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AAPM 33rd Annual Meeting to Offer Premier Pain Medicine Education

The 33rd Annual Meeting of the American Academy of Pain Medicine (AAPM) will take place March 15-19, 2017, at the Loews Sapphire Falls Resort at Universal Orlando™ in Orlando, FL. The AAPM 33rd Annual Meeting will offer attendees nearly 40 hours of educational programming over a four-day period.

A multidisciplinary program committee co-chaired by Vitaly Gordin, MD, and Kayode A. Williams, MD MBA, selected from more than 100 session proposals to create the AAPM 33rd Annual Meeting educational agenda. The objective of the meeting is to present recent advancements in research, clinical best practices, patient management, practice management, and the diagnosis and treatment of patients in pain to pain medicine clinicians. The meeting will provide a forum for pain medicine clinicians to present ideas in a multidisciplinary, multimodal environment to address the public health issue of pain and improve participant knowledge, competence, practice, and patient outcomes.

Meeting Theme: *Pain as a Public Health Issue*

The AAPM 33rd Annual Meeting theme emphasizes the extent to which pain affects our population, with more than 100 million Americans suffering from pain, and the pressing need for pain medicine clinicians to address this major public health burden through evidence-based treatments and practices.

Premier Preconference Programs March 15-16

AAPM 33rd Annual Meeting preconference programs will take place on Wednesday, March 15, 2017, and Thursday, March 16, 2017.

***Essential Tools for Treating the Patient in Pain™* Preconference:** At a time when more than 100 million Americans suffer from chronic pain, clinicians must be poised to meet the demands of a growing chronic pain patient population. Yet many healthcare professionals do not feel adequately trained to evaluate and treat the patient in pain. The AAPM 33rd Annual Meeting preconference, *Essential Tools for Treating the Patient in Pain™: What Every Clinician Treating Pain Patients Needs to Know*, was designed to provide clinicians with an overview on the fundamentals of pain medicine and practical approaches for the evaluation and treatment of common pain disorders.

“From describing the pathophysiology and diagnostic characteristics of various types of headaches, to performing focused physical exams (spine, shoulder and hips) and identifying candidates for spine surgery, attendees will leave this course with the necessary medical knowledge and competence to provide quality pain care in their home practices,” says *Essentials*[™] Co-Chair, Gagan Mahajan, MD.

“The program will provide attendees with a well-rounded, practice-based education,” adds *Essentials*[™] Co-Chair, Farshad M. Ahadian, MD. “Some of the foremost experts in the field will discuss the latest advances in interventional therapeutic options. There will also be important presentations on how to evaluate and risk stratify patients with opioid-induced sleep apnea, as well as treatment approaches for opioid-induced central sleep apnea.”

Additional presentation topics include an overview of injection therapies for chronic pain; cancer pain assessment and palliative care; recent advances in neurostimulation for chronic pain; and emerging treatment options for neurogenic claudication due to lumbar spinal stenosis. All clinicians treating patients in pain, especially primary care and pain medicine specialists and subspecialists in practice and in training are encouraged to participate in this 9-hour preconference on Wednesday, March 15, 7 am-5 pm.

Comprehensive Ultrasound-Guided Procedures for the Pain Practitioner: Cadaver-Based Training of Neurological, Musculoskeletal, and Regenerative Procedures Preconference:

Back by popular demand, the World Academy of Pain Medicine Ultrasonography (WAPMU) is again collaborating with AAPM to offer an advanced ultrasound/cadaver preconference program. The target audience for this program includes pain medicine, orthopedic, sports medicine, physical medicine and rehabilitation, radiologists, and family medicine specialists interested in expanding and improving their knowledge and techniques of ultrasound-guided pain procedures and the use of regenerative medicine in the healing of musculoskeletal injuries. Attendees will be led by expert faculty during this hands-on cadaver program featuring lower extremity musculoskeletal and nerve ultrasonography, ultrasound and regenerative medicine, and spinal and sympathetic chain ultrasonography procedures.

Opioid and Non-Opioid Medications Management: Filling in the Gaps, Prescribing for the Whole Patient Preconference:

The National Pain Strategy and 2011 Institute of Medicine Report on Pain highlight the need for pain medicine to shift towards greater multimodal pain treatment that focuses on a patient’s individual biopsychosocial challenges. However, strategies aimed at optimizing the use of non-opioid analgesics while mitigating the potential risks associated with opioid use can be difficult to implement in practice.

The 2017 Opioid and Non-Opioid Medications Management: Filling in the Gaps, Prescribing for the Whole Patient Preconference, will feature timely, practical, evidence-based information about opioid prescribing guidelines, opioid and non-opioid pharmacology, and psychological and behavioral aspects of pain management.

“From a pharmacologic standpoint, medication management needs to move away from an emphasis on opioid analgesics and in the direction of helping clinicians better understand their

critical role in helping patients with chronic pain manage pain-related depression, anxiety, and sleep disorders,” says preconference co-chair, W. Michael Hooten, MD.

“In addition to a greater understanding of clinical aspects of appropriate assessment, pharmacology, the evolving abuse deterrent agents, and side effect management for opioid management, clinicians need training in understanding mechanisms of action, dosing, and monitoring of non-opioid analgesics,” adds preconference co-chair, Steven Stanos, DO. “Integrating non-opioid analgesic medications in a rational and patient-specific manner will help to improve clinical outcomes for patients and limit harm.”

