

University of Rochester School of Medicine & Dentistry  
Department of Neurosurgery

*Presents*

Advances in  
**PAIN MANAGEMENT**  
A Course for Clinicians

Saturday, April 10, 2010

University of Rochester Medical Center  
Rochester, NY

Sponsored by:



UNIVERSITY of  
**ROCHESTER**  
MEDICAL CENTER

Office of Continuing Professional Education



# Advances in PAIN MANAGEMENT

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## Activity Description / Needs Statement

Chronic pain is a leading indication for a medical visit to primary care practitioners and specialists alike. The results of recent studies reveal significant barriers to adequate pain treatment. This program addresses the clinical gap between current practice and an evidence-based approach to treatment.

Over the last four years there has been a surge in the introduction of new therapies for pain, important regulatory changes affecting the prescription of opioid medications, and numerous treatment guidelines supporting different approaches. This conference features a panel of national experts that will focus on the latest evidence for common pain conditions including low back pain, facial pain, and conditions associated with nerve injury. The discussion will also review the evolving regulatory environment for opioid prescribing, structured approaches to interventional therapies such as injections, spinal cord stimulation, intraspinal drug delivery, and topical analgesics. The benefits and risks of the new therapies for fibromyalgia will be examined.

This program is geared toward physicians, physician assistants, nurse practitioners, pharmacists, and nurses as well as all other allied health care professionals, who on a daily basis confront the challenge of treating myriad pain conditions. In the past year over 800 clinicians have participated in this program through the live event and online offering.

## Activity Objectives

At the conclusion of this activity participants should be able to:

***Describe** diagnostic and treatment strategies for managing common chronic pain conditions, including facial pain and migraine, chronic low back pain, peripheral neuropathy and cancer pain.*

***Review** evidence for and recent advances in the prevention and medical treatment of neuropathic pain, acute pain, herpes zoster, and post-herpetic neuralgia, and fibromyalgia.*

***Identify** indications for interventional and surgical therapies for chronic pain conditions such as spine surgery and spinal cord stimulation.*

***Assess** indications and evaluate benefits of non-pharmacologic and interventional therapies.*

## Accreditation/Certification

The University of Rochester School of Medicine & Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Rochester School of Medicine & Dentistry designates this educational activity for a maximum of 6.75 AMA PRA Category 1 credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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## SCHEDULE

7:00 am	Registration & Continental Breakfast
7:50 am	Welcome & Introduction John D. Markman, MD
8:00 am	Optimizing the Benefit and Minimizing the Risk of Opioid Therapy for Chronic Pain Lynn Webster, MD, FACPM, FASAM
8:45 am	Comparative Efficacy Studies of Analgesic Medication Alec B. O'Connor, MD
9:30 am	Questions & Answers
9:45 am	Diagnosis and Treatment of Chronic Low Back Pain John D. Markman, MD
10:30 am	Break & Exhibits
10:45 am	An Evidence-Based Review of Fibromyalgia Therapies Shirley Rast, RN, NP, MS
11:30 pm	Questions & Answers
12:00 pm	Luncheon & Exhibits
1:00 pm	Interpreting and Applying Clinical Trial Results in Patients with Chronic Neuropathic Pain Robert H. Dworkin, PhD
1:45 pm	Questions & Answers
2:00 pm	Intraspinal Therapy for Chronic Pain: A review of the evidence and Expert's Guide to Clinical Decision Making Bruce D. Nicholson, MD
2:45 pm	State of the Art Management of Trigeminal Neuralgia Babak S. Jahromi, MD, PhD, FRCSC
3:30 pm	Questions & Answers
4:00 pm	Adjourn

**Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.**

**This activity has been submitted to the New York State Nurses Association for approval to award contact hours. The New York State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.**

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## Course Director

### JOHN D. MARKMAN, MD,

*Director, Neuromedicine Pain Management Center and  
Translational Pain Research  
Associate Professor, Department of Neurosurgery  
University of Rochester*



Dr. Markman directs the Neuromedicine Pain Management Center in the Department of Neurosurgery and is an Associate Professor at the University of Rochester School of Medicine and Dentistry. The Neuromedicine Pain Management Center is a multi-specialty pain practice with a focus on patients with chronic pain associated with nerve injury. His practice and center offerings include the gamut of medical, interventional, and behavioral therapies for chronic pain. Dr. Markman also directs the School of Medicine's Translational Pain Research program. His clinical research on chronic pain and low back pain have recently appeared in *Journal of Pain*, *Pain*, *Rheumatology*, *Neurology*, *Anesthesiology Clinics of North America*, *Medical Clinics of North America*, and *Geriatric Clinics of North America* in addition to numerous book chapters and non peer-reviewed publications.

