The Foundation For Medical Excellence
In cooperation with
The College of Physicians and Surgeons of British Columbia
presents

36th ANNUAL
CHRONIC PAIN MANAGEMENT PROGRAM

September 15-16, 2023

A Zoom Events (fully virtual) Conference
Renewing Your Practice: New Skills, New Language, New Directions
Improve your experience in managing Sleep Disorders, Mood Disorders and Chronic Pain Syndromes

Course Purpose and Description:
This course is designed to assist clinicians in successfully managing patients with chronic pain, anxiety, and substance use. These issues impact multiple dimensions of the patient’s life. The complexity of these issues challenge and stress those who work with these patients day by day and week by week.

The conference assumes that clinicians have a basic knowledge of opioid prescribing principles. The lectures will not focus on the nuts and bolts of opiate and anxiolytic prescribing. This program will help clinicians recognize limits, set mutual goals of care with patients and redefine the role of psychoactive medications in managing chronic pain and distress.

The objectives of the course are to build:

• Knowledge regarding the effective treatment of chronic, non-cancer pain and anxiety disorders
• Tools for assessing risk in prescribing psychoactive medications
• Interview skills for this challenging group of patients
• Awareness of personal factors that affect effectiveness and impact practitioner wellbeing

During this workshop participants will work in interactive large group sessions and also have customized training in small groups. The course will provide the participant knowledge and the skills to address some of the key issues that practitioners face in their practices.

• Limit setting with opioid prescribing and tapering opioids
• Non-opioid therapies for chronic pain
• Diagnosis and oversight of addiction and diversion
• Self-care and stress management strategies
• Coaching on insomnia and sleep management

Who should attend: Clinicians, administrators, and regulators interested in the management of chronic pain. Because clinical practice is best implemented within a system, some groups attend as clinical teams: physician, nurse practitioner, administrator, pharmacist, etc.

Planning Committee: Rashmi Chadha, MBChB, Molly Horton, MPH, Launette Rieb, M.D., Ellen Singer, M.D. and David Unger, M.D.
Tori Etheridge, BKin., MPT, is a registered Physiotherapist who is an active member of Physiotherapy Association of British Columbia (PABC) and Canadian Physiotherapy Association (CPA). She graduated from UBC with her Masters of Physiotherapy and her Bachelors of Kinesiology. She is a certified Vestibular therapist and a Clinical Instructor at UBC. Tori has a special interest in concussions, chronic pain and vestibular disorders. Tori has clinical experience working in public healthcare, private practice and neurological research. Currently, she is the Rehabilitation Supervisor at the Surrey Neuroplasticity clinic where they focus on combining innovative technology with rehabilitation to aid the brain to adapt retrain and relearn.

Andrea Matsumura, MD, MS, FACP, attended medical school at The University of Texas Health Science Center in San Antonio. She moved to Portland, Oregon for her residency in Internal Medicine and was an Internal Medicine Physician with Northwest Permanente for 13 years before entering her fellowship in Sleep Medicine. She attended Oregon Health and Science University as a fellow in Sleep Medicine and is now a partner at the Oregon Clinic in Pulmonary, Critical Care, and Sleep Medicine. Currently, she is a member of the American Academy of Sleep Medicine’s (AASM) public awareness advisory committee and the AASM’s public awareness task force leader for Sleep is Good Medicine campaign. In addition, she is a member of the JEDI committee (justice, equity, diversity, and inclusion) for the OMA (Oregon Medical Association) whose goal is to review and guide the activities of the OMA through this lens. She is a board member of the OMA’s foundation which supports and mentors medical and physician assistant students. She is also the physician chair of strategic planning committee for The Oregon Clinic and serves on their DE+I committee. Dr. Matsumura describes herself as a holistic Sleep Medicine physician since the entire mind and body are affected by poor quality or lack of sleep. She enjoys public speaking on all things sleep and has been a guest speaker for Girls, Inc., the American Academy of Sleep Medicine, Providence hospital system, numerous podcasts, and has been quoted in several articles about sleep and wellness.

Launette Marie Rieb, MD, MSc, CCFP, FCFP, DABAM, FASAM is a Family Physician and Clinical Associate Professor in the Department of Family Practice at the University of British Columbia, Canada. She is a diplomate of the American Board of Addiction Medicine. She was the co-creator and initial Physician Director of the BC Centre for Substance Use Addiction Medicine Fellowship. Dr. Rieb’s graduate work was in the area of pain neurophysiology and current area of research focus is opioid withdrawal pain. She works clinically at OrionHealth (Vancouver Pain Clinic), The Orchard Recovery Centre, and the Rapid Access Addiction Clinic at St Paul’s Hospital. Dr. Rieb is the recipient of a UBC Post Graduate Teaching Award.

Ellen L. Singer, MD, FACP, is the Medical Director, The Foundation For Medical Excellence. Ellen is a dually board-certified internist and pediatrician with 28 years of clinical experience in primary care and urgent care. She attended medical school and completed her combined residency and chief residency at the University of Rochester School of Medicine. Ellen began her career in Oregon at OHSU in 1995 and joined Northwest Permanente (NWP) PC in 2001. She has served as medical director of several large clinical practices and was the NW Permanente Ambulatory Internal Medicine department chief from 2012-2018. Ellen has trained as a Narrative Medicine Facilitator with NW Narrative Medicine, as a Co-Active and Positive Intelligence coach, and with the Harvard Program on Negotiation. In late 2022 she retired from her primary care practice with NW Permanente and began a new career as a physician development coach with Legacy Medical Group. She continues to work in Convenient Care with NW Permanente. Ellen has a longstanding interest in training and improving clinical communication skills, improving medical education and helping others learn and grow in leadership skills. She values the opportunity to create conversations about health care sustainability and delivery in our community through TFME’s educational offerings and regional collaborations.

