Back to the Future:
Moving Beyond Opioids for Chronic Pain
September 21–22, 2019

Hilton Norfolk The Main
100 East Main Street | Norfolk, VA

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
Friday, September 20, 2019

P.M.
6:00 - Kick-off Networking Reception
7:30 Start your conference weekend early at the Back to the Future kick-off reception on Friday evening! Open to all attendees, this reception is the best place to mingle with fellow attendees and meet some of the lecturers you’ll be hearing from over the next two days. Join us for hors d’oeuvres and drinks at Hilton Norfolk The Main in the Collaboration Room from 6:00 to 7:30 pm.

Saturday, September 21, 2019

A.M.
7:00 Registration and Exhibits Open
Continental Breakfast
7:55 Welcoming Remarks
Marc Huntoon, MD
8:00 Opioids: Have We Gone Too Far: Are Patients Suffering or Are We Doing the Right Thing?*
Andrew Chapman, MD
8:30 Primer on Rational Opioid De-Escalation and Buprenorphine Substitution*
Paul Coelho, MD
9:00 Payor Perspective on Value-Based Payment for Treatment of Opioid Use Disorder and Chronic Pain
Katherine Neuhausen, MD, MPH
9:30 Question and Answer Session
9:50 Break with Exhibits
10:15 Cancer Pain Management: Spinal Drug Delivery and Palliative Therapy*
Robert Goldstein, MD
10:45 Neuropathic Pain: An Update
Mark Wallace, MD
11:15 Ketamine, Lidocaine, and Topical Agents: What Role Can They Play?
Robert Goldstein, MD
11:45 Question and Answer Session
P.M.
12:05 Exhibits Open
12:20 Sponsored Lunch (Not for credit)
1:30 Functional Restoration: Understanding the Pain patient and Incorporating Movement Based Therapy Into Practice
   Jeb Helms, PT, DPT, OCS, SCS
2:00 Developing a Psychological and Functional Rehabilitation Program for the Patient in Pain at VCU
   Mary Wells, PhD
2:40 Question and Answer Session
2:45 Break with Exhibits
3:10 Lifestyle: Role of Sleep in Pain Treatment
   Mary Wells, PhD
3:45 WORKSHOP SESSION - Choose One Session
   Workshop 1
   Physical Exam of the Pain Patient
   Elizabeth Huntoon, MD
   (Limited to 50 participants)
   Workshop 2
   Buprenorphine Primer: Getting your X Waiver*
   Paul Coelho, MD
   Workshop 3
   Battlefield Acupuncture: Easy Applications That Any Provider Can Offer Their Patients
   David Drake, MD
   (Limited to 20 participants)
   Workshop 4
   Hypnosis for Pain Control
   David Patterson, PhD and Mary Wells, PhD
5:15 Adjourn

Sunday, September 22, 2019

A.M.
7:00 Registration and Exhibits Open
   Continental Breakfast
7:55 Welcoming Remarks
   Marc Huntoon, MD
8:00 Medical Marijuana, CBD and the Patient: Efficacy or Advocacy: National Perspective
   Mark Wallace, MD
A.M.
8:30  Mindfulness, Meditation and Pain  
      David Patterson, PhD
9:00  Nutrition for Pain and Wellness  
      Elizabeth Huntoon, MD
9:30  Question and Answer Session
9:45  Break with Exhibits
10:15 Headache: What Effects Are the New Drugs and Treatments Having?  
      Catherine Ham, MD
10:45 Difficult Conversations: A Role Play Exercise for Clinicians*  
      Paul Coelho, MD and Mary Wells, PhD
11:45 Question and Answer Session
P.M.
12:00 Conference Adjourns

* These sessions count towards the Virginia Board of Medicine’s Controlled Substances CE requirement.

Controlled Substances CE Requirements
The Virginia Board of Medicine is required by law to identify prescribers who must complete 2 hours of continuing education (CE) in pain management, proper prescribing of controlled substances, and the diagnosis and management of addiction. The Board is requiring all prescribers licensed by the Board of Medicine to obtain 2 hours of Type 1 (CAT I) CE in the 24 months prior to your next biennial renewal.

