



UPMC | University of Pittsburgh
Medical Center

Center for Continuing Education in the Health Sciences
Medical Arts Building, Suite 220 • 200 Lothrop Street
Pittsburgh, PA 15213-2582

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SECOND ANNUAL UPMC
PAIN MANAGEMENT
SYMPOSIUM

September 7 & 8, 2006



UPMC | University of Pittsburgh
Medical Center

Sponsored by
The University of Pittsburgh
School of Medicine
Center for Continuing Education
in the Health Sciences
UPMC Department of Anesthesiology
Division of Pain Medicine
Western Psychiatric Institute and Clinic

SECOND ANNUAL UPMC
PAIN MANAGEMENT
SYMPOSIUM

Course Directors

Brian Cicuto, DO, PT

Director

UPMC Pain Medicine at Centre Commons

Marcia Homer, RN

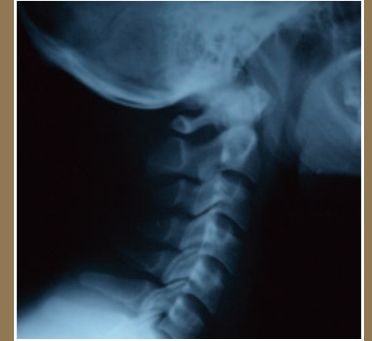
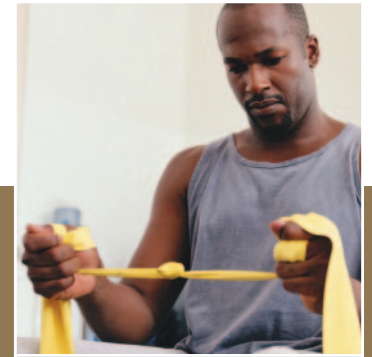
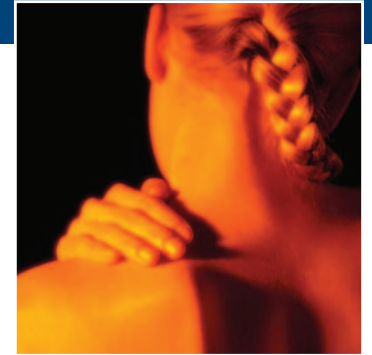
Nurse Coordinator

UPMC Pain Medicine

presented at

Four Points by Sheraton Pittsburgh North

Mars, Pennsylvania



September 7 & 8, 2006

INTENT AND OBJECTIVES

The Second Annual UPMC Pain Management Symposium is designed to provide health care professionals with the latest trends, techniques, therapies and interventional procedures in pain research and pain management. The focus will be on the pain patient as a whole, addressing acute, chronic, and cancer pain. Participation in the symposium will provide the attendee an overall view of the evolution of the multidisciplinary pain rehabilitation program; the role of the health care professional as a pain management advocate; the ethical issues associated with pain management; opportunities to collaborate with the palliative care providers across the continuum of care; clinical advancements in both the acute and chronic setting; the awareness of alerting the health care provider of the diversion of drugs in the health care setting; identification of surgical stress syndrome and the physiological implications in the surgical patient; defining PCA by proxy; the application of trigger point deactivation in the treatment of myofascial pain via acupuncture and related modalities and what a pain questionnaire indicates for the treatment of wounds.

COURSE TOPICS AND OBJECTIVES

Pain Management Advocacy: Your Role and Responsibility

Identify the role of the health care professional as a pain management advocate; describe at least 2 current issues/opportunities for pain management advocates to be engaged; identify at least one way the listener will change their practice or become engaged in pain management advocacy.

Management of Chronic Pain Looking Forward to Looking Backward

Will be familiar with similarities in approaches to pain management from the beginning of recorded time; be able to describe the evolution of multidisciplinary pain rehabilitation; know some directions for the future of the management of chronic pain patients.

Choosing the Most Effective Non-Surgical Low Back Pain Interventions

Describe an evidence-based approach to identify indications for the most effective non-surgical interventions; develop effective strategies to work with physical therapists in using best practice approaches in patients with acute low back pain; to identify indications that lead to a high likelihood of transitioning to chronic or recurrent low back pain.

COURSE TOPICS AND OBJECTIVES (CONTINUED)

Palliative Care: It's Not Just About Dying Anymore

Define concepts and models of Palliative Care; identify opportunities to collaborate with Palliative Care providers across the continuum of care; review concept of suffering and related palliative care interventions.

Advancement in Neuromodulation

An update of neuromodulation in pain management; evidence based medicine; neuromodulation for PVD, CRPS, and Angina.

