

## Pain Management Commission Meeting Agenda:

“Open House for Pain Awareness”  
 October 10, 2013: 1:00-4:00 pm  
 Willamette Heritage Center at The Mill  
 1314 Mill Street, SE, Dye House  
 Salem, OR 97301

| <b>Item/ Topic</b>   | <b>Introduced by</b>   | <b>Action</b>                         | <b>Time Allotted</b> |
|--|--|---------------------------------------|----------------------|
| Welcome, Housekeeping items  | Teresa Keane, PMHNP,<br>Chairperson<br>Kathy Kirk, RN, Coordinator | Information Sharing and<br>Discussion | 10 minutes           |
| Introduction of OPMC members and<br>overview of their pain management<br>areas of expertise                      | Individual OPMC members  | Information Sharing and<br>Discussion | 20 minutes           |
| Audience participation: opportunity to<br>respond to a pain awareness question<br>by sharing a personal response | Tom Carr, MD   | Information Sharing and<br>Discussion | 35 minutes           |
| Diaphragmatic Breathing  | Teresa Keane, PMHNP,<br>Chairperson                                | Relaxation Activity                   | 5 minutes            |
| Question and Answer Session:<br>opportunity for audience members to<br>ask general pain awareness questions      | Answered by various OPMC<br>members                                | Information Sharing and<br>Discussion | 15 minutes           |
| BREAK: also opportunity to view pain<br>management materials and speak<br>one-to-one with OPMC members           |  |                                       | 20 minutes           |
| <b>Item/Topic</b>  | <b>Introduced By</b>   | <b>Action</b>                         | <b>Time</b>          |

|  |                                  |                                    |            |
|--|----------------------------------|------------------------------------|------------|
| Introduction of OPMC members and overview of their pain management areas of treatment                      | Individual OPMC members          | Information Sharing and Discussion | 20 minutes |
| Audience participation: opportunity to respond to a pain awareness question by sharing a personal response | Tom Carr, MD                     | Information Sharing and Discussion | 35 minutes |
| Progressive Muscle Relaxation  | Teresa Keane, PMHNP, Chairperson | Relaxation Activity                | 5 minutes  |
| Question and Answer Session: opportunity for audience members to ask general pain awareness questions      | Answered by various OPMC members | Information Sharing and Discussion | 15 minutes |
| Adjournment  |                                  |                                    |            |