



2018 PAIN CONFERENCE:

An Interprofessional Approach to Pain Management

Thursday-Friday, November 8-9, 2018

LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd
Asheville, NC 28803

DATE **Thursday, November 8, 2018**
REGISTRATION PROGRAM 7:30 am - 7:50 am (*light breakfast provided*)
7:50 am - 4:15 pm (*lunch provided*)

DATE **Friday, November 9, 2018**
REGISTRATION PROGRAM 7:30 am - 8:00 am (*light breakfast provided*)
8:00 am - 12:15 pm

Early registration fees through November 1, 2018

FEE	\$150.00
STUDENT	\$50.00
<i>(proof of enrollment required at check-in)</i>	
MAHEC EMPLOYEE	\$50.00

DESCRIPTION

As the opioid epidemic rages on, better approaches to the understanding and management of pain are needed by healthcare providers "in the trenches." This annual, interprofessional conference has been expanded from one day to one and 1/2 days to allow more in-depth exploration of the neuroscience of pain and non-opioid approaches to better manage pain.

This educational activity is jointly provided with the Charles George VA Medical Center and co-sponsored by the UNC Eshelman School of Pharmacy.

**Note: The afternoon opioid-related sessions on November 8 satisfy two hours of controlled substance prescribing CE content per NCAC rules: As of July 1, 2017 all physicians (other than residents), physician assistants, nurse practitioners, podiatrists, and dentists who prescribe controlled substances must satisfy the controlled-substance prescribing CE requirements as set forth by their licensing boards; requirements vary by discipline and board.*

AUDIENCE

Physicians, Advanced Practice Providers, Pharmacists, Nurses, Physical Therapists & Assistants, Occupational Therapists & Assistants, and Behavioral Health Providers, including Psychologists

OBJECTIVES

Upon completion of this knowledge-based educational activity, participants will be able to:

- Explain pain neuroscience effectively to engage more active patient pain management participation
- Discuss how to integrate opioid alternatives into pain management routinely
- Describe how to screen for opioid use disorder and strategize appropriate case management
- Outline how to incorporate CBT, Whole Health Approaches and/or MBSR into pain management strategies

PLANNING COMMITTEE

Tammy Cornell, PT, DPT
Charles George VA Medical Center, Asheville, NC

Elizabeth Flemming, MA, LPC
MAHEC, Asheville, NC

Eric Gibbs, PharmD, BCPS, CPP
Charles George VA Medical Center, Asheville, NC

Sherry McCully-Hall, BSN, MSN, RN-BC
Charles George VA Medical Center, Asheville, NC

Mark Hofmann, MD
Charles George VA Medical Center, Asheville, NC

Lori Johnston, PsyD
Charles George VA Medical Center, Asheville, NC

Elizabeth Lima, PhD
Charles George VA Medical Center, Asheville, NC

Ronnie Metcalf, EdD, RN, ONC
MAHEC, Asheville, NC

Douglas Scarborough, PT, DPT, MTC, Cert DN
Charles George VA Medical Center, Asheville, NC

Rosalyn Wasserman, PT, DPT
MAHEC, Asheville, NC

MEDICAL COURSE DIRECTOR

Rajasekhar V. Kandala, MD
Charles George VA Medical Center, Asheville, NC

Jointly provided with



Charles George
VA Medical Center

Co-sponsored by



UNC
ESHELMAN
SCHOOL OF PHARMACY

AGENDA

THURSDAY, NOVEMBER 8, 2018

- 7:30AM** | **Registration & Exhibitors**
(light breakfast provided)
- 7:50AM** | **Presentation of Colors**
14th Weather Squadron Special Ceremonies Team
- 8:00AM** | **Neuroscience of Pain**
Wesley Kurszewski, DPT
- 10:00AM** | **Break and Exhibitors**
- 10:15AM** | **Neuroscience of Pain, continued**
Wesley Kurszewski, DPT
- 12:15PM** | **Lunch (provided) & Exhibitors**
- 1:00PM** | **Yoga for Chronic Pain**
Katie Hadden, MSW, LCSW, LCASA, RYT 200 | David Manly, MD
- 2:00PM** | **Break and Exhibitors**
- 2:15PM** | **Opioid Epidemic Update**
Blake Fagan, MD
- 3:15PM** | **Opioid Use Disorder & Pain Management - A Case Based Discussion**
Carriedelle Fusco, FNP-BC | Zach White, LCSW, LCAS, CS
- 4:15PM** | **Adjourn**