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

Course Objectives
At the conclusion of this meeting, learners will be able to:
• Demonstrate knowledge of adjunctive medications, physical and psychological pain treatments and develop goals with patients for implementation.
• Describe interdisciplinary approaches to pain management and increase knowledge base of non-psychological pain treatment.
• Apply overall knowledge of pain management.
• Summarize appropriate pain treatment in an interdisciplinary model of care.
• Plan how to have difficult conversations with patients regarding the use of opioids as part of a treatment program for their pain.
• Identify accurate pain assessment using an opioid weaning and compliance program.
• Design a rational opioid weaning and compliance program.
• Discuss cancer pain management spinal drug delivery treatments and special considerations in palliative care.
• List Virginia Medicaid benefits for behavioral health and chronic pain management.
• Explain nutrition guidelines to optimize wellness in pain patients.

**Accreditation and Educational Credit**

VCU Health Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

VCU Health Continuing Medical Education 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.

VCU Health Continuing Medical Education awards 10.75 hours of participation (equivalent to *AMA PRA Category 1 Credits™*) to each non-physician participant who successfully completes this educational activity.

**Nursing:** 10.75 Contact Hours. VCU Health is approved as a provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

11.75 CE credits will be awarded for psychologists attending the entire conference. Eastern Virginia Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. Eastern Virginia Medical School maintains responsibility for this program and its content.

**Supported by the**

[Virginia Pain Society](#)

Register Online | vcu.cloud-cme.com/painmed2019
Disclosure Statement

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VCU Health Faculty

Andrew Chapman, MD
Assistant Professor of VCU Department of Anesthesiology

David Drake, MD
Assistant Professor of VCU Department of Physical Medicine & Rehabilitation
Medical Director of Interventional Pain Clinic
Director of Integrative Health
Hunter Holmes McGuire VA Medical Center

Catherine Ham, MD
Assistant Clinical Professor of VCU Department of Neurology
Director of Headache Clinic, Neuroscience, Orthopaedic and Wellness Center

Jeb Helms, PT, DPT, OCS, SCS
Physical Therapist IV

Elizabeth Huntoon, MD
Conference Co-Chair
Associate Professor of VCU Department of Physical Medicine & Rehabilitation
Neuroscience, Orthopaedic and Wellness Center

Marc Huntoon, MD
Conference Chair
Professor of VCU Department of Anesthesiology
Director of Pain Management, Neuroscience, Orthopaedic and Wellness Center

Bradley Stovall, DO
Assistant Professor of VCU Department of Physical Medicine & Rehabilitation
Neuroscience, Orthopaedic and Wellness Center

Mary Wells, PhD
Assistant Professor of VCU Department of Physical Medicine and Rehabilitation

Guest Faculty

Paul Coelho, MD
Medical Director
Salem Health Pain Clinic
Salem, OR

Robert Goldstein, MD
Associate Professor of Anesthesiology and Pain Medicine
Medical Director, UVA Pain Management Center
Director, Neuromodulation Therapies
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Katherine Neuhausen, MD, MPH
Senior Medical Director
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David R. Patterson, PhD, ABPP
Professor, Department of Rehabilitation
University of Washington School of Medicine
Seattle, Washington

Mark Wallace, MD
Professor of Clinical Anesthesiology
Chair, Division of Pain Medicine
Department of Anesthesiology
University of California San Diego
San Diego, CA
Lodging

Conference Hotel | Hilton Norfolk The Main, 100 East Main Street. Norfolk, VA

Reserve online | Reserve your room at https://tinyurl.com/Pain2019

Reserve by phone | Call 757.763.6200 and identify yourself as an attendee of “VCU Health CME” to receive the discounted rate.

Rates | $179.00 for single or double occupancy, plus prevailing taxes and fees. Based on availability, this rate may be applicable for nights before and after the dates of the conference. Contact the hotel directly for more information.

Hotel conference rate reservation cutoff | August 21, 2019

Registration | Online at vcu.cloud-cme.com/painmed2019

Registration Fees

$450 Industry Professional
$400 Physician
$300 Non-Physician, NP, RN, PA
$225 VCU NP, RN, PA
$150 Residents & Fellows
$50 VCU Health & McGuire VA Medical Center | Residents & Fellows

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 on or before August 17, 2019. There will be no refunds after that date.

Questions and Information

VCU Health Continuing Medical Education
800.413.2872 | 804.828.3640 | cmeinfo@vcuhealth.org

If special accommodations are needed, please contact us at the phone number or email address above. VCU Health is an equal opportunity/affirmative action employer.

Minimum and maximum numbers for attendance at this event have been established, and we reserve the right to substitute speakers/topics, or cancel if necessary.

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