Conquering Pain Locally, Regionally and Nationally

Li Ka Shing Center for Learning and Knowledge
Stanford University, Stanford, California

September 19 – 21, 2014

A Continuing Medical Education Conference
Presented by the Department of Anesthesiology, Perioperative and Pain Medicine,
Division of Pain Medicine at Stanford University School of Medicine
Sponsored by the Stanford University School of Medicine in collaboration with the
Western Pain Society and the American Academy of Pain Medicine
Friday, September 19, 2014

7:00 am
Registration Desk Opens

8:30 am
Welcoming Remarks
Sean Mackey, MD, PhD and Bill McCarberg, MD

8:40 - 8:55 am
National Updates on Pain Treatment and Policy
Sean Mackey, MD, PhD

8:55 - 9:45 am
Rewriting the Pain Equation: From Biopsychosocial to Sociopsychobiological
Daniel Carr, MD

9:45 - 10:45 am
The Strain in Pain Lies Mainly in the Brain
Sean Mackey MD, PhD

10:45 - 11:00 am
Break

11:00 - 12:00 pm
Exercise as a Cause and Cure for Pain: Mechanisms, Effectiveness, and Applications
Kathleen Sluka, PhD

12:00 - 1:00 pm
Lunch

1:00 - 2:00 pm — Breakout Sessions (select one)
Pain 101: Assessment and Management  Nerves Gone Wild: What is Neuropathic Pain and How Do I Treat It?
Bill McCarberg, MD  Charles Argoff, MD

2:00 - 3:00 pm — Breakout Sessions (select one)
Pain 101: Pharmacology  Mind Over Pill: Minimizing Opioids & Optimizing Psychology
Gregory Holmquist, PharmD  Beth Darnall, PhD

3:00 - 3:30 pm
Break

3:30 - 4:30 pm
Damned If We Do... Can We Relieve Pain and Stop Opioid Abuse At the Same Time?
Keith Humphreys, PhD

SkyBox Reception 5:00 - 7:30 pm
Be sure to purchase tickets and join us for this social event.

Register now at cme.stanford.edu/westernpain
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Registration Desk Opens</td>
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<tr>
<td>8:30 am</td>
<td>Welcoming Remarks</td>
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<tr>
<td></td>
<td>Sean Mackey, MD, PhD and Bill McCarberg, MD</td>
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<tr>
<td>8:45 - 9:45 am</td>
<td>Pain: It’s Not Just a Sensation</td>
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<td></td>
<td>Howard Fields, MD, PhD</td>
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<tr>
<td>9:45 - 10:30 am</td>
<td>Pain and Depression – What Exactly is the Relationship?</td>
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<td>Dan Clauw, MD</td>
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<tr>
<td>10:30 - 11:00 am</td>
<td>Break</td>
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<tr>
<td>11:00 - 12:00 pm</td>
<td>The Pain Education Imperative: Core Competencies for Pain Management Across Health Professions and Stages of Education</td>
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<td></td>
<td>Scott Fishman, MD</td>
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<tr>
<td>12:00 - 1:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 - 2:00 pm — Breakout Sessions (select one)</td>
<td>Fibromyalgia: Discrete Disease, Tip of the Iceberg, or Rubbish?</td>
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<td>Pain Psychology 101: The Role of Interdisciplinary Care &amp; Introduction to CBT</td>
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<td>Ravi Prasad, PhD (1:00 - 1:30pm)</td>
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<td>Self-Regulation: An Overview of Biofeedback</td>
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<td>Heather Poupore-King, PhD (1:30 - 2:00pm)</td>
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<tr>
<td>2:00 - 3:00 pm — Breakout Sessions (select one)</td>
<td>Complementary and Alternative Pain Medicine 101: Acupuncture and Mindfulness Based Stress Reduction</td>
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<td>Migraine Panel:</td>
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<td>When Migraine Goes From Bad to Worse: Chronic Migraine Diagnosis and Treatment</td>
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<td>Meredith Barad, MD (2:00 - 2:30pm)</td>
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<td></td>
<td>Beyond Migraine: Broadening Understanding of Other Primary Headache Syndromes</td>
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<tr>
<td></td>
<td>Sheena Aurora, MD (2:30 - 3:00pm)</td>
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<tr>
<td>3:30 - 4:00 pm</td>
<td>Break</td>
</tr>
<tr>
<td>4:00 - 4:45 pm</td>
<td>Implementing Guideline Recommendations for Improving the Safety and Effectiveness of Opioid Therapy: Strategies and Lessons Learned From the VHA</td>
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<td>Jodie Trafton, PhD</td>
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<td>4:45 - 5:45 pm</td>
<td>The Unintended Consequences of Patient Satisfaction in Pain Treatment: Are Patients Really Better Off?</td>
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<tr>
<td></td>
<td>A Panel Presentation with Sean Mackey, MD, PhD and Michael Schatman, PhD</td>
</tr>
</tbody>
</table>
Optional: Sunday, September 21, 2014

