

**Oregon Pain Management Commission: 9/13/2012**

<b>Topic:</b>	<b>Presented by:</b>	<b>Primary Discussion Points:</b>	<b>Actions:</b>
Welcome, Introductions, Housekeeping items	Kathryn Hahn, PharmD, OPMC Chair Kathy Kirk, RN, Coordinator	<p><b>Members in Attendance: Present:</b> Gary Allen, DMD; Catriona Buist, Psy.D.; Thomas Carr, MD; Coleen Carlisle; Tim Eng, LAc; Kathryn Hahn, PharmD; Teresa Keane, PMHNP; Sunny Kierstyn, DC; Harry Rinehart, MD; Laura Scobie, PA-C; Elaine Smith, RN; Margo Traines, MA, OT/L; Kevin Wilson, ND</p> <p>Guest Speaker: Namita Gandhi, MS, Clinical Exercise Physiologist and former OPMC member</p> <p>Kathy Kirk, RN, Pain Management Coordinator</p> <p><b>Excused:</b> Senator Alan Bates, DO; Amy Carmona, RN; Shelley Gunther, RN; Tom Watson, DPT</p> <p><b>Members Absent:</b> Jim Weidner, Representative; Edward Goering, DO</p>	OPMC Coordinator Kathy Kirk, RN, welcomed audience members and addressed “housekeeping” chores for the event @ 12:00 PM. Chair, Kathryn Hahn, PharmD, also welcomed the audience and discussed the purpose of today’s education event.
Behavioral Health	Catriona Buist, PsyD	Dr. Catriona Buist Introduced herself. She discussed the role of behavioral health in the management of chronic pain. Her discussion included key shifts in perspective to manage chronic pain, including: accepting the diagnosis of chronic pain; understanding the mind/body connection with regard to pain symptoms; and changing to an active orientation regarding self-management of pain. Question and Answer session followed the topic presentation.	Information sharing and discussion.

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Diaphragmatic Breathing	Teresa Keane, PMHNP	Nurse Practitioner Teresa Kean introduced herself. She demonstrated techniques for the practice of using diaphragmatic breathing as a relaxation technique to help in the management of pain.	Audience participation in diaphragmatic breathing practice.
Communication	Laura Scobie, PA-C	Physician Assistant Laura Scobie introduced herself. She discussed describing your pain and discussing your treatment. She shared examples of both effective and non-effective techniques used in dialoguing with health care providers. Question and Answer session followed the topic presentation.	Information sharing and discussion.
Progressive Muscle Relaxation	Teresa Keane, PMHNP	Nurse Practitioner Kean re-introduced herself. She demonstrated techniques for the practice of progressive muscle relaxation as a relaxation technique to help in the management of pain.	Audience participation in progressive muscle relaxation practice.
Managing Your Medications Safely Safe and Rational Use of Opioids and Other Medications	Thomas Carr, MD  Harry Rinehart, MD  Kathryn Hahn, PharmD	Dr. Thomas Carr introduced himself. He shared a discussion on non-violent communication or needs based communication. He shared examples of possible types of communication at a clinic visit, including both effective and ineffective communication.  Dr. Harry Rinehart introduced himself. He shared a discussion on neuroplasticity and how the brain learns chronic pain.  Dr. Kathy Hahn introduced herself. She shared a discussion on tips for taking and storing pain medications safely. She also discussed responsibilities of individuals taking opioid medications and collaboration with the community pharmacist. Question and Answer session followed the topics that were presented.	Information sharing and discussion.

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The Role of Exercise in Self-Management of Pain	Namita Gandhi, MS	Namita Gandhi, clinical exercise physiologist and former OPMC member, discussed maintaining and improving strength, flexibility and endurance. She also introduced principles for effective chronic pain management to prevent “de-conditioning” and for use in daily activities of living. Question and Answer session followed the topic presentation.	Information sharing and discussion.
Pain Management Through Lifestyle Management	Margo Traines, MA, OT/L	Margo Traines, Occupational Therapist, introduced herself. She discussed the use of occupational therapy in chronic pain management. She discussed the importance of using a biopsychosocial model in addressing pain and the need for patient education about pain and modifiable life factors. She also discussed principals and techniques for improving sleep. Question and Answer session followed the topic presentation.	Information sharing and discussion.
The Role of Oriental Medicine in Self-Management of Pain	Tim Eng, LAc	Tim Eng, licensed Acupuncturist, introduced himself. He discussed the use of Oriental medicine, including acupuncture, in chronic pain management. Question and Answer session followed the topic presentation.	Information sharing and discussion.
The Role of Chiropractic Care in Self-Management of	Sunny Kierstyn, RN, DC	Dr. Sunny Kierstyn introduced herself. She discussed the use of chiropractic care in chronic pain management and the role of nutrition in chronic pain management. Question and Answer session followed the topic presentation.	Information sharing and discussion.
Browsing books on handout table and opportunity for one-on-one discussions	All OPMC members and all audience members	Throughout the event and during a formal break time, individuals had the opportunity to participate in individual discussions. Audience members were encouraged to review the books on the handout table and to help themselves to these free pain management resources.	Information sharing and discussion.

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Adjournment		Kathy Kirk and Kathryn Hahn thanked all of the OPMC members for their participation in this educational event. They also thanked the audience for attending and participating in the event.	The meeting was adjourned at 5 pm by Chair Kathryn Hahn