“Integrative Approaches in Pain Management” (MD34)

Saturday, December 1, 2018

UPMC Herberman Conference Center
5150 Centre Ave.
Pittsburgh, PA 15232
8:15 AM to 5:15 PM

Course Directors:
Ajay Wasan, MD
Ronald Glick, MD
Jack Cahalane, PhD

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by Community Care Behavioral Health Organization and Western Psychiatric Institute and Clinic of UPMC
“Integrative Approaches in Pain Management”

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Introduction

According to the Academy of Integrative Pain management, an estimated 100 million adult Americans experience chronic pain every year. Although pain is universal, it is experienced uniquely by each person and care often requires a combination of therapies and coping techniques. Successful treatment, management and prevention of pain requires an integrated approach that responds to all the factors that influence pain.

Over the past twenty years western medicine has relied heavily on the use of opioid medications to treat pain and this approach has not been successful given the negative individual and societal outcomes of this strategy. This conference will focus on comprehensive approaches to understanding and managing pain and will inform how clinicians view and address issues of pain. It will also provide useful strategies for individuals and family members who are affected by pain.

Educational Objectives

At the completion of this program, participants should be able to:

1. Define and assess the subjective experience of pain
2. Identify types, prevalent causes and effects of pain
3. Recognize that there can be a comprehensive approach to pain management rather than western vs eastern approaches
4. Discuss issues of abuse and dependence in pharmacologic strategies for pain management
5. Identify uses of medical marijuana for pain management
6. Discuss how to use traditional and nontraditional approaches to pain management

Who Should Attend:

Mental Health Consumers; Mental Health Providers; Medical Physicians; Physician Assistants; Community Members
Course Directors

**Ajay Wasan, MD, MA, MSc**  
Professor of Anesthesiology and Psychiatry  
University of Pittsburgh School of Medicine  
Vice Chair for Pain Medicine, Department of Anesthesiology  
University of Pittsburgh Medical Center  
Pittsburgh, PA

**Ronald Glick, MD**  
Associate Professor of Psychiatry and Physical Medicine and Rehabilitation  
University of Pittsburgh School of Medicine  
Medical Director of the Center for Integrative Medicine  
University of Pittsburgh Medical Center, Shadyside  
Pittsburgh, PA

**Jack Cahalane, PhD, MPH**  
Chief, Adult Mood and Anxiety Services  
Clinical Assistant Professor of Psychiatry  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

Faculty

**Nicholas DeGregorio, MD, FACP, MMM**  
Senior Medical Director  
University of Pittsburgh Medical Center Health Plan  
Pittsburgh, PA

**Carol M. Greco, PhD**  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
License Psychologist, Certified MBSR Instructor  
UPMC Shadyside Center for Integrative Medicine  
Pittsburgh, PA

**Susan E. Jarquin, PhD**  
Psychologist II  
Clinical Assistant Professor  
Pain Rehabilitation Coordinator  
University of Pittsburgh Medical Center, Division of Pain Medicine  
Pittsburgh, PA

**Ryan Peterson, MD**  
Assistant Professor of Psychiatry, Chronic Pain Service  
University of Pittsburgh School of Medicine  
Psychiatrist, Consultation-Liaison Service  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**EngKeat Teh, L.Ac.**  
Acupuncturist  
UPMC Shadyside Center for Integrative Medicine  
Pittsburgh, PA

*All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.*

*The University of Pittsburgh is an affirmative action, equal opportunity institution.*
Schedule

8:15 to 9:00 a.m.  Registration / Continental Breakfast

9:00 to 9:30 a.m.  Welcome, Introductions and Background  
                        Jack Cahalane, PhD

9:30 to 10:30 a.m.  Keynote: Overview of Pain, Mental Health and Addiction  
                        Ajay Wasan, MD

10:30 to 10:45 a.m.  Break

10:45 to 11:45 a.m.  Assessment, Physiology and Functional Treatment of Pain  
                        Ron Glick, MD and EngKeat Teh, L.Ac.

11:45 a.m. to 1:00 p.m.  Lunch (included)

1:00 to 2:00 p.m.  Racial Disparities in Chronic Pain: Identifying and Addressing Treatment Inequities in African American Patients  
                        Susan Jarquin, PhD and Ryan Peterson, MD

2:00 to 3:00 p.m.  Systems Approaches to Reducing the Use of Opioid Medication  
                        Nick DeGregorio, MD, FACP, MMM

3:00 to 3:15 p.m.  Break

3:15 to 4:15 p.m.  Medical Marijuana and Pain Reduction (No CME credit awarded)  
                        Ajay Wasan, MD

4:15 to 5:15 p.m.  Addressing Pain through Mindfulness Meditation  
                        Carol Greco, PhD

