



**THE FOUNDATION FOR MEDICAL EXCELLENCE**

*in cooperation with*

**THE COLLEGE OF PHYSICIANS AND SURGEONS  
OF BRITISH COLUMBIA**

*presents*

*The Twenty-Second Annual Pain and Suffering Symposium*

# **The Assessment and Management of the Patient with Complex Chronic Pain**

**March 6-7, 2009**

**Vancouver, British Columbia**

***Collaborating Organizations:***

Idaho State Board of Medicine

Nevada Board of Medical Examiners

Oregon Medical Board

Washington State Medical  
Quality Assurance Commission

# The Assessment and Management of the Patient with Complex Chronic Pain • Vancouver, British Columbia March 6-7, 2009

At this symposium, a faculty of experts from the United States and Canada will address the challenges of managing complex chronic pain. From their presentations you will gain perspective on the nature and treatment of both acute and chronic pain, preventing chronic pain syndrome, avoiding doctor-patient co-dependency, and issues related to physician-patient communication.

Participants will also acquire new techniques for recognizing and managing cognitive and behavioral factors in pain, and treating chronic pain syndrome including fibromyalgia.

## Who should attend:

This program will benefit physicians, health professionals, administrators, representatives of state medical boards, and others interested in the management of pain.

## Upon completion of this symposium, attendees should be able to:

- Understand which patients receive chronic opioids therapy in current clinical practice
- Describe how these trends match up with the evidence base for the efficacy of opioids treatment of chronic pain
- Assess problematic opioids use in the chronic pain patient

- Understand the importance of carefully set boundaries and limits
- Identify maladaptive interpersonal dynamics on the part of the patient and the provider and demonstrate how they interfere with care
- Demonstrate effective strategies for converting a maladaptive interaction into a therapeutic one
- Demonstrate how inadequate treatment of comorbid psychiatric disorders in chronic pain patients translates into poor treatment outcomes
- Implement specific communication strategies to negotiate narcotic requests
- Define specific health practices used frequently by pain patients
- Describe the impact of the psychological components in pain and suffering
- Utilize the latest information on the use of controlled substances for acute and chronic pain management
- Document the efficacy of a variety of treatment approaches to chronic and acute pain
- Implement therapeutic strategies that make chronic pain treatment more effective
- Conduct a thorough assessment related to fibromyalgia, be familiar with current treatment options and have strategies for difficult fibromyalgia cases
- Recognize that what patients experience as physical pain can at times be caused by emotional, social, spiritual and existential distress
- Describe evidence-based evaluation and management of low back pain
- Identify the range of alternative treatments for chronic pain
- Incorporate alternative treatments into the care of those with chronic pain

## Distinguished Faculty



**Ray Baker, M.D.**, holds fellowships in Addiction Medicine and Family Medicine. As Assistant Professor, he developed the award-winning undergraduate curriculum in addiction medicine at the University of British Columbia. He is Medical Director of HealthQuest Occupational Health Services in Richmond, where he specializes in disability management for high maintenance employees with invisible disabilities: mood disorders, chronic pain syndromes, addictions and stress-related conditions. He authored a chapter on *Alcoholism for Conn's Current Therapy*, 2002 edition.



**Roger Chou, M.D.**, is an Associate Professor of Medicine at the Oregon Health & Science University in Portland. He is also the Scientific Director of the Oregon Evidence-based Practice Center (based at OHSU) and the Director of Clinical Guidelines Development for the American Pain Society. Dr. Chou has written over 25 peer-reviewed journal articles, is an author for several low back pain topics for UpToDate, and is a member of the Cochrane Back Review Group Advisory Board. In addition to conducting systematic reviews and developing guidelines in the area of chronic pain, he has conducted several reviews for the U.S. Preventive Services Task Force and the Drug Effectiveness Review Project.



**Barry Egner, M.D.**, is a practicing general internist on the faculty of the Legacy Portland Program in Internal Medicine, Medical Director, The Foundation For Medical Excellence and NW Physician-Patient Communication, and Past-President, the American Academy on Physician and Patient. From 2006-2008, he will serve as a director of the American Board of Internal Medicine.

He teaches regionally and nationally on the doctor-patient relationship and the management of difficult patient relationships.



**Mick Oreskovich, M.D.**, is a board-certified general and addiction psychiatrist and Medical Director and Chief Executive Officer of the Washington Physicians Health Program. He is a Clinical Associate Professor of Psychiatry at the University of Washington and a Fellow in the American College of Surgeons. He completed a VA MIRECC research fellowship in opioid dependence and detoxification. He has multiple publications and presentations both as a surgeon and as a psychiatrist. He recently co-authored a review article for the Harvard Review of Psychiatry on the genetics of opioid and cocaine dependence.



