Psychiatry
- ☐ Neurology ☐ Psychology
- ☐ Neuroscience ☐ Rheumatology
- ☐ Neurosurgery ☐ Social Work
- ☐ Nursing ☐ Occupational Therapy ☐ Other


3 Easy Ways to Register

1. Call (847) 375-4397, Mon.–Fri., 9 a.m.–5 p.m. CDT (credit card payment only).
2. Fax 24 hours a day to (847) 375-6440 (credit card payment only).
3. Mail to:
Attn: Registration Department
MPS Conference
PO Box 31756
Chicago, IL 60631

Please indicate the person most responsible for getting you involved in MPS:

Payment (must accompany registration form; fax orders accepted only with credit card payment at (847) 375-6440).

☐  MasterCard
(16 digits)

☐  Visa
(13 or 16 digits)

- ☐ Check (enclosed)
Make checks payable to MPS.
• Checks not in U.S. funds will be returned.
• A charge of \$25 will apply to checks returned for insufficient funds.

- If rebilling of a credit card charge is necessary, a \$25.00 processing fee will be charged.

Account Number _____

Expiration Date _____

Signature _____

Cardholder's Name (Please Print) _____

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FIND US ON THE WEB

For meeting info, newsletters, and more,
visit www.americanpainsociety.org/mps

Midwest Pain Society

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