ER/LA Opioid REMS: Achieving Safe Use While Improving Patient Care
Presented by California Academy of Family Physicians, a member of the Collaborative on REMS Education (CO*RE), 10 interdisciplinary organizations working together to improve pain management and prevent adverse outcomes.

This educational activity is supported by an independent educational grant from the ER/LA Opioid Analgesics REMS Program Companies (RPC). Please see www.er-la-opiodREMS.com for a listing of the member companies.

This activity is intended to be fully compliant with the ER/LA Opioid Analgesics REMS education requirements issued by the U.S. Food & Drug Administration.

8:30 am
Registration Desk Opens

10:00 - 1:00 pm
ER/LA Opioid REMS: Achieving Safe Use While Improving Patient Care
Carol Havens, MD

FACULTY DISCLOSURE

The Stanford University School of Medicine adheres to ACCME Essential Areas, Standards, and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior
STATEMENT OF NEED

This Stanford CME event brings together international experts and national leaders in pain assessment, treatment, pain research, and policy in one conference. The conference is the 2014 annual clinical meeting of the Western Pain Society, and is sponsored by the Stanford University School of Medicine in collaboration with the Western Pain Society and the American Academy of Pain Medicine. Attendees will learn the state-of-the-science and clinical treatment for various pain conditions including fibromyalgia, migraine, neuropathic pain, irritable bowel disorder, and more. The course includes break-out sessions that include, introductory level tracks on chronic pain assessment and management, pharmacology, CAM, and pain psychology. Attendees will learn the latest science regarding pain neuroscience, and the relationship between pain and depression.

The conference includes an opioid REMS workshop and an ethics panel on the impact of patient satisfaction on clinicians. Content emphasizes the biopsychosocial nature of chronic pain and evidence-based behavioral treatment approaches. The content is multidisciplinary and appropriate for advanced specialists, generalists in medicine and allied health professions, students, trainees, and anyone who treats chronic pain.

TARGET AUDIENCE

This program is intended for Physicians, Acupuncturists, Dentists, Chiropractic Physicians, Massage Therapists/Practitioners, Naturopathic Physicians, Nurses, Nurse Practitioners, Occupational Therapists, Pharmacists, Physical Therapists, Physician Assistants, Psychologists, Social Workers, Students, Veterinarians, and allied health care providers involved in pain treatment.

LEARNING OBJECTIVES

At the conclusion of the activity, learners will be able to:

1. Confidently diagnose and manage various chronic pain conditions (Fibromyalgia, Migraine, Neuropathic Pain, IBD).
2. Differentiate between neuropathic and non-neuropathic pain.
3. Determine when to refer patients to complementary medicine providers.
5. Incorporate pain management education into your practice.
6. Develop strategies to make use of the biopsychosocial model of pain within the context of chronic pain treatment.
8. Apply a multidisciplinary approach in managing pain conditions when managing patients with: pain related distress, patients who catastrophize, and those receiving opioids.
10. Describe appropriate patient assessment for treatment with extended release (ER) and long acting (LA) opioid analgesics, evaluating risks and potential benefits of ER/LA therapy, as well as possible misuse.
11. Examine programs that have successfully implemented best practices for opioid prescribing.
12. Set a goal(s) to implement lasting culture change regarding opioid prescribing best practices.
ACCREDITATION AND DESIGNATION STATEMENTS


The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Stanford University School of Medicine designates this live activity for a maximum of 12.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ER/LA Opioid REMS: Achieving Safe Use While Improving Patient Care — September, 21, 2014

The California Academy of Family Physicians is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

California Academy of Family Physicians designates this live activity for a maximum of 3.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity has been reviewed and approved by the American Academy of Family Physicians for 3 Prescribed credits.

NURSES

The California Board of Registered Nurses recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements; as long as the course is certified for *AMA PRA Category 1 Credit™* (rn.ca.gov). Nurses will receive a Certificate of Attendances following this activity that may be used for license renewal.