**Joti Samra, Ph.D., R. Psych.**, a clinical psychologist, holds a position as an Adjunct Professor and Research Scientist with the Centre for Applied Research in Mental Health and Addiction (CARMHA), Faculty of Health Sciences, Simon Fraser University. Dr. Samra is Vice-President of the British Columbia Psychological Association. She conducts applied research and clinical work in the area of mental health and addiction, with a particular interest to these issues as they pertain to the workplace context. Dr. Samra is the recipient of the Canadian Psychological Association's New Researcher Award (2002).



**Mark Sullivan, M.D.**, received his M.D. and his Ph.D. in Philosophy from Vanderbilt University. After completing an internship in Family Medicine at the University of Missouri, he completed a residency in Psychiatry at the University of Washington in 1988. He is now Professor of Psychiatry and Adjunct Professor of Medical History and Ethics at the University of Washington. He served as attending physician in the Multidisciplinary Pain Center for 15 years.

For the past 5 years, he has developed training programs and policies concerning opioid management of chronic pain in the UW General Internal Medicine Center. He has published over 130 peer-reviewed articles, many on chronic pain. He is currently participating in two NIDA-funded studies on trends and risks of opioid therapy for chronic pain.

**Launette Rieb, MSc, M.D., CCFP, CASM, ASAM**, is a Family Physician, Addiction Medicine specialist and Clinical Associate Professor at UBC. She is the Director of Addiction Medicine and Intercollegial Responsibility Program for undergraduate medical student education and for residents in Family Medicine. Dr. Rieb practices in a community health center, a private methadone clinic, and a chronic pain clinic, using her master's degree in pain physiology. She teaches for the Methadone Program for the College of Physicians and Surgeons of British Columbia. Dr. Rieb is a past Board member of the Canadian Society of Addiction Medicine. She is past chair of the College of Physicians and Surgeons of Ontario Inquiry Board for Physician Incapacity due to Drug Dependence and Mental Illness.

## Workshop Faculty

**Marvin Seppala, M.D.**, is the Medical Director of Beyond Addictions and has a private psychiatric practice in Portland, Oregon which emphasizes the treatment of those with addiction and psychiatric illness. He is the former Chief Medical Officer of Hazelden. Dr. Seppala has provided psychiatric services at essentially every level of addiction treatment. He is an international speaker, and has been a guest on The Early Show (CBS), and Talk of the Nation (NPR). He is the author of *Clinician's Guide to The Twelve Step Principles* and co-author of *Pain-Free Living for Drug-Free People*, and *When Painkillers Become Dangerous*.

**Chris Stewart-Patterson, M.D.**, is an occupational physician and frequently provides consultations on workers in chronic pain for both employers and unions. He lectures both locally and internationally on disability evaluation. He has clinical experience in general practice, emergency medicine, community psychiatry and multidisciplinary pain programs. Dr Stewart-Patterson is a clinical instructor in the Faculty of Medicine, University of British Columbia, a senior lecturer at Wellington School of Medicine, University of Otago and a visiting lecturer at Harvard Medical School.

## Program Planning Committee:

**Ray Baker, M.D., Barry Egner, M.D., and John Ulwelling**

## Friday Agenda – March 6, 2009

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- 7:30-8:00 am *Registration and Continental Breakfast*  
8:00-8:05 am *Welcome and Introductions — Barry Egener, M.D.*  
8:05-8:30 am **Course themes: Vignettes to identify learner deficits**  
— Barry Egener, M.D.

- 8:30-9:10 am **The Emerging Epidemiology of Chronic Opioid Use**  
— Mark Sullivan, M.D.

The use of long-term opioid therapy for chronic pain has been growing over the past two decades. This lecture will review recent research about who is getting opioid therapy in diverse health care systems. It will also examine duration and type of therapy received. Associations of these trends with risks for poor outcomes from opioid therapy will be examined.

- 9:10-9:50 am **Fear avoidance, catastrophizing, and psychiatric diagnoses issues of patient transference**  
— Mick Oreskovich, M.D.

Maladaptive interpersonal dynamics are very common in patients with complex chronic pain. The ability to recognize these patterns as part of the phenomenology of pain disorders and to respond empathically translates into better treatment outcomes. This presentation will describe techniques for recognizing these issues of patient transference and provider countertransference and how to convert them into a positive therapeutic interaction.