Dr. Markman is Chairman-elect of the Pain and Palliative Care Section of the American Academy of Neurology, the guest editor of its upcoming Continuum Edition on Neuropathic Pain, a reviewer and editorial board member of several peer-reviewed journals, and an examiner for the American Board of Psychiatry and Neurology. He also serves as a special government employee of the Food and Drug Administration (FDA) and is a member of the Anesthetic and Life Support Drugs Advisory Committees. He lectures internationally and nationally on lumbar stenosis, chronic low back pain, opioid therapy, and neuropathic pain. Dr. Markman is board certified in Neurology and has received subspecialty certification in Pain Management.

Dr. Markman trained in Neurology at The Massachusetts General Hospital and The Brigham and Women's Hospital. His training in Pain Management was completed in the Department of Anesthesiology at Harvard's Beth Israel Deaconess Medical Center. He completed his medical degree at the University of Rochester School of Medicine & Dentistry. He is a recipient of the Rudolph Angell Prize, the Robert J. Joynt Prize for Excellence in Clinical Neurology, and a member of AOA.

## Planning Committee

### SHIRLEY RAST, MS, FNP-BC

*Neuromedicine Pain Treatment Center, University of Rochester Medical Center*

### LESLEY JOHNSON, FNP

*Neuromedicine Pain Treatment Center, University of Rochester Medical Center*

## Guest Speaker

### LYNN R. WEBSTER, MD, FACPM, FASAM

Dr. Webster is the Medical Director at Lifetree Clinical Research® & Pain Clinic in Salt Lake City, Utah and Director-At-Large for the American Academy of Pain Medicine. He is board certified in anesthesiology and pain medicine and also certified in addiction medicine. Dr. Webster is cofounder and medical director of Lifetree Clinical Research. His research interests are diverse. He has been keenly interested in developing safer and more effective therapies for chronic pain and addiction. He is co-founder of the non-profit LifeSource, through which the "Zero Unintentional Deaths" campaign was developed to reduce overdose deaths from opioids. Dr. Webster earned his doctorate of medicine from the University of Nebraska Medical Center and completed his residency in the University of Utah Medical Center's department of anesthesiology. He lectures extensively on the subject of preventing opioid abuse and criminal diversion in chronic pain patients, and he has authored over 100 scientific abstracts, journal articles and the recently published book entitled *Avoiding Opioid Abuse While Managing Pain: A Guide for Practitioners*.



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## Guest Speaker

### **BRUCE D. NICHOLSON, MD**

Dr. Nicholson is the Director of the Division of Pain Medicine at Lehigh Valley Health Network in Allentown, PA. He also is a Clinical Associate Professor of the Department of Anesthesia at the Penn State School of Medicine in Hershey, PA. He also serves as the president of Pain Specialists of Greater Lehigh Valley. Dr. Nicholson has presented for over 300 invited lectures and presentations on the symptoms/signs and treatment of neuropathic pain. He has specialty certifications with the American Board of Anesthesiology, Added Qualification in Pain Management, and ACLS, American Heart Association. He is a member of the American Society of Regional Anesthesia, International Association for Study of Pain, American Pain Society.

## URMC Faculty

### **ROBERT H. DWORKIN, PhD**

Dr. Dworkin received his B.A. in 1971 from the University of Pennsylvania and his PhD in 1977 from Harvard University. He is currently Professor of Anesthesiology, Neurology, Oncology, and Psychiatry and Director of the Anesthesiology Clinical Research Center at the University of Rochester School of Medicine and Dentistry. A primary goal of Dr. Dworkin's research has been the identification of risk factors for the development of chronic pain. As Director of the Anesthesiology Clinical Research Center, he has served as principal investigator for a large number of clinical trials of analgesic treatments. These studies have examined treatments for various chronic pain conditions—including neuropathic pain, low back pain, cancer pain, fibromyalgia, and osteoarthritis—as well as treatments for acute pain in herpes zoster and following different surgical procedures.

