Course description

The experience of pain has been recognized as a national public health problem with profound physical, emotional, and societal costs. Today, chronic pain affects an estimated 50 million U.S. adults, and as many as 19.6 million of those adults experience high-impact chronic pain that interferes with daily life or work activities. Pain management stakeholders have been working to improve care for those suffering from acute and chronic pain in an era challenged by the opioid crisis.

— U.S. Department of Human and Health Services, Interagency Task Force on Pain Management Best Practices

Every member of the interdisciplinary healthcare team has a role to play in improving the patient experience for those suffering from acute and chronic pain. This intermediate-level, leading-edge course offers pioneering applications and innovative alternatives to opioids for comprehensive pain management. Experts will offer the latest evidence and research to effectively address pain management throughout the continuum of care. Each professional will share specific interventions, patient/family education, the vital role of the connections among care team members, and discharge planning. Learning methods will include practical application of complex case studies and dynamic learning opportunities throughout the course. Participants will be able to immediately apply practical tools with their patients for improving the care of those suffering from acute and chronic pain. Your active participation is required in order to complete the course and to ensure a dynamic learning experience.

Learning outcome

Learners will understand pain mechanisms and the effects on function, and be able to develop an evidence-based care plan for patients with acute or chronic pain.

Learning objectives

After attending this educational activity, participants should be able to:

1) Identify the current state of the national epidemic including the history and evolution of current regulations and professional standards.
2) Apply pain mechanisms to more effectively direct your treatment plan of care.
3) Explain pain science to your patients in order to facilitate pain management.
4) Apply best practices to the development of patient centered assessment and intervention care plans.
5) Relate the role of communication in engaging the patient and family in education and compliance with plans of care.
6) Integrate alternative strategies such as breathing, aromatherapy and meditation into practice.
7) Ensure effective connection and discharge planning across the continuum of care between care team members.
8) Apply new learning to a case study from an interdisciplinary perspective.
Agenda

7:30 am    Registration and Continental Breakfast

8:00 am    National Challenges Regarding the Opioid Epidemic
            Silpa Katta, MD

8:30 am    Identifying Pain Mechanisms to Guide a Patient Care Plan
            Themis Raftis, MPT, tDPT, MTC, TPS

9:00 am    Integrating Pain Science Education to Optimize Patient Treatment
            Lisa Schwarz, PT, MHPE, OCS, ATC

10:00 am   Break

10:15 am   Multidisciplinary and Interdisciplinary Frameworks for Pain Management: Case Study Introduction
            Emily Becker, PT, MS

10:30 am   Medical Management and Coordination of Care
            Silpa Katta, MD

11:15 am   Medication Management: Beyond Filling Prescriptions
            Charlene Liang, PharmD

12:00 pm   Lunch (provided)

12:30 pm   Patient Centered Pain Care
            LaTanya Kennedy, DNP, MSN, APRN, ACNS-BC, RN-BC

1:15 pm    Cognitive Behavioral Therapy and Supportive Strategies for Pain Management
            Angelique Strand, PhD

2:00 pm    Spiritual Care: Mindfulness, Meditation and Spiritual Well-Being
            Linnea Winquist, MDiv, BCC

2:45 pm    Break

3:00 pm    Nutrition: Impact of an Anti-Inflammatory Diet
            Carla Schuit, MPH, RD, LDN

3:30 pm    Therapeutic Strategies for Pain Management
            Lisa Schwarz, PT, MHPE, OCS, ATC

4:10 pm    Ethical Issues and Dilemmas Encountered in the Treatment of Individuals With Pain
            Larisa Lahey, MSW, LCSW

4:40 pm    Putting It All Together: Case Study Application
            Emily Becker, PT

5:00 pm    Adjourn
Faculty

Silpa Katta, MD  
Physiatrist  
Marianjoy Integrative Pain Treatment Center

Emily Becker, PT, MS  
Clinical Educator  
Marianjoy Rehabilitation Hospital

LaTanya Kennedy, DNP, MSN, APRN, ACNS-BC, RN-BC  
Clinical Nurse Specialist  
Marianjoy Rehabilitation Hospital

Larisa Lahey, MSW, LCSW  
Case Manager  
Marianjoy Rehabilitation Hospital

Charlene Liang, PharmD  
Pharmacist  
Marianjoy Rehabilitation Hospital

Themis Raftis, MPT, tDPT, MTC, TPS  
Physical Therapist  
Marianjoy Integrative Pain Treatment Center

Carla Schuit, MPH, RD, LDN  
Dietitian  
Northwestern Medicine Central DuPage Hospital

Lisa Schwarz, PT, MHPE, OCS, ATC  
Physical Therapist  
Marianjoy Integrative Pain Treatment Center

Angelique Strand, PhD  
Psychologist  
Marianjoy Integrative Pain Treatment Center

Linnea Winquist, MDiv, BCC  
Chaplain  
Marianjoy Rehabilitation Hospital

Disclosure statements
The planners for this activity have no conflicts of interest to disclose.

