



INTERVENTIONAL PAIN MANAGEMENT

Workshop for Primary Care

FRIDAY, JUNE 8, 2018

LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
Simulation Center
119 Hendersonville Rd, Asheville NC 28803

DATE Friday, June 8, 2018

REGISTRATION PROGRAM 3:00 pm–3:25 pm
3:30 pm–8:00 pm (*dinner provided*)

Early registration fees through June 1, 2018.

PROGRAM FEE \$250.00

SPACE LIMITED! Register early to reserve your seat.

OBJECTIVES

Upon completion of this activity, participants will be able to:

- Define each procedure and practice each skill to implement procedures within their current practice
- Evaluate and determine what procedures will best meet the needs of their patients and how providing the procedures can reduce opioid prescriptions, addiction, and risk of harm
- Integrate the knowledge and procedures into developing greater expertise in the treatment of pain

DESCRIPTION

This course is designed to bolster your current skills in treating acute and chronic pain. Many patients leave their doctor's office believing that there are no solutions for acute or chronic pain beyond prescription drugs and surgery. Despite the surprising lack of medical evidence to support the use of opioid medications to treat individuals with arthritis, lower back pain, nerve pain, and migraines, physicians continue to prescribe opioid medications as the primary treatment for pain. When patients are prescribed opioids, they bear the risk of developing unpleasant side effects including sedation, chronic constipation, addiction, and overdose leading to accidental death.

There are many overlooked and underutilized pain management techniques that offer immediate relief or provide longer-lasting results that can be performed in a primary care setting. Osteopathic medicine treatments, trigger point injections, nerve blocks, sphenopalatine ganglion block, physical/occupational therapy, and psychotherapy are just a few procedures providers could develop in their practice to ease their patients' pain.

This skill-based workshop will provide physicians with hands-on training to confidently perform these procedures in their practice by skilled specialists. Utilizing these procedures can:

1. Provide immediate and long lasting pain relief to patients
2. Reduce the amount of opioid prescriptions that may increase side effects, addiction, overdose and death
3. Increase physician skills and patient satisfaction
4. Increase patient volume and billable revenue from office procedures

AUDIENCE

Primary care providers—including MDs, DOs, PAs, and NPs—as well as other providers interested in this topic.

PROGRAM AGENDA

[CLICK HERE TO REGISTER](#)

3:00–3:25 Registration

3:25–3:30 Introduction

3:30–4:40 **Rotating Groups** (*attendees will rotate through each station during the course of the program*)

Group A: Osteopathic Medicine Treatment (OMT): Basics for Back Pain — Jessica Knapp, DO, CAQSM

Group B: Procedural Management of Headache and Facial Pain — Edward Lewis, MD

Group C: Dry Needling Techniques — Wesley Miller, PT, FAAOMPT

4:40–5:25 **Working Dinner:** Treating Pain Safely and Interventional Pain Management for Primary Care

5:25–6:35 **Rotating Groups** (*continued*)

Group B: Osteopathic Medicine Treatment (OMT): Basics for Back Pain — Jessica Knapp, DO, CAQSM

Group C: Procedural Management of Headache and Facial Pain — Edward Lewis, MD

Group A: Dry Needling Techniques — Wesley Miller, PT, FAAOMPT

6:35–6:40 Attendee Movement

6:40–7:50 **Rotating Groups** (*continued*)

Group C: Osteopathic Medicine Treatment (OMT): Basics for Back Pain — Jessica Knapp, DO, CAQSM

Group A: Procedural Management of Headache and Facial Pain — Edward Lewis, MD

Group B: Dry Needling Techniques — Wesley Miller, PT, FAAOMPT

7:50–8:00 Wrap-up and Moving Forward



FACULTY

Jessica Knapp, DO, CAQSM, earned her undergraduate degree at Penn State Behrend, where she was inducted into the Athletics Hall of Fame. From there, she attended Lake Erie College of Osteopathic Medicine for her medical training and Wilmington, NC for her family medicine residency. She later completed a sports medicine fellowship at the University of Connecticut. After her fellowship, Jessica worked as core faculty at Tufts Family Medicine Residency and helped teach the physical exam courses at Tufts School of Medicine and Harvard Medical School for several years. Recently, she moved to Asheville to become the assistant fellowship director for the sports medicine fellowship at Mountain Area Health Education Center (MAHEC).

Edward Lewis, MD, is a board-certified pain physician and anesthesiologist. He received his medical degree from the University of Texas Medical School at Houston, where he also completed his residency in anesthesiology. He developed a desire to help pain patients early in his 28-year career, and has served as the medical director of several pain clinics and on hospital boards in both Texas and North Carolina. Dr. Lewis has a wide range of experience with the interventional treatment of all forms of acute and chronic pain. He is a member of several professional organizations, including the American Neuromodulation Society and the American Academy of Pain Medicine. Dr. Lewis likes to spend his free time with his family and friends. His recreational interests include snow skiing, hiking, gardening, traveling, and watching the Discovery Channel. He is a lifetime learner. An interesting fact about Dr. Lewis is that he has been on the Oprah show!

Wesley Miller, PT, FAAOMPT, has been providing exceptional orthopedic physical therapy to Western North Carolina for over a decade. Now, he owns and operates Anti-Fragile Physical Therapy, LLC—a solo physical therapy practice centered in North Asheville that reaches out to clients throughout the region. With a professional focus on client-centered care, evidence-based assessment, relevant patient education, expert manual therapy, exercise, and neuromuscular running/gait training.

MEDICAL COURSE DIRECTOR

Kyle Knowlson, MD, MAHEC, Asheville, NC.

PLANNING COMMITTEE

Blake Fagan, MD, MAHEC, Asheville, NC.

Scott Melton, MDiv, MAHEC, Asheville, NC.

Elaine Alexander, RN, MSN, RNC-OB, MAHEC, Asheville, NC.

Melody Hays, MA, MAHEC, Asheville, NC.

DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus
Simulation Center
119 Hendersonville Road
Asheville NC 28803**

**CLICK FOR
DIRECTIONS**

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.

CLICK HERE TO REGISTER

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CREDITS

Continuing Medical Education

Accreditation: MAHEC is accredited by the NC Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live educational activity for a maximum of 4.50 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This course will offer **4.5 contact hour(s)** which will fulfill the North Carolina Board of Dental Examiner & Podiatry Examiners, OR **4.5 AMA PRA Category 1 Credit(s)[™]** which will fulfill the North Carolina Medical Boards 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.

4.5 CNE Contact Hours

This continuing education activity was approved by MAHEC, an approved provider 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.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.5 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 **4.5 Contact Hours**. Full attendance is required to receive credit.

REGISTRATION

Early registration deadline: June 1, 2018

The registration fee is \$250.00. This fee includes administrative costs, educational materials and dinner. 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.

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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INTERVENTIONAL PAIN MANAGEMENT Workshop for Primary Care

AT MAHEC ON JUNE 8, 2018

Updated contact information. #18ME057/55680

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.

MEAL PREFERENCE Vegetarian Gluten-free Vegan

PROGRAM FEE \$250.00 \$265.00 (after June 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 _____

HAVE A QUESTION?

Contact the Program Planner

Scott Melton, MDiv

scott.melton@mahec.net or 828-257-4402



Special Services
828-348-3619

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803