### **BABAK S. JAHROMI, MD, PhD, FRCS**

Dr. Jahromi is an Assistant Professor of Neurosurgery, Imaging Science, Cerebrovascular, Stroke and Endovascular Program. Dr. Jahromi finished medical school and neurosurgical residency at the University of Toronto. During residency he studied cellular and molecular changes occurring in brain blood vessels after subarachnoid hemorrhage, leading to a PhD from the University of Chicago. He has completed fellowships in neuroendovascular surgery at the Universities of Miami and Buffalo, focusing upon minimally invasive treatment of cerebrovascular diseases. Currently at the University of Rochester, he focuses upon endovascular and microvascular neurosurgery in treating aneurysms, AVM, stroke, and trigeminal neuralgia. His research interests include vascular smooth muscle, cerebral vasospasm, and endovascular therapy for cerebrovascular diseases including acute stroke; with over 90 papers, abstracts and book chapters published to date.

### **ALEC B. O'CONNOR, MD, MPH**

Dr. O'Connor is an Associate Professor of Medicine at the University of Rochester School of Medicine and Dentistry. One of his roles is a practicing, teaching hospitalist (internist who specializes in hospitalized patients). He has also served as a past Chair of the Pharmacy and Therapeutics Committee and of the Pain Management Committee. Dr. O'Connor is also the Associate Program Director of the Internal Medicine Residency, and is interested in research involving education, quality improvement, cost-effectiveness in pain management.

### **SHIRLEY RAST RN, MS, FNP-BC**

Shirley Rast is a licensed NP in the state of New York. She received her MS degree from St. John Fisher College. Shirley has an active role in the care of the chronic pain patient including examination, assessment, diagnosis and treatment. The majority of her time is dedicated in the clinical area with direct patient care, and also participates in clinical research. She is board certified by the American Nursing Credentialing Service and serves as a board member for the Greater Rochester Chapter of the Nurse Practitioner Association of New York State.



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## Location

This conference will take place at the University of Rochester School of Medicine & Dentistry located at 601 Elmwood Avenue, Rochester, NY 14642. Driving directions and parking instructions will be sent prior to the conference.

## Registration

1. Register online at: [www.urmc.rochester.edu/cpe](http://www.urmc.rochester.edu/cpe)  
*Accepts Visa, MasterCard, Discover, Check, University 312 Requisition, Voucher, or NCH Coupon. If you choose this method of registration, you DO NOT need to mail in the attached registration form.*

or

2. Mail registration form with payment.

*We can no longer accept credit card numbers via phone, fax, mail, or e-mail.*

Make checks payable to: Continuing Professional Education

Mail to:

University of Rochester

Office of Continuing Professional Education

601 Elmwood Ave., Box 677

Rochester, NY 14642-8677

## U of R Voucher Award Program

The CME Voucher Award Program has been developed to recognize the efforts of the Medical School's community-based preceptors, to encourage their continued involvement and to acknowledge the importance of their contributions. Vouchers can be redeemed ONLY for activities certified through the University of Rochester Office Of Continuing Professional Education. Instructions for use are on the Vouchers. A limited number of 'Voucher' registrations will be available for any given activity. Vouchers are redeemed on a first come-first served basis. If you are interested in becoming a preceptor, please contact the Ambulatory Clerkship Office at (585) 273-1615.

## U of R Nursing Contact Hour (NCH) Coupon Award Program

This Program has been developed to recognize the efforts of the School of Nursing's preceptors, to encourage their continued involvement and to acknowledge the importance of their contributions. Coupons can be redeemed for activities registering through the University of Rochester Office of Continuing Professional Education, the School of Nursing, and the Center for Lifelong Learning at the Community Nursing Center at the School of Nursing. Instructions for use are on the Coupons.

## Accommodations

Attendees requiring overnight accommodations should call the Brighton Courtyard by Marriott at 866.237.5979 by March 19, 2010. When making reservations, please indicate that you will be attending the UR Pain Management conference.

## Additional Information/ADA Services:

For more information or to make accommodations for learners with disabilities, contact the Office of Continuing Professional Education (CPE) at (585) 275-4392 or [CMEOffice@urmc.rochester.edu](mailto:CMEOffice@urmc.rochester.edu). The office website is [www.urmc.rochester.edu/cpe](http://www.urmc.rochester.edu/cpe). Office hours are Monday - Friday, 8:00 am to 4:30 pm Please call at least 30 days in advance of the conference for ADA accommodations.