Dr. Katta has no relevant non-financial relationships to disclose. Dr. Katta receives a salary from Marianjoy Medical Group.

Ms. Becker has no relevant non-financial relationships to disclose. Ms. Becker receives a salary from Marianjoy Rehabilitation Hospital.

Dr. Kennedy has no relevant non-financial relationships to disclose. Dr. Kennedy receives a salary from Marianjoy Rehabilitation Hospital.

Ms. Lahey has no relevant non-financial relationships to disclose. Ms. Lahey receives a salary from Marianjoy Rehabilitation Hospital.

Dr. Liang has no relevant non-financial relationships to disclose. Dr. Liang receives a salary from Marianjoy Rehabilitation Hospital.

Dr. Raftis has no relevant non-financial relationships to disclose. Dr. Raftis receives a salary from Marianjoy Rehabilitation Hospital.

Ms. Schuit has no relevant non-financial relationships to disclose. Ms. Schuit receives a salary from Central DuPage Hospital.

Ms. Schwarz has no relevant non-financial relationships to disclose. Ms. Schwarz receives a salary from Marianjoy Rehabilitation Hospital.

Dr. Strand has no relevant non-financial relationships to disclose. Dr. Strand receives a salary from Marianjoy Medical Group.

Ms. Winquist has no relevant non-financial relationships to disclose. Ms. Winquist receives a salary from Marianjoy Rehabilitation Hospital.
Program details

Program location
The program will be held in the Conference Center at Marianjoy Rehabilitation Hospital's Outpatient Pavilion, 26W171 Roosevelt Road, Wheaton, Illinois.

Audience
The content of this program is appropriate for physicians, dietitians, nurses, occupational therapists, physical therapists, social workers and speech language pathologists.

Contact hour statements

CNE information
Criteria for Completion
Successful completion of this learning activity includes attending the entire program and completing the online program evaluation by 30 days post activity.

Contact Hours
Northwestern Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Occupational therapists
Marianjoy Rehabilitation Hospital is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This introductory level program awards occupational therapists 0.8 AOTA CEUs or 8 contact hours. Assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Classification Codes for Continuing Education Activities: Category 1: Domain of OT (Topic: Client Factors, Performance Patterns); Category 2: Occupational Therapy Process (Topic: Interventions)

Physical therapists
This course has been approved for 8 continuing education hours for physical therapy practitioners. The Illinois Department of Financial and Professional Regulation, Division of Professional Regulation has certified Marianjoy Rehabilitation Hospital has complied with the provisions of the Illinois statutes and/or rules and regulations and is hereby authorized to sponsor the above-named course as a Continuing Education offering. Registered Physical Therapy Continuing Education Sponsor: IDFPR License Number 216.000125

Social workers
This course has been approved for 8 continuing education hours for registered social workers. The Illinois Department of Financial and Professional Regulation, Division of Professional Regulation has certified Marianjoy Rehabilitation Hospital has complied with the provisions of the Illinois statutes and/or rules and regulations and is hereby authorized to sponsor the above-named course as a Continuing Education offering. Registered Social Worker Continuing Education Sponsor: IDFPR License number 159.001019

Speech language pathologists
This course is offered for .8 ASHA CEUs (Intermediate Level, Related Area)
Registration fee
The fee is $49. A continental breakfast and lunch will be provided. Marianjoy is an approved education provider in EdAssist and is listed as ‘Marianjoy Professional Learning’ in the Education Provider section of the application.

Registration procedure
The registration deadline is Friday, November 1.
For questions or to register, call 630.909.7102.
TTY for the hearing impaired 630.909.8015.

Cancellation and refund policy
Payment prior to the start of class is required. Full refunds are granted for cancellations received at least one week prior to the start of the program. Refunds are not granted for cancellations less than one week prior to the start of the program. Classes cancelled due to low enrollment will result in a refund. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.

Accessibility
Please contact 630.909.7102 if you require special accommodations to enroll in or attend this program. TTY for the hearing impaired 630.909.8015.