



# MANAGING PAIN in the Age of the Opioid Crisis

SATURDAY, JANUARY 26, 2019

\*Snow Date: February 2, 2019

**LOCATION** Gaston County DHHS  
330 Dr. Martin Luther King Jr. Way  
Gastonia, NC 28052

**DATE** Saturday, January 26, 2019

**REGISTRATION** 7:30 am - 8:00 am  
(Breakfast Provided)

**PROGRAM** 8:00 am - 12:30 pm

**FREE, BUT MUST REGISTER TO ATTEND**

**Due to the cancellation of the last event, all registrants must re-register to attend**

## DESCRIPTION

This inter-professional event will provide timely and relevant continuing education for medical prescribers and behavioral health professionals in the midst of the opioid crisis. Topics include evidence-based analysis of the relative effectiveness of medications and their side effects, treatment recommendations for acute and chronic pain, and recognizing substance use/opioid use disorder (SUD & OUD), as well as statistics and nuanced data on prescribing and substance abuse patterns in Gaston County. The North Carolina Medical Board will provide important updates in state laws and explore legal and ethical dilemmas associated with prescribing opioids in North Carolina.

This educational activity satisfies the controlled substance prescribing continuing education 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. Content includes:

- Controlled substances prescribing practices
- Recognizing signs of the abuse or misuse of controlled substances
- Controlled substance prescribing for chronic pain management

## AUDIENCE

The program is recommended for physicians, physician assistants, nurse practitioners, pharmacists, podiatrists, psychologists, dentists, licensed clinical social workers, and others interested in this topic.

## MEDICAL COURSE DIRECTOR

Velma V. Taormina, MD, MSE FACOG

## PLANNING COMMITTEE

Jeffrey Ellison, PhD  
Scott Melton, MDiv

Rosalyn Wasserman, PT, DPT  
Ronnie Metcalf, EdD, RN-BC, ONC

## OBJECTIVES

Upon completion of this lecture and discussion-based educational activity, participants will be able to:

- Describe the impact of the opioid crisis and its effects on the residents of Gaston County and the surrounding areas
- Examine how the changing legal and ethical environment in North Carolina impacts prescribers of controlled substances
- Identify the CDC guidelines for prescribing opioids for acute and chronic pain
- Distinguish types of pain and specify non-opioid based/non-pharmacologically based treatments for acute and chronic pain
- Discuss what to do with patients on opioids that fall outside the guidelines, the addictive process of opioid based substances and discuss how primary care and behavioral health professionals can support community de-stigmatization, recovery, and treatment efforts

## AGENDA

- 7:30-8:00AM** Registration  
*Breakfast provided*
- 8:00-9:00AM** The Opioid Crisis: Causes, Costs and Solutions in Gaston County and Nationwide  
*Carriedelle Fusco, FNP*
- 9:00-10:00AM** Substance Use and Opioid Use Screening and Treatment  
*Carriedelle Fusco, FNP*
- 10:00-10:15AM** Break
- 10:15-11:00AM** NC Medical Board: Changing State Laws and Legal And Ethical Dilemmas Associated with Prescribing Opioids in North Carolina  
*David Henderson, NC Medical Board CEO*
- 11:00-11:45AM** Expanding the Menu Options for the Patient with Chronic Pain: The Role of Complimentary and Integrative Health Treatments  
*Elizabeth Lima, PhD*
- 11:45-12:15PM** Cognitive Behavioral Therapy and Chronic Pain: Translating Veterans Affairs Evidence-Based Treatment to Community Practice  
*Elizabeth Lima, PhD*
- 12:15-12:30PM** Preparing for Practice Change: Panel
- 12:30PM** Adjourn



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## FACULTY



**Carriedelle Wilson Fusco, RN, MSN, FNP-BC**, holds a Master of Science in Nursing from Vanderbilt University and is board-certified as a family nurse practitioner. She has worked at the MAHEC Family Health Center for the past four years. Carriedelle manages the pain clinic at MAHEC and provides both medication management and group visits for patients with chronic and acute pain issues. She also works with patients struggling with opioid substance

use disorders. She teaches medical, nursing, and pharmacy students; medical residents; other learners; and community physicians in the management of pain and substance use disorders.