OTHER DESIGNATIONS

Certification for other health care professionals is available and can be viewed at: cme.stanford.edu/westernpain
PLANNING COMMITTEE

**Course Director**
Sean Mackey, MD, PhD  
Redlich Professor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Chief, Division of Pain Medicine  
Stanford University  
President, American Academy of Pain Medicine

**Course Co-Director**
Beth Darnall, PhD  
Clinical Associate Professor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Stephanie Akens-Gunn, MBA**  
CME Manager  
Stanford Center for Continuing Medical Education  
Stanford University

**Jennifer M. Wagner**  
Executive Director  
Western Pain Society

FACULTY LISTING

**Charles Argoff, MD**  
Professor of Neurology  
Director of the Comprehensive Pain Program  
Albany Medical College

**Sheena Aurora, MD**  
Clinical Associate Professor of Neurology and Neurological Sciences  
Department of Neurology  
Stanford University

**Meredith Barad, MD**  
Clinical Assistant Professor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Dan Carr, MA, MD**  
Professor of Public Health and Community Medicine  
Program Director, Pain, Research Education & Policy  
Tufts University

**Dan Clauw, MD**  
Professor of Anesthesiology & Rheumatology & Psychiatry  
University of Michigan

**Beth Darnall, PhD - Course Co-Director**  
Clinical Associate Professor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Howard Fields, MD, PhD**  
Professor of Neurology  
Director, Wheeler Center for the Neurobiology of Addiction  
University of California, San Francisco

**Scott Fishman, MD**  
Professor & Chief of Pain Medicine  
Department of Anesthesiology  
University of California, Davis

**Carol Havens, MD**  
Director of Clinical Education  
Kaiser Permanente, Northern California

**Keith Humphreys, PhD**  
Professor of Psychiatry and Behavioral Sciences (VA/Geriatric)  
Department of Psychiatry and Behavioral Science  
Stanford University

**Jiang Ti Kong, MD**  
Clinical Instructor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Scott Fishman, MD - Course Director**  
Redlich Professor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Chief, Division of Pain Medicine  
Stanford University  
President, American Academy of Pain Medicine

**Bill McCarberg, MD**  
Founder, Chronic Pain Management Program  
Kaiser Permanente  
San Diego, California

**Rachel Moercke, MA**  
MBSR Instructor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Heather Poupore-King, PhD**  
Clinical Instructor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Ravi Prasad, PhD**  
Clinical Associate Professor  
Department of Anesthesiology, Perioperative and Pain Medicine  
Stanford University

**Michael Schatman, PhD**  
Executive Director  
Foundation for Ethics in Pain Care  
Editor-in-Chief at Journal of Pain Research

**Kathleen Sluka, PT, PhD, FAPTA**  
Professor of Physical Therapy and Rehabilitation Science  
University of Iowa

**Jodie Trafton**  
Director  
VA Program Evaluation and Resource Center  
VA Office of Mental Health Operations
VISITING STANFORD

The Stanford campus offers a wealth of sightseeing and educational opportunities: Stanford’s landmark Hoover Tower with an observation deck provides superb views of both Stanford and the surrounding area; the Cantor Center for Visual Arts features diverse works of art, ranging from Renaissance paintings to African masks to the world’s largest collection (outside of the Paris’s Musée) of Rodin’s bronze sculptures; and Memorial Church, which is the architectural centerpiece of the Main Quad and a landmark widely recognized as an emblem of the University.

For campus activities and tours visit: http://www.stanford.edu/dept/visitorinfo

Stanford University School of Medicine is fully ADA compliant. If you have needs that require special accommodations, including dietary concerns, please contact schafer@stanford.edu before August 29th, 2014.

CONFERENCE LOCATION

Li Ka Shing Center for Learning and Knowledge
Stanford University School of Medicine
2nd Floor Conference Center
291 Campus Drive, Stanford, CA 94305

For an interactive campus map, visit: http://campus-map.stanford.edu

UP TO DATE INFORMATION

Please click the link below for important updates and announcements on this conference.
cme.stanford.edu/westernpain

ACCOMMODATIONS

Sheraton Palo Alto is the official conference hotel and we have secured a phenomenal group rate of just $199 per night (single/double occupancy), plus applicable taxes. Rates are subject to availability, so book your room now! If you have any questions regarding hotel accomodations please contact the hotel directly and identify yourself as a meeting participant.