5:15 p.m.  Adjournment

All presentations are introductory to intermediate instructional levels.
Continuing Education Credit

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants
This activity is approved for 5.5 AAPA Category 1 Credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.0 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 6.0 continuing education hours.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.0 continuing education credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 6.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals
Nurses and other health care professionals are awarded 0.60 Continuing Education Units (CEU’s). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming 6.0 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

We request that all participants complete the online survey. Everyone must sign out at the end of the program. CEU and CADC Certificates will be available once the program has ended. All other certificates will be sent via e-mail to participants once they’ve completed the online survey. Please keep your certificate in a safe place once you receive it. Replacement certificates cost $30.
Registration Information

Fee Schedule

Professionals $100
UPMC Affiliated Professionals $80
Online registration: Please use discount code pain.2018UPMC, and click on Apply to Total

Medical Residents/Students/Interns/Community Members (no continuing education) $60
Online registration: Please use discount code pain.2018students-community, and click on Apply to Total

Tuition includes:
* All registration and conference materials
* Continental breakfast, lunch and refreshments
* Continuing education credits at the professional rate

Instructions for registering at https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=184713:

1. Click on ‘Register Now’ (small box at bottom of page)
2. If “Pain Management in Integrative Care” appears under ‘Shopping Cart’, click on ‘Checkout’ (think of this as ‘continue’).
3. Register as a new registrant or sign in if you already have an account (username is your e-mail). You do not have to answer questions about your health insurance!
4. When the conference name appears again, click on ‘Checkout’ (again, think of this as ‘continue’)
5. Continuing Education Credit – Please use dropdown list for credential or choose Not Applicable (you must complete this or click on N/A). Click on ‘continue’.
6. Enter your promotional code if applicable (please see above). Click on ‘Apply to Total’!
7. Add credit card information if applicable and click on ‘Process Payment’.
8. Complete Transaction and print your receipt.

Please direct general questions and requests to pay via a Journal Transfer to Nancy Mundy at mundynl@upmc.edu. Full tuition must accompany registration. A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please register by November 16, 2018 to take advantage of the lowest tuition rate.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.
Location

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5150 Centre Ave.
Pittsburgh, PA 15232

From the north (North Hills, Zelienople)
Take Interstate 279 South to Exit 8B (Route 28 North). Follow Route 28 North to the 40th Street Bridge. Cross the bridge and continue on 40th Street to Liberty Avenue. Turn left onto Liberty and continue to Centre Avenue. Centre Avenue Parking Garage: At Centre Avenue, turn right, go to the first traffic light, and turn left into the Centre Avenue Parking Garage.

From the northeast (Allegheny Valley, Kittanning)
Take Route 28 South to the Highland Park Bridge. On the bridge, get into the left lane and follow the Washington Boulevard ramp. As you exit the ramp, stay in the right lane. Just before the traffic light, veer right onto Washington Boulevard, and travel straight through four traffic lights (about two miles). At the fourth traffic light, cross Penn Avenue, continuing straight onto Fifth Avenue. Continue on Fifth to S. Aiken Avenue and turn right. Centre Avenue Parking Garage: Continue on S. Aiken to the third traffic light and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.

From the east (Monroeville, Greensburg)
Take the Parkway East (Interstate 376) to Exit 7 (Edgewood/Swissvale). At the end of the exit ramp, turn right onto S. Braddock Avenue. Go approximately two miles and turn left onto Penn Avenue. At the intersection of Penn and Fifth avenues, turn left onto Fifth Avenue. Continue on Fifth to S. Aiken Avenue and turn right. Centre Avenue Parking Garage: Continue to the third traffic light on S. Aiken and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.

From the south (South Hills, Washington, PA.)
Take Route 51 North or Route 19 North through the Liberty Tunnels and cross the Liberty Bridge. Take the Bigelow Boulevard exit and continue on Bigelow to Centre Avenue. Turn left onto Centre and continue past Morewood Avenue. Centre Avenue Parking Garage: At the first traffic light past Morewood, turn right into the Centre Avenue Parking Garage.

From the west (Route 60, Pittsburgh International Airport)
Take Interstate 279 North. Get into the right lane before you pass through the Fort Pitt Tunnels. As you exit the tunnel, take the exit ramp for Interstate 376 East (Monroeville). Follow Interstate 376to Exit 2A (Forbes Avenue/Oakland). Continue on Forbes Avenue through Oakland and turn left at N. Craig Street (just after the Carnegie Museum of Art). Make a right turn onto Fifth Avenue, continue to S. Aiken Avenue, and turn left. Centre Avenue Parking Garage: Continue on S. Aiken to the third traffic light and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.