Sean Tollison, PhD., Clinical Director of the Pain Management Program, Rehabilitation Institute of Washington in Seattle. He received his BS in psychology at the University of New Mexico and Ph.D. in Clinical Psychology from the University of Washington. He completed his internship and a one-year post-doctoral fellowship in interdisciplinary treatment of substance abuse at the Seattle VA Medical Center. After completing his fellowship at the Seattle VA, he joined the team at the Rehabilitation Institute of Washington. His interests include utilizing mind-body and motivational approaches incorporating patient values into facilitating the rehabilitation process and improving general well-being.

Small Group Faculty:
Alivia Cetas, MD
Michael Hayes, MD
Anne Hirsch, MD
Rebecca Kennedy, MD
Eve Klein, MD
Christine Schjelderup-Free, MD
Jill Shaw, DO
Jenny Silberger, MD
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<th>Time</th>
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| 8:00 – 8:30 am | Welcome and Course goals and vision  
Ellen Singer, MD and David Unger, MD |
| 8:30 - 9:20 am | Small Group Session One: What are our shared challenges  
Participants will meet in small groups with experienced faculty to share stressors, questions, visions and goals for the course  
• Diagnosis and oversight of addiction and diversion  
• Self-care and stress management strategies  
• Coaching on insomnia and sleep management |
| 9:20 - 9:30 am | Break time!                                                                                       |
| 9:30 - 9:50 am | Report out from small groups: What are our shared goals and themes for the day?  
(facilitated by Drs. Singer and Tollison) |
| 9:50 - 10:50 am | STRETCH Your Boundaries! – Tori Etheridge, B.Kin, MPT  
In this live session Tori Etheridge, PT will talk about how to encourage movement with pain.  
She will also discuss how thoughts, beliefs, catastrophization and kinesiophobia impact someone’s ability to move and participate in activity. |
| 10:50 - 11:00 am | BREAK – Keep Moving!! |
| 11:00 -12:15 pm | SET New Intentions! Real Solutions to Reinvent your Practice – Launette Rieb, MD  
In this session Dr. Rieb will discuss a holistic and pragmatic approach for your clinical practice:  
How to set limits on sedative medication use?  
How and when to safely de-prescribe? What constitutes a safe care plan in complex pain care?  
This will be a pre-recorded plenary session followed by a live Q&A |
| 12:15 -1:15 pm | Mid-course meal break – eat lunch, take a walk, check in with colleagues in our live ZoomEvents lobby |
| 1:15 - 1:25 pm | Reconnect, stretch, move, laugh and more as we prepare for the afternoon |
| 1:25 - 2:30 pm | Settle Down, Sleep Soundly! – Andrea Matsumura, MD  
In this session Dr. Matsumura will review strategies for improving sleep hygiene for you, your patients and your family.  
This will be a pre-recorded plenary session followed by a live Q&A |
| 2:30 - 2:40 pm | Break time!                                                                                       |
| 2:40 - 3:30 pm | Complex Case Histories in Prescribing:  
Defining Boundaries and Goals of Care – Dr. Singer (moderator)  
Panel: Small group facilitators and core faculty |
| 3:30 - 4:00 pm | Return to small groups to discuss learnings for the day, review questions, concerns. |
| 4:05 - 4:30 pm | Return to large group to recap key points, review communication tips and strategies and prepare for Saturday morning program. |
8:20 - 8:30 am  Greetings and welcome, plan for the day

8:30 -10:00 am  Small Group Case Challenges
Meet and interview “patients” with challenging pain problems

   In this session we’ll have a series of “clinic visits” with opportunities to practice new skills with your colleagues and a facilitator

10:00 -10:10 am Break Time

10:10 -11:00 am  “Change Talk”
Panel discussion on how to manage self, stress and setting limits while evoking change in others.
Drs. Sean Tallison, Anne Hirsch, Jill Shaw, Rebecca Kennedy and core faculty

11:00 -11:00 am Return to your small group to hear feedback from your “patients” and to set intentions for the weeks to come.

11:30 -11:45 am Return to large group for final questions and closing comments

11:45 am Conference adjourns
Registration Information
Registration is available online at www.tfme.org

Early bird registration through August 5, 2023
Early bird registration fee: $200 US

Standard registration through September 5, 2023 – no registrations after September 5, 2023
Regular registration fee: $250 US

Please note The Foundation for Medical Excellence is not responsible for any conversion fees charged by your banking institution.

Refund Policy: Refunds prior to September 7th will be charged a $50 fee. No refunds after September 7th.

Conference Venue: Zoom Events

Continuing Education Credits
Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Oregon Medical Association and The Foundation for Medical Excellence. The Oregon Medical Association is accredited by the ACCME to provide continuing medical education for physicians.

AMA PRA Category 1 credit™ Statement
The Oregon Medical Association designates this live activity for a maximum of 9 AMA PRA Category 1 credit[s]™ . Physicians should claim only the credit commensurate with the extent of their participation in the activity. CME documents will arrive by e-mail within four weeks after the event.

Special needs:
The Foundation for Medical Excellence fully complies with the legal requirements of the Americans with Disabilities Act rules and regulations thereof. If any participant attending this educational activity is in need of accommodation, please contact The Foundation for Medical Excellence in order to receive accommodations.

About TFME:
The Foundation for Medical Excellence (TFME) was created in November 1984. Its mission is to promote excellence in health care and advance sound health policy through education and collaboration. TFME’s educational offerings center on contemporary medical issues facing physicians including leadership, physician well-being and communication. www.tfme.org