FRIDAY, NOVEMBER 9, 2018

- 7:30AM** | **Registration & Exhibitors**
(light breakfast provided)
- 8:00AM** | **CBT & Whole Health Approaches for Pain - Tools for an Interprofessional Audience**
Elizabeth Lima, PhD
- 9:45AM** | **Break and Exhibitors**
- 10:00AM** | **MBSR & Pain Approaches - Tools for an Interprofessional Audience**
Scott MacGregor, MS, LPC
- 11:45AM** | **Where Do We Go From Here: An Interprofessional Panel**
Moderated by Rajasekhar V. Kandala, MD
Panel: Eric Gibbs, PharmD, BCPS, CPP | Sherry McCully-Hall, BSN, MSN, RN-BC | Mark Hofmann, MD | Lori Johnston, PsyD | Elizabeth Lima, PhD | Scott MacGregor, MS, LPC | Doug Scarborough, PT, DPT, MTC, Cert DN
- 12:15PM** | **Adjourn**

FACULTY



Wesley Kurszewski, DPT, is a physical therapist in the Department of Veteran's Affairs in Wisconsin, where he is currently providing evidence-based chronic pain treatments for US veterans. Dr. Kurszewski is also an instructor of Explain Pain and Mobilization of the Nervous System, with the Neuro Orthopaedic Institute (NOI).

Katie Hadden, MSW, LCSW, LCASA, RYT 200, is on staff at the Charles George VAMC in Asheville, NC.

David T. Manly, MD, is a physician at the Charles George VAMC in Asheville, NC.

Blake Fagan, MD, completed his undergraduate education at the University of Missouri – Columbia, medical school at Vanderbilt University SOM in 1998, and family medicine residency at the Mountain Area Health Education Center (MAHEC) in Asheville, NC in 2001. He has been a faculty member at MAHEC since 2001. During that time he has been the co-clinical director, assistant residency director and the residency director. Currently, he is the Chief Education Officer and Interim Medical Director of the Family Health Center at MAHEC; and a Professor with the Department of Family Medicine, UNC Health Sciences at MAHEC.

Carriedelle Wilson Fusco, FNP-BC, is a nurse practitioner at the MAHEC Family Health Center in Asheville, NC.

Zach White, LCSW, LCAS, CSI, is the Program Manager of Office-Based Opioid Treatment at MAHEC Family Medicine in Asheville, NC.

Elizabeth Lima, PhD, is the Health Behavior Coordinator and a Clinical Psychologist at the Charles George VAMC in Asheville, NC.

Scott MacGregor, MS, LPC, is the founder of Asheville Mindful Living in Asheville, NC. Scott was trained at the UMASS Medical School's Center for Mindfulness and has a fifteen year mindfulness meditation practice. He teaches mindfulness at Mission Health Systems, the Asheville Fire Department, VA Medical Center's Integrative Pain Management Clinic, and Buncombe County Schools. As a therapist, Scott has worked in a variety of clinical settings: behavioral medicine, an in-patient psychiatric unit, substance abuse recovery, and hospice.

Rajasekhar V. Kandala, MD, is a physiatrist with the Charles George VAMC in Asheville, NC.

Eric Gibbs, PharmD, BCPS, CPP, is a clinical pharmacist practitioner in the Veteran's Integrative Pain Management (VIPM) clinic at the Charles George VAMC in Asheville, NC.

Sherry McCulley-Hall, BSN, MSN, RN-BC, is a Clinical Nurse Specialist at the Charles George VA Medical Center in Asheville, NC.