- 9:50-10:00 am *Refreshment Break*

- 10:00-10:40 am **Management of Pain in Patients with Present or Past Addiction** — Ray Baker, M.D.

Treatment of acute and chronic pain in patients with concurrent substance use disorders is tricky. This presentation will cover outpatient detox strategies, treatment of pain in the active addict, management of acute pain in people on methadone maintenance and treatment of acute and chronic pain in the abstinent “recovered” patient with a history of substance dependence.

- 10:40-10:50 am *Questions and Discussion (Drs. Baker, Oreskovich & Sullivan)*

- 11:00-12:15 pm **Interactive Breakout Session I (Select one)**

1. **Fibromyalgia** — Chris Stewart-Patterson, M.D.
2. **Compassionate Refusal of Requested Prescriptions** — Barry Egener, M.D.
3. **Shared Decision Making with Chronic Pain Patients** — Mark Sullivan, M.D.
4. **Depression and chronic pain: which comes first and does it matter in creating a treatment plan?** — Mick Oreskovich, M.D.
5. **Case Management of Pain in Patients with Present or Past Addiction** — Ray Baker, M.D.

- 12:15-1:15 pm *Lunch, hosted by TFME*

- 1:15-1:55 pm **Opioids Rising? How to Sort Out Tolerance Addiction Versus Opiate Induced Pain Sensitivity**  
— Launette Rieb, M.D.

In this interactive and case based session, participants will gain knowledge and skill to assist patients in chronic non-malignant pain who may require opioids medication. By the end of the session, participants will be able to list red flags for addiction, and be able to differentiate features of tolerance from opioids induced pain sensitivity. Overall, an appreciation for who may benefit from opiate maintenance therapy and who may benefit from tapering off opiates will be obtained and an approach to both discussed.

- 1:55-2:35 pm **Evidence-Based Evaluation & Management of Low Back Pain** — Roger Chou, M.D.

Low back pain is very common and can be challenging to evaluate and treat. The American Pain Society in partnership with the American College of Physicians developed an evidence-based guideline for evaluation and management of low back pain in primary care. A second guideline on use of interventional therapies and surgery will be released in early 2009. This presentation, by the director of the guideline effort, will summarize challenges in managing low back pain, describe methods for developing evidence-based guidelines, explain evidence-based evaluation of low back pain, and explain evidence-based treatment of low back pain, including both non-interventional and interventional therapies.

- 2:35-2:45 pm *Questions and Discussion (Drs. Chou & Rieb)*

- 2:45-3:00 pm *Refreshment Break*

- 3:00-4:15 pm **Interactive Breakout Session II (Selections 2, 3 from Session 1, plus)**

6. **Challenging Cases with Patients on Escalating Opiate Doses** — Launette Rieb, M.D.
7. **Medical Management of Low Back Pain** — Roger Chou, M.D.
8. **Coping with Chronic Pain: Nonpharmacological Approaches** — Marvin Seppala, M.D.

- 4:15 pm *Recess until Saturday morning*

## Saturday Agenda – March 7, 2009

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- 7:30-8:30 am *Continental Breakfast*

- 7:30-8:25 am **Multi-Disciplinary Focus Group** — this will be an open forum for discussion of short cases provided by conference participants.

- 8:30-9:10 am **Cognitive Behavioral Approaches to Managing Chronic Pain**  
— Joti Samra, Ph.D., R. Psych.

This presentation will provide a concise update of current knowledge about cognitive behavioral intervention for chronic pain and step-by-step instruction in interventions formatted in terms of 10-15 minute patient contacts. An overview of evidence-based tools for clinical practice for patients and providers will be provided.

- 9:10-9:50 am **Pain and Co-Dependency in Patients and Doctors**  
— Ray Baker, M.D.

Emotional pain may present itself as somatic pain. Physicians sometimes try to fix the pain by taking responsibility for the patient’s problem and prescribing addictive medications. Dr. Baker will provide tips for recognizing somaticizing patients and managing discomfort for both the patient and physician.