Balancing Pain Control to Promote Wound Healing

Identify critical factors pain has on wound healing; explain what a pain questionnaire indicates for treatment of wounds; differential wound therapies used to reduce pain.

Interventional Procedure Algorithm for Low Back Pain

Discuss the available procedures in the treatment of low back pain; discuss an algorithm in the interventional treatment of low back pain; discuss the risk and benefits of certain interventional techniques in the treatment of low back pain.

PCA by Proxy: Can It Be Authorized?

Define PCA by proxy; describe a situation in which PCA by proxy can be authorized; list elements of the teaching plan for a family member authorized to provide PCA by proxy.

Acupuncture and Related Modalities for the Treatment of Chronic Musculoskeletal Pain

Know the difference between Percutaneous Electrical Nerve Stimulation (PENS) and Traditional Chinese acupuncture; relate the application of PENS to the treatment of Chronic Low Back Pain and/or Neck Pain; debate the application of Trigger Point Deactivation to the treatment of Myofascial Pain.

Regional Nerve Block Analgesia: The Nursing Perspective

Describe surgical stress syndrome and the physiological implications in the surgical patient; recognize multimodal pain management when compared to monomodal pain management; list the benefits of multimodal analgesia for the post op patient; recognize the sites and implications for regional analgesia in the post op patient.

COURSE TOPICS AND OBJECTIVES (CONTINUED)

Diagnosis and Management of Neuropathic Pain Syndromes

Recognize the symptoms and clinical signs of the more common neuropathic pain syndromes seen in clinical practice; to gain an understanding of the current diagnostic studies available to aid in the diagnosis of neuropathic pain conditions; to review the most up-to-date treatment options for the patient with neuropathic pain.

Assessment in Chronic Pain – Assess the Person and Not Just the Pain

Define the role of the psychosocial and behavioral contributions to the experience of chronic pain; be able to describe the components of a comprehensive assessment of chronic pain patients; be aware of measure and procedures available for assessing specific psychological and behavioral aspects of chronic pain.

Compression Fractures and Kyphoplasty

Diagnosis and treatment of compression fractures; indications for kyphoplasty; results and complications of kyphoplasty.

Management of Acute Pain

Discuss pathophysiology of pain; identify differences between acute and chronic pain; compare options for the treatment of acute pain.

Ethical Issues Associated with Pain Management

Define addiction, pseudoaddiction, dependence and tolerance; describe the ethical issues associated with pain contracts; describe the societal beliefs that exacerbate the ethic issues associated with pain management.

Drug Diversion Trends in Health Care

Make health care providers more aware of their peers who may be diverting controlled substances from the work place; explain what the current trends in the community are concerning abuse of prescription medications; how to protect their license and registration from being used by abusers in the community.

WHO SHOULD ATTEND

This meeting is designed for pain and primary care physicians, internists, neurologists, neurosurgeons, emergency room and rehab physicians, orthopedic surgeons, CRNP's, PA's, RN's, psychologists, and anyone interested in pain management.

CONTINUING EDUCATION CREDIT

The University of Pittsburgh School of Medicine is accredited by the Accreditation council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this educational activity for a maximum of **7.5 AMA PRA Category 1 Credits**.™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **0.75** continuing education units (CEU's) which are equal to **7.5** contact hours.

This program has been approved for **7.45** contact hours by the University of Pittsburgh Medical Center Provider Unit of the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. To receive contact hours you attend the entire program and complete an evaluation form.

Psychologists – Western Psychiatric Institute and Clinic is approved by the **American Psychological Association** to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for **7.5** continuing education credits.

SPECIAL NEEDS



Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs **at least two weeks** in advance of the program by calling (412) 647-8232.

SCHEDULE

Thursday, September 7, 2006

- 4:00 pm Registration, Hors d'oeuvres, Posters and Exhibits
- 6:00 pm **Welcome**
Brian Cicuto, DO, PT
Doris K. Cope, MD
- 6:05 pm **Pain Management Advocacy: Your Role and Responsibility**
Pamela Bennett, RN, BSN
- 7:00 pm **Thursday Adjournment**
- 7:00 pm **Dinner**

Friday, September 8, 2006

- 7:00 am Continental Breakfast, Posters and Exhibits
- 7:30 am **Welcome**
Brian Cicuto, DO, PT
John P. Williams, MD
- 7:35 am **Management of Chronic Pain Looking Forward to Looking Backward**
Dennis Turk, PhD
- 8:30 am **Choosing the Most Effective Non-Surgical Low Back Pain Intervention**
Anthony DeLitto, PhD, PT, FAPTA
- 9:05 am **Palliative Care: It's Not Just About Dying Anymore**
Denise Stahl, RN, MSN, APRN, BC-PCM
- 9:35 am **Break, Exhibits, Posters, and Refreshments**
- 10:05 am - **Breakout Session I**
10:30 am (presentations run concurrently; choose only ONE on Registration Form)
- A. Advancement in Neuromodulation**
ZongFu Chen, MD
- B. Balancing Pain Control to Promote Wound Healing**
Jean Crouch, RN, BSN, CWON