Mark Hofmann, MD, is a pain management physician at the Charles George VAMC in Asheville, NC. He is board-certified in Physical Medicine & Rehabilitation and served 17 years as the medical director of an interdisciplinary pain rehabilitation program at Brooks Rehabilitation in Jacksonville, FL.

Douglas Scarborough PT, DPT, MTC, Cert. DN, is a physical therapist and Clinical Specialist in Manual Therapy at the Charles George VA Medical Center in Asheville, NC.

Lori Johnston, PsyD, is a clinical psychologist, national trainer for Cognitive Behavioral Therapy for Chronic Pain in the VA and is currently the Acting Director of the Veterans Integrative Pain Management (VIPM) program at the Charles George VA Medical Center in Asheville, NC.

CREDITS

OCCUPATIONAL THERAPISTS/ASSISTANTS: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **11.0 CCAs**

PHYSICAL THERAPISTS/ASSISTANTS: MAHEC, as part of the NCAHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. **NCBPTE 11.0 contact hours**

CONTINUING MEDICAL EDUCATION

Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of Mountain Area Health Education Center and the Charles George VA Medical Center. Mountain Area Health Education Center (MAHEC) is accredited by the NCMS to provide medical education for physicians.

Credit Designation

MAHEC designates this live educational activity for a maximum of **11.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation. This course will provide **1.0 AMA PRA Category 1**[™] **Credit(s)** which will fulfill the NC Medical Boards requirement of controlled substance continuing education.

Disclosure Statement

MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

LICENSED PROFESSIONAL COUNSELORS: The North Carolina Board of Licensed Professional Counselors indicates in their rules (21 NCAC 53 .0603) that continuing education training provided by an Area Health Education Center shall be approved for no more than 15 contact hours for any given renewal period.

NCSAPPB (C): NC Substance Abuse Professional Practice Board Event Approval #18-349-C (Combination of Substance Abuse Specific and General Skill Building) for **11 Hours**. Full session attendance is required to receive credit.

PSYCHOLOGISTS: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. **Approved for 11.0 hours Category A**. Full attendance is required to receive credit.

11.0 CNE CONTACT HOURS

Mountain Area Health Education Center (MAHEC) is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants must attend 80% of the activity to receive credit.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **1.1 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

CONTACT HOURS: MAHEC designates this continuing education activity as meeting the criteria for **11.0 contact hours**. Full attendance is required to receive credit.



The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

PH ACPE:

Day 1 ACPE# 0046-9999-18-293-L04-P will provide **7.0 contact hours of continuing education**.

Day 2 ACPE# 0046-9999-18-294-L04-P will provide **4.0 contact hours of continuing education**.

Credit statements can be viewed and printed from CPE Monitor. In order to receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Participants will evaluate this program using a standard evaluation form.

REGISTRATION

Early registration deadline: November 1, 2018

The registration fee is \$150.00, \$50.00 for students (proof of enrollment required at check-in), and \$50.00 for MAHEC employees. These program fees include administrative costs, educational materials, light breakfast, and lunch (Thursday only). If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26):

Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex.

Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

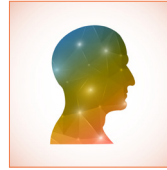
REGISTER ONLINE

www.mahec.net/pain2018

Follow us on Facebook!



MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.



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Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- _____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Please provide a:

Vegetarian Option Gluten-free Option Vegan Option

FEE \$150.00 \$165.00 (after Nov 1st)

STUDENT \$50.00 \$65.00 (after Nov 1st)
(proof of enrollment required at check-in)

MAHEC EMPLOYEE \$50.00 \$65.00 (after Nov 1st)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP _____ / _____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: # 19ID010/56638

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768

HAVE A QUESTION?

Contact the Program Planner

Rosalyn Wasserman, PT, DPT

rosalyn.wasserman@mahec.net or 828-257-4437



Special Services

828-257-4485

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803