- 9:50-10:00 am *Questions and Discussion (Drs. Baker & Samra)*

- 10:00-10:15 am *Refreshment Break*

- 10:15-11:30 am **Interactive Breakout Session III (Select one)**

1. **Challenging Cases with Patients on Escalating Opiate Doses** — Launette Rieb, M.D.
2. **Interventional Management of Low Back Pain** — Roger Chou, M.D.
3. **Depression and chronic pain: which comes first and does it matter in creating a treatment plan?** — Mick Oreskovich, M.D.
4. **Respecting our Own and Patients’ Boundaries** — Ray Baker, M.D., and Barry Egener, M.D.
5. **Skills for Coping with Chronic Pain** — Marvin Seppala, M.D.

- 11:30 am *Conference adjourns*

## Saturday afternoon –two special sessions 1:00-5:00 p.m.

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1. **Advanced Interview Skills for Chronic Pain Patients**

Several participants of previous courses have expressed the desire to enhance their interview skills with particularly challenging patients, especially those with chronic pain or who request specific prescriptions. Several faculty will offer a practical, skills-based half day course for interested participants on Saturday afternoon. Enrollment will be limited in order to give each participant a chance to practice with simulated patients. Some pre-course goal setting will be required.

**Faculty:** Drs. Baker, Egener and Oreskovich

2. **Cognitive Behavioral Approaches to Managing Chronic Pain: Advanced Skills**

This session will build on the morning presentation and provide more in-depth instruction in cognitive behavioral approaches that are effective for managing patients with chronic pain. Didactic presentation and role plays will be conducted, structured around the following core cognitive behavioral skills: 1) Thinking Realistically; 2) Behavioral Reactivation; and 3) Realistic Thinking. Attendees will become familiar with how to use Positive Coping with Health Conditions (PCHC) — a free, evidence-based CBT resource for patients and providers.

**Faculty:** Joti Samra, Ph.D., R. Psych.

**The Foundation For Medical Excellence**

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**To Register:** Please return the form below. If you have questions, call the Foundation at (503) 222-1960.

**Registration Fee:** \$395 (US Funds for US Registrants/Canadian Funds for Canadian Registrants). Advanced Skill Building Workshops Registration fee: \$200 (US Funds for US Registrants/Canadian Funds for Canadian Registrants).

**Refund Policy:** Refunds prior to February 20, 2009 will be charged a \$50 fee. No refunds after February 20th.

**Venue and Accommodations:** Fairmont Hotel Vancouver, 900 West Georgia St., Vancouver, BC V6C 2W6, (604) 684-3131. For a limited time, a block of rooms is being reserved for seminar registrants at a reduced rate. Call early for reservations and be sure to mention that you are attending The Foundation Symposium on Chronic Pain.

**Special Needs:** The Foundation For Medical Excellence fully complies with the legal requirements of the Americans with Disabilities Act rules and regulations thereof. If any participant attending this educational activity is in need of accommodation, please contact The Foundation For Medical Excellence in order to receive accommodations.

**Audio Cassettes and CDs Available:** For those who cannot attend, and for attendees who want to review or share information with colleagues, all plenary presentations will be recorded. A complete set of tapes is \$99.00. CDs of the plenary presentations are available for \$120. You may place your order now using the registration form below.

**Continuing Education Credits**

**Accreditation:** The Foundation For Medical Excellence is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit:** The Foundation For Medical Excellence designates this educational activity for a maximum of 9.5 *AMA PRA Category 1 credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**College of Family Physicians of Canada:** This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for 9.5 MAINPRO-M1 credits.

*This program made possible in part by an educational grant from Endo Pharmaceuticals*

**REGISTRATION FORM**

**Send to:** The Foundation For Medical Excellence, One S.W. Columbia Street, Suite 860, Portland, OR 97258, (503) 222-1960, FAX: (503) 796-0699, www.tfme.org

Please register \_\_\_\_ person(s) at \$395 (US Funds for US Registrants/Canadian Funds for Canadian Registrants), for the Symposium on Assessment and Management of the Patient with Complex Chronic Pain at The Fairmont Hotel Vancouver, Vancouver, B.C., on March 6-7, 2009.

Please register \_\_\_\_ person(s) at \$200 (US Funds for US Registrants/Canadian Funds for Canadian Registrants), for the Advanced Interview Skills for Chronic Pain Patients special session on Saturday afternoon, March 7, 2009.

Please register \_\_\_\_ person(s) at \$200 (US Funds for US Registrants/Canadian Funds for Canadian Registrants), for the Cognitive Behavioral Approaches to Managing Chronic Pain: Advanced Skills special session on Saturday afternoon, March 7, 2009.

Please reserve \_\_\_\_ sets of general session audio cassette tapes at \$99. Please reserve \_\_\_\_ set of general session CDs at \$120. Handling charges included.

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