**R. David Henderson, JD**, is Chief Executive Officer of the North Carolina Medical Board. Mr. Henderson took his undergraduate degree from the University of North Carolina at Charlotte and his law degree from Wake Forest University. He began working at the North Carolina Medical Board in 1996 as one of the Board's prosecuting attorneys. In 2003 he was selected as the Board's executive director and in

March of 2015 the Board named Mr. Henderson as its Chief Executive Officer.

As CEO, Mr. Henderson leads a 13-member Board and a staff of 55 as they fulfill the Board's mandate to regulate the practice of medicine for the benefit and protection of the people of North Carolina.

Mr. Henderson lives in Raleigh with his wife, Sherri, who is a physician assistant and real estate broker. They have two grown daughters, Sarah and Abbie.



**Elizabeth N. Lima, PhD**, received her PhD in Clinical Psychology from Florida State University in 2007. She became increasingly focused on integrative health when she became behavioral medicine faculty at a family medicine residency program for Pardee Hospital following completion of her doctorate. In February 2009, Dr. Lima began her career at the Asheville VA as a primary care

mental health integration psychologist. In late 2010, she became the Health Behavior Coordinator, expanding her collaborations with interdisciplinary staff across the facility and expanding services to primarily medical populations. Dr. Lima strongly believes in "it takes a village" and has pursued opportunities in diverse clinical, educational/research, and administrative endeavors that have allowed her to grow and expand her repertoire of skills. With respect to chronic pain, she is a national consultant for the Department of Veterans Affairs in CBT for Chronic Pain, training psychologists, social workers, and other mental health providers across the country in VA's CBT-CP model.

## CREDITS

### CONTINUING MEDICAL EDUCATION

#### Accreditation

The Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

#### Credit Designation

MAHEC designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. This course will offer **4.25 contact hour(s)** which will fulfill the North Carolina Board of Dental Examiner and Podiatry Examiners, **OR 4.25 AMA PRA Category 1 Credit(s)<sup>™</sup>** which will fulfill the North Carolina Medical Board's requirement of controlled substance continuing education.

#### Disclosure

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.

### 4.25 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 the entire activity to receive credit. No partial credit is given for this activity.



**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Full attendance is required to receive credit. **Approved for 4.25 hours.**



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. **Approved for 4.25 hours.**



**APA:** Mountain Area Health Education Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Mountain Area Health Education Center maintains responsibility for this program and its content. Full attendance is required to receive credit. This program will be offered for **4.0 CE.**

### ADA CERP<sup>®</sup> | Continuing Education Recognition Program

The North Carolina Health Education Centers (NC AHEC) are an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. This continuing education activity has been planned and implemented in accordance with the standards of the ADA Continuing Education Recognition Program (ADA CERP) through joint efforts between the Gaston Together Healthcare Commission and the Mountain Area Health Education Center (MAHEC), which is part of the NC AHEC system.

The North Carolina Area Health Education Center designates this activity for up to **4.25 hours** of continuing education credits.

Disclosure Statement/Conflict of Interest: In accordance with the ADA CERP Standard V., everyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interests and this information will be made available to participants at the start of the activity. As a continuing education provider, MAHEC, as part of the North Carolina Health Education Centers, is responsible for ensuring the content, quality and scientific integrity of all continuing dental education activities for which credit is provided. MAHEC is also responsible for taking steps to protect against and/or disclose any conflict of interest of the faculty/instructors presenting those courses.

Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.



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.

This program ACPE# 0046-9999-19-040-L01-P will provide 4.25 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.

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for **0.4 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 **4.25 Contact Hours**. Full attendance is required to receive credit.

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Your information will be shared with our partner, Gaston Together.

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.

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**REGISTER  
ONLINE**

Send completed registration form to: # 19ME022/57808  
MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803 Fax to: 828-257-4768

## LOCATION

**Gaston County DHHS  
330 Dr. Martin Luther King Jr. Way  
Gastonia, NC 28052**

**DIRECTIONS**

## HAVE A QUESTION?

### Contact the Program Planner

Scott Melton, M. Div.  
scott.melton@mahec.net or 828-257-4402



Special Services  
828-348-3624

**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

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