- 10:35 am – **Breakout Session II**
11:00 am (presentations run concurrently; choose only ONE on Registration Form)
- C. Interventional Procedure Algorithm for Low Back Pain**
Dean J. Mariano, DO
- D. PCA by Proxy: Can it be Authorized?**
Colleen J. Dunwoody, MS, RN.C
- 11:05 am – **Breakout Session III**
11:30 am (presentations run concurrently; choose only ONE on Registration Form)
- E. Acupuncture and Related Modalities for the Treatment of Chronic Musculoskeletal Pain**
Debra Weiner, MD
- F. Regional Nerve Block Analgesia: The Nursing Perspective**
Lois Pizzi, RN.C, ONC
- 11:35 am – **Breakout Session IV**
NOON (presentations run concurrently; choose only ONE on Registration Form)
- G. Diagnosis and Management of Neuropathic Pain Syndromes**
Albert J. Carvelli, MD
- H. Assessment in Chronic Pain – Assess the Person and Not Just the Pain**
Dennis Turk, PhD
- Noon **Lunch, Exhibits and Posters**
- 1:15 pm **Compression Fractures and Kyphoplasty**
Vincent Silvaggio, MD
- 1:45 pm **Management of Acute Pain**
David Metro, MD
- 2:25 pm **Ethical Issues Associated with Pain Management**
Robert Arnold, MD
- 3:10 pm **Drug Diversion Trends in Health Care**
Edward Cartwright
- 3:50 pm **Evaluation and Conference Adjournment**

COURSE DIRECTORS, FACULTY, COMMITTEES

Course Directors

Brian Cicuto, DO, PT

Clinical Assistant Professor
University of Pittsburgh School
of Medicine
Medical Director
UPMC Pain Medicine
at Centre Commons
Department of Anesthesiology
Division of Pain Medicine

Marcia Homer, RN

Nurse Coordinator
UPMC Pain Medicine
Department of Anesthesiology
Division of Pain Medicine

Faculty

Robert Arnold, MD

Professor of Medicine
Chief, Palliative Care and Medical Ethics
University of Pittsburgh School
of Medicine

Pamela Bennett, RN, BSN

Executive Director, Health Alliance
Department
Executive Director, Advocacy
Purdue Pharma
Stamford, Connecticut

Edward Cartwright

Supervisory Narcotics Agent
Pennsylvania Office of Attorney General

Albert J. Carvelli, MD

Clinical Assistant Professor of
Anesthesiology
University of Pittsburgh School
of Medicine
UPMC Pain Management at
Cranberry and Oakland Campus

ZongFu Chen, MD

Clinical Assistant Professor of
Anesthesiology
University of Pittsburgh School
of Medicine
UPMC Pain Management at Monroeville

Doris K. Cope, MD

Chief, Division of Pain Management
Department of Anesthesiology
University of Pittsburgh School
of Medicine
UPMC Pain Management at St. Margaret

Jean Crouch, RN, BSN, CWON

Skin Care Team Coordinator
Department of Enterostomal Therapy
UPMC Presbyterian

Anthony DeLitto, PhD, PT, FAPTA

Professor and Chairman, Department of
Physical Therapy, School of Health and
Rehabilitation Sciences
Director of Research: Comprehensive
Spine Center
University of Pittsburgh

Colleen J. Dunwoody, MS, RN.C

Advanced Practice Nurse –
Pain Management
UPMC Presbyterian

Dean J. Mariano, DO

Clinical Assistant Professor of
Anesthesiology
University of Pittsburgh School
of Medicine
UPMC Pain Management at St. Clair

David Metro, MD

Assistant Professor of Anesthesiology
University of Pittsburgh School
of Medicine
Director of Perioperative and Trauma
Pain Service
UPMC Presbyterian

Lois Pizzi, RN.C, ONC

Inpatient Acute/Chronic Pain Coordinator
UPMC Shadyside

Vincent Silvaggio, MD

Clinical Instructor of Orthopedic Surgery
University of Pittsburgh School
of Medicine

Denise Stahl, RN, MSN, APRN, BC-PCM

Palliative Care Specialist
Magee-Womens Hospital of UPMC
Adjunctive Faculty: University of
Pittsburgh School of Nursing