In order to receive the group rate, you must make your reservations online using the link below before August 19, 2014.

Follow this link to book your room now:
https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1407163196&key=39530BA1

Sheraton Palo Alto Hotel
625 El Camino Real
Palo Alto, CA 94301
Phone: (800) 325-3535
Fax (650) 327-7362
SheratonReservations@pahotel.com

Register now at cme.stanford.edu/westernpain
TRANSPORTATION FOR ATTENDEES

The Li Ka Shing Conference Center is a short ride from the Sheraton Palo Alto Hotel.

On Friday, attendees can take Stanford’s free public shuttle, the Marguerite, from the Palo Alto Transit Center (adjacent to the hotel) to the Li Ka Shing Conference Center throughout the day.

Additionally, a conference shuttle will be operating between the hotel and the Li Ka Shing Center.

CONFERENCE CENTER PARKING DIRECTIONS

Highway 280 North or South
- Take the Sand Hill Road exit, head east
- Turn right on Stock Farm Road
- Go past Oak Road
- Make the next left-hand turn
- Follow directions for “all” below

From Bayshore US Highway 101 North or South
- Take the Embarcadero Road/West exit
- Follow Embarcadero Road for about two miles
- Cross El Camino Real, after which Embarcadero Road becomes Galvez Street
- Turn right at Arboretum Road
- Turn left on Sand Hill Road
- Turn right on Stock Farm Road
- Make the next left-hand turn
- Follow directions for “all” below

All
- Stay to the right
- Turn left into the second parking structure entrance
- Drive to the roof of the parking structure where event parking is located
- There will be a parking attendant waiting on the 5th level of the parking garage to pass out permits
- Correctly scratch the permit and place it on your dashboard

Golf carts will shuttle participants between the parking structure and the conference center. The parking structure is a 10 minute walk to Li Ka Shing Conference Center.

SHUTTLE SCHEDULE
From Sheraton to Li Ka Shing Conference Center

Friday, September 19th
AM Loop — 7:00 am - 10:00 am
Start: Sheraton Palo Alto, 625 El Camino, Palo Alto
End: Li Ka Shing, 291 Campus Drive, Stanford

PM Loop — 4:30 pm - 8:00 pm
Start: Li Ka Shing, 291 Campus Drive, Stanford
Loop: Stanford Stadium, Gate 4 Nielsen Drive
End: Sheraton Palo Alto, 625 El Camino, Palo Alto

Saturday, September 20th
AM Loop — 7:00 am - 10:00 am
Start: Sheraton Palo Alto, 625 El Camino, Palo Alto
End: Li Ka Shing, 291 Campus Drive, Stanford

PM Loop — 4:00 pm - 7:00 pm
Start: Li Ka Shing, 291 Campus Drive, Stanford
End: Sheraton Palo Alto, 625 El Camino, Palo Alto

Sunday, September 21st
AM Loop — 8:00 am - 1:00 pm
Start: Sheraton Palo Alto, 625 El Camino, Palo Alto
End: Li Ka Shing, 291 Campus Drive, Stanford

Shuttles run every 30 minutes, please plan accordingly

San Francisco International Airport and San Jose International Airport

The Sheraton Palo Alto Hotel is located 17 miles from the San Francisco International Airport and 14 miles from the San Jose International Airport. The estimated taxi fare from San Jose International Airport is $40-$56. The estimated taxi fare from the San Francisco International Airport is $96. Not all taxis accept credit cards.
## RESTAURANT GUIDE

