

Pain Management Commission Meeting Agenda:

Registration Required: <http://cms.oregon.gov/oha/OHPR/Pages/pmc/index.aspx>

“Empowering the Patient Through Self-Management of Pain”

September 13, 2012: 12:00-5:00 pm

Willamette Heritage Center at The Mill

1314 Mill Street, SE, Dye House

Salem, OR 97301

Item/ Topic	Introduced by	Action	Time Allotted
Welcome, Introductions, Housekeeping items	Kathryn Hahn, Pharm. D., Chair Kathy Kirk, RN, Coordinator	Information Sharing and Discussion	15 minutes
Behavioral Health: Facing: Fear of Pain; Anger & Frustration; Depression and Isolation; Coping: Acceptance and Commitment & Changing Unhealthy Habits	Catriona Buist, PsyD		30 minutes
Diaphragmatic Breathing	Teresa Keane, PMHNP		5 minutes
Communication: Building collaborative Relationships Describing Your Pain & Discussing Your Treatment Using Assertive versus Passive or Aggressive Communication	Laura Scobie, PA-C Amy Carmona, RN		30 minutes
Progressive Muscle Relaxation	Teresa Keane, PMHNP		5 minutes
Managing your Medications Safely Safe & Rational Use of Opioids & Other Medications	Thomas Carr, MD Harry Rinehart, MD Kathryn Hahn, Pharm. D.		30 minutes
BREAK			15 minutes

Item/Topic	Introduced By	Action	Time
The Role of Exercise in Self-Management of Pain: Maintaining and Improving Strength, Flexibility and Endurance	Namita Gandhi, MS	Information Sharing and Discussion	25 minutes
Spontaneous Laughter	Teresa Keane, PMHNP		5 minutes
Pain Management Through Lifestyle Management: Occupational Therapy; Stress Management; Improving Sleep	Margo Traines, MA, OT/L		30 minutes
The Role of Oriental Medicine in Self-Management of Pain	Tim Eng, LAc		25 minutes
Guided Imagery Exercise	Teresa Keane, PMHNP		5 minutes
The Role of Chiropractic Care in Self-Management of Pain Evaluating New Nutrition Treatment Options	Sunny Kierstyn, RN, DC		30 minutes
Question and Answer Session	All Presenters and All in Attendance		30 minutes