Dennis Turk, PhD

Adjunct Professor of Psychiatry
University of Pittsburgh School
of Medicine
Jon and Emma Bonica Professor of
Anesthesiology and Pain Research
Director, Fibromyalgia Research Center
University of Washington School
of Medicine
Seattle, WA

Debra Weiner, MD

Associate Professor of Medicine,
Psychiatry and Anesthesiology
University of Pittsburgh School
of Medicine

John P. Williams, MD

Professor and Chair
Department of Anesthesiology
University of Pittsburgh School
of Medicine

All faculty work in the Pittsburgh metropolitan area unless specified otherwise.

All faculty In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.

Planning Committee

Brian Cicuto, DO, PT
Colleen J. Dunwoody, MS, RN.C
Laura Ebbert, OTR/L
Mary Felix
Raymond B. Hanlon, MS
Marcia Homer, RN
Denise Matscherz, RT (R)
Lois Pizzi, RN.C, ONC
Euphemia Powell, RN
Denise Rucinski, RN, BA

Poster Committee

Doris K. Cope, MD
Chief, Division of Pain Medicine
Deborah Bloomberg
Academic Administrative Assistant

POSTER PRESENTATIONS

- **Botox: An Effective Treatment in the Fight against Migraine Headaches**
Stephen McCaughan, DO
- **Peripheral Edema with Intrathecal Morphine and Fentanyl**
Jeff Eck, MD
- **Current Drug Testing Technologies**
Luxmi Gahlot, MD
- **Utilizations and Limitations of Urine Toxicology Screens in Chronic Pain Patients**
Seung J. Lee, MD
- **Matrix Metalloproteinase Inhibitors from Animal Model to Clinical Study**
- **Transforaminal Epidural Injection Induces Hypertensive Crisis in a Patient with Nefidipine Withdrawal**
- **The Steroid Withdrawal Syndrome: A Review of the Implications, Etiology and Treatments**
Leon Margolin, MD, PhD
- **Oxycodone Metabolism via CYP2D6 Pathway: Potential for Drug Interactions**
Levi Zimmerman, MD
- **New Treatments in Postherpetic Neuralgia**
Scott Brancolini, MD

The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact: William A. Savage, Assistant to the Chancellor and Director of Affirmative Action (and Title IX and 504 Coordinator), Office of Affirmative Action, 901 William Pitt Union, University of Pittsburgh, Pittsburgh, PA 15260, (412) 648-7860.

MEETING LOCATION

The conference will be held at the **Four Points by Sheraton Pittsburgh North**, located at **910 Sheraton Drive, Mars, Pennsylvania 16046**.

ACCOMMODATIONS

A block of rooms has been reserved at the Four Points by Sheraton Pittsburgh North. Call the hotel at 1-888-627-8175 to make a reservation. When calling for reservations, please state that you are attending the Second Annual UPMC Pain Management Symposium to receive the reduced rates. Room availability cannot be guaranteed after August 17, 2006. The special rate is \$90 for a single and double occupancy. Taxes are applicable.

DIRECTIONS TO THE HOTEL

FROM PITTSBURGH INTERNATIONAL AIRPORT

Follow signs to Pittsburgh – Route 60 South. Stay on Route 60 South watching for I-79 North. Follow I-79 North to Exit 76 (Cranberry Exit). North on Route 19 to first stop light. Turn right onto Freeport Road (at Bob Evans Restaurant). Make first right onto Sheraton Drive.

FROM THE EAST AND WEST

PA Turnpike to Exit 28. Then South on Route 19 towards Pittsburgh. At first light, make left onto Freeport Road (at Bob Evans Restaurant). Make first right onto Sheraton Drive.

FROM PITTSBURGH AND POINTS SOUTH

I-279 North to I-79 North to Exit 76 (Cranberry Exit). North on Route 19 to first stop light. Turn right onto Freeport Road (at Bob Evans Restaurant). Make first right onto Sheraton Drive.

FROM THE NORTH (ERIE):

I-79 South to Exit 78 (Cranberry Exit). West (right) onto Route 228 to the first right which is Route 19. Turn left onto Route 19 South. At the third right turn left onto Freeport Road (at Bob Evans Restaurant). Make first right onto Sheraton Drive.

REGISTRATION INFORMATION

You may register: > **On-line** > **Fax** to (412) 647-8222 or > **U.S. mail**

> On-line Registration

We highly recommend registering on-line via our secure web site. It is the quickest and easiest way to register and will allow you to gain immediate confirmation of your registration. Our web site address is <http://ccehs.upmc.edu> Click the On-line Registration link and scroll to the **Second Annual UPMC Pain Management Symposium** section on this page.