### Downtown Palo Alto — University Avenue

**Amber Dhara**
- Address: 150 University Ave.
- Phone: (650) 329-9644
- Website: amber-india.com

**Evvia**
- Address: 420 Emerson St.
- Phone: (650) 326-0983
- Website: evvia.net

**Il Fornaio**
- Address: 520 Cowper St.
- Phone: (650) 853-3888
- Website: ilfornaio.com

**Joya Restaurant**
- Address: 339 University Ave.
- Phone: (650) 853-9800
- Website: joyarestaurant.com

**Nola**
- Address: 535 Ramona St.
- Phone: (650) 328-2722
- Website: nolas.com

**Oren’s Hummus Shop**
- Address: 261 University Ave.
- Phone: (650) 752-6492
- Website: orenshummus.com

**Pampas**
- Address: 529 Alma St.
- Phone: (650) 327-1323
- Website: pampaspaloalto.com

**Patxi’s Chicago Pizza**
- Address: 441 Emerson St.
- Phone: (650) 473-9999
- Website: patxispizza.com

### Town & Country Village — 855 El Camino Real

**Reposado**
- Address: 236 Hamilton Ave.
- Phone: (650) 833-3151
- Website: reposadorestaurant.com

**Saint Michael’s Alley**
- Address: 140 Homer Ave.
- Phone: (650) 326-2530
- Website: stmikes.com

**Sam’s Chowder House**
- Address: 185 University Avenue
- Phone: (650) 614-1177
- Website: samschowderhousepa.com

**Siam Orchid Organic**
- Address: 496 Hamilton Ave
- Phone: (650) 325-1994
- Website: siamorchidpa.com

**Sprout Cafe**
- Address: 168 University Ave.
- Phone: (650) 323-7688
- Website: cafesprout.com

**Tamarine**
- Address: 546 University Ave
- Phone: (650) 325-8500
- Website: tamarinerestaurant.com

**Thaiphoon Restaurant**
- Address: 543 Emerson St.
- Phone: (650) 323-7700
- Website: thaiphoonpaloalto.com

**Vero Ristorante Italiano**
- Address: 530 Bryant St.
- Phone: (650) 325-8376
- Website: veroristorante.com

### Asian Box
- Address: 650 391-9305
- Website: asianbox.com

**Calafia Cafe**
- Address: 650 322 -9200
- Website: calafiapaloalto.com

**Gott’s Roadside**
- Address: 650 326-1000
- Website: gotts.com

**Howle’s Artisan Pizza**
- Address: 650 327-4992
- Website: howiesartisanpizza.com

**Kirk’s Steakburgers**
- Address: 650 326-6159
- Website: kirks-steakburgers.com

**Lulu’s Mexican Food**
- Address: 650 327-8226
- Website: lulusmexicanfood.com

**Mayfield Bakery & Cafe**
- Address: 650 853-9200
- Website: mayfieldbakery.com

**Scott’s Seafood**
- Address: 650 323-1555
- Website: scottsseafoodpa.com

Register now at [cme.stanford.edu/westernpain](http://cme.stanford.edu/westernpain)
REGISTRATION

Please register online and pay with your credit card at:
cme.stanford.edu/westernpain

If you prefer to pay by check, please register online first and then mail your check to the address below. Registration is not confirmed until payment has been received.

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<tr>
<th></th>
<th>Early Bird (through 8/14/14)</th>
<th>Regular (8/15/14 - 9/14/14)</th>
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| Additional Options   |                              |                             |               |
| ER/LA Opioid REMS Workshop | Included                |                             |               |
| Skybox Reception     | Conference Attendees  | $15                          |               |
|                      | Guest Tickets           | $30                          |               |

(Costs are non - conference attendees)

CANCELLATION POLICY

Registration fee, less a $50 administrative charge is refundable if written cancellation is received prior to August 29, 2014. No refunds will be given for cancellations received after this date or for conference non-attendance. We reserve the right to cancel or postpone any activity if necessary. In such case, full refund of registration fee will be given. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.

All cancellations must be made in writing and sent to: stanfordcme@stanford.edu

CONTACT INFORMATION

For questions concerning registration or meeting logistics, please contact:

Jennifer L. Schafer  
Stanford Center for CME  
1070 Arastradero Road, Suite 230  
Palo Alto, CA 94304-5753  
Telephone: (650) 724-2288  
schafer@stanford.edu

Friday, Sept 19 - Sunday, Sept 21 — Conquering Pain Locally, Regionally & Nationally Conference and ER/LA Opioid REMS Workshop

Conference registration includes:
- Educational and scientific program
- Meeting syllabus
- ER/LA Opioid REMS workshop
- Coffee breaks
- Friday and Saturday luncheons

Don't forget to purchase tickets for both you and a guest for the SkyBox Reception on Friday evening.

SPECIAL EVENT!!! SKYBOX RECEPTION

Be sure to purchase your ticket to the Reception and Awards Ceremony at the Stanford Stadium SkyBox on Friday, Sept. 19 from 5:00-7:30pm! Come socialize with conference faculty and colleagues, listen to live music, enjoy drinks and light fare, all while enjoying gorgeous views of the Stanford campus and surrounding mountains atop the stadium. Mingle with peers indoors or view the spectacular sunset from the outside deck.

Tickets are $15 for conference attendees and $30 for guests.