Through didactic presentations and debate, the Medications Management program on Wednesday, March 15, 6-9 pm, and Thursday, March 16, 8-11:30 am, will provide an overview of opioid pharmacology; the management of commonly occurring opioid-related adverse effects, including opioid-induced constipation and hyperalgesia; and the epidemiology of prescription opioid misuse and addiction.

SAFE Opioid Prescribing: Risk Evaluation and Mitigation Strategy for Extended-Release and Long-Acting Opioid Analgesics Preconference: The Academy is pleased to present a free REMS-approved preconference during its 33rd Annual Meeting on Thursday, March 16, 1:15-4:45 pm. All clinicians treating patients in pain are encouraged to attend this complimentary CME event, which will discuss risk evaluation and mitigation strategy for extended-release and long-acting opioid analgesics.

AAPM 33rd Annual Meeting Opening Session on March 16

The AAPM 33rd Annual Meeting educational program will kick off on Thursday, March 16, with the Opening Session from 5-6 pm, titled "Mobilizing Societies, Healthcare Systems, and Patient Clinicians in Advocating for Quality Patient Care: Lessons Learned from Washington State."

Insurance companies and state and federal agencies are often in a position to decide and develop the treatment guidelines pain medicine clinicians depend upon to provide their patients the most effective, safe care possible. In 2015 the Washington State Healthcare Authority (WHA) Health Technology Assessment Program decided to re-examine the evidence and safety of lumbar epidural injections, a standard, accepted procedure performed by many pain clinicians.

The Opening Session will review the background of the WHA’s re-review decision, and the subsequent medical crisis that ensued as 8,000 patients searched for access to medication. Session presenters, AAPM President-Elect, Steven Stanos, DO; Brett Stacey, MD; and Virtaj Singh, MD will depict how the grassroots efforts by various stakeholder groups – including AAPM, the Multisociety Pain Work Group, academic and health care institutions, and patient advocates – helped to win a favorable decision for patients: maintaining approval for fluoroscopic guided epidural injections for lumbar radicular pain.

“Knowledge of the re-review process and the grassroots advocacy strategies employed in response are important learning points for all pain medicine clinicians,” says Dr. Stanos. "I

encourage practitioners to attend so that they are prepared to react to similar decisions by local payors and state and local agencies that threaten patient access to the highest-quality care."

March 17 General Session & Keynote Address Speaker

Friday morning, March 17, 8:15-9:15 am, the General Session will feature opening remarks by AAPM President, Daniel B. Carr, MD, and the AAPM 33rd Annual Meeting Keynote Address by Rachel L. Levine, MD. Dr. Levine is Pennsylvania's Physician General and Professor of Pediatrics and Psychiatry at the Penn State College of Medicine. She holds degrees from Harvard College and Tulane University School of Medicine, and she completed her training in pediatrics at Mt. Sinai Medical Center. Dr. Levine's March 17 Keynote Address, titled "The Prescription Opioid and Heroin Crisis: A Public Health Response," will explain the perfect storm of factors that led to this crisis and describe Pennsylvania's public health response, to which Dr. Levine has been integral.

"AAPM is delighted to welcome Dr. Levine as the Keynote Speaker at our Annual Meeting," says AAPM President, Daniel B. Carr, MD. "A leader in both public health and academic medicine, Professor Levine's career has exemplified a balanced approach to addressing population-wide issues, such as substance use disorder, while not overlooking the needs of the many people suffering from pain. Her lecture – and our entire meeting – are "must attends" for all clinicians treating patients with pain amidst these turbulent times."

Special Evening Low Back Pain Workshop

AAPM members and previous meeting attendees have expressed a deep interest in understanding how low back pain arises and the best ways to initiate treatment. To address this interest, the 2017 AAPM Program Committee developed a new hands-on workshop, titled Advanced Clinical Skills for Low Back Pain, which will take place on Friday, March 17, 7-9:30 pm. The workshop is designed to increase participants' confidence in performing low back pain exams through the demonstration of clinical exam elements and treatment advances in low back pain.

According to workshop co-chair, Beth B. Hogans, MD PhD, the workshop will feature a diverse and interprofessional faculty. "This faculty embodies multidisciplinary perspectives adding an exciting dimension to the workshop and enhances learning opportunities," says workshop Co-chair Beth B. Hogans, MD PhD. "Participants will acquire new competencies anatomy, physiology, physical examination skills, diagnostic reasoning, and treatment options in the context of cross-disciplinary communication."

Workshop participants will rotate through demonstration tables to obtain an in-depth education on the anatomy, physiology, and physical examination of low back pain, including sacroiliac, pelvis, and lumbar spine; the bedside clinical assessment; and the initiation of treatment focusing non-pharmacological approaches and non-opioid pharmacological management.

Save the Date for the AAPM 34th Annual Meeting

The 34th Annual Meeting of the American Academy of Pain Medicine will take place April 25-29, 2018, at the Vancouver Convention Center in Vancouver, BC, Canada. The Academy will begin accepting session proposals and scientific abstract presentations during the summer of 2017 for this meeting.

About AAPM

The American Academy of Pain Medicine is the premier medical association for pain physicians and their treatment teams with some 2,000 members. Now in its 34th year of service, the Academy's mission is to optimize the health of patients in pain and eliminate pain as a major public health problem by advancing the practice and specialty of pain medicine through education, training, advocacy and research. Information is available on the Academy's website at www.painmed.org.

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