> Mailing Registrations

Mail the registration form to the address listed on page 15. All registration forms must be postmarked by **August 31** to pre-register for this conference. We cannot guarantee space in the program or any program inclusions for those registrations we receive after this date.

A confirmation letter will be faxed or mailed if registration is completed by the registration deadline. If you register on-line, you will receive an immediate e-mail confirmation message. *Please note: Registration is not complete until you receive this confirmation.* If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-8232.

You must bring this confirmation with you to the conference.

Cancellation

All cancellations must be in writing and sent to us via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before **August 31, 2006** will be completely refunded. After **September 1, 2006** a \$35 administrative fee will be assessed. No refunds will be made after **September 6, 2006**. Cancellation requests can be made to:

Maureen Hewko, Conference Manager
UPMC/Center for Continuing Education in the Health Sciences
Medical Arts Building, Suite 220 • 200 Lothrop Street • Pittsburgh, PA 15213-2582
Telephone: (412) 647-8232 • Fax: (412) 647-8222 • E-mail: CCEHS@upmc.edu

The UPMC/Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

Registration Fees

\$225 Physicians

\$100 Residents, nurses, and other health care professionals

Registration fee includes:

- Continuing education credit
- Registration and course materials
- Dinner, continental breakfast, refreshments, and lunch

REGISTRATION FORM (FOR USE ONLY IF NOT REGISTERING ON-LINE)

SECOND ANNUAL UPMC PAIN MANAGEMENT SYMPOSIUM

September 7 and 8, 2006

Course #789

*Please complete all sections of the registration form. Please type or print.
Photocopy both sides of the registration form for additional registrants.*

NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.

Last FIVE digits of your Social Security Number ___ - ___ ___ ___ *

Prefix Mr. Mrs. Ms. Other _____ (please indicate)

First Name _____
Last Name _____ } This is how your name will appear on your name badge.

Suffix (Jr., Sr., etc.) _____

Company/Institutional Affiliation _____

Specialty _____

E-mail Address _____

Degree* (List only one.) MD DO Resident PhD MPH RN

Other (please indicate) _____ Check here if you are a psychologist

Address _____

City _____ State _____ ZIP Code _____

Work Telephone (_____) _____

Fax (_____) _____

How did you hear about this conference? _____

Meal Options

Dinner, September 7, 2006

- Option 1: Sicilian Grilled Swordfish, Topped with Tomatoes, Fresh Basil and Asiago Cheese
- Option 2: Vegetarian Entrée
- I will not be attending dinner.

Lunch, September 8, 2006

- Option 1: Chicken Caesar Salad
- Option 2: Grilled Chicken and Penne Pasta
- Option 3: Penne Pasta with Seared Vegetable
- I require kosher dinner and lunch.

*required

- 10:05 am - **Breakout Session I** *(please choose one)*
 10:30 am **A. Advancement in Neuromodulation**
ZongFu Chen, MD
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Total Registration Fee Enclosed \$ _____

Mail payment, accompanied by the registration form to:

UPMC/Center for Continuing Education in the Health Sciences
 Medical Arts Building, Suite 220 • 200 Lothrop Street
 Pittsburgh, PA 15213-2582

Method of Payment

The following methods of payment are acceptable for the registration fee:

- Checks, personal or employer** **Credit Card** **UPMC Transfers**

Checks. Make payable to **UPMC Presbyterian Shadyside.**

- Employer check included
 Personal check included
 Employer or Personal check to arrive under separate cover. *If your employer or personal check is arriving under separate cover, you may send or fax in your completed registration form now, but you must complete the Credit Card Payments section below with valid credit card information in order to hold your reservation. If the check payment is not received by four weeks post course, we will charge the registration fee to the credit card number provided.*

There is a \$25.00 returned check fee.

Credit Card Payments

- Visa MasterCard American Express Discover

Credit Card No. _____

Expiration Date (Month/Year) _____

Signature _____

UPMC Journal Entry Transfer. If you are a UPMC employee and your department will be responsible for payment, we can charge your department directly. **DO NOT SUBMIT a disbursement to UPMC Accounts Payable. Complete the following:**

Business unit _____

Account number _____

Department ID number _____

Authorized department signature _____

Telephone number _____

NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.

FOR ADDITIONAL INFORMATION CONTACT

Maureen Hewko, Conference Manager
 Telephone: (412) 647-9541 or (412) 647-8232
 Fax: (412) 647-8222
 E-mail: CCEHS@upmc.edu