

# Managing Chronic Pain Effectively

**August 11, 2017**

At the conclusion of the activity, participants should be able to:

- Recognize the history of pain over the last 15 years
- Identify the current Indiana Laws concerning the prescription of Opioids and the current AMA and American Pain Society guidelines regarding long-term opioid prescription practices
- Be mindful of insurance payer regulations regarding prescription drug coverage and quantity limits at retail pharmacies
- Recall psychological or behavioral interventions for chronic pain
- Consider how pain and movement interact
- List interdisciplinary options available to patients to treat the many facets of chronic pain and addiction

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Indiana University Health  
Bloomington Hospital  
PO Box 1149  
Bloomington, IN 47402



## Managing Chronic Pain Effectively

Friday, August 11, 2017  
8 am to 4 pm

Indiana University Health  
Bloomington Hospital,  
Wegmiller Auditorium

Presented by:



Bloomington Hospital

# Managing Chronic Pain Effectively

Chronic pain is classified by physicians as any pain lasting three to six months or more. Chronic pain persists—often for weeks, months or even years after an injury. It can have real effects on a person’s day-to-day life and mental health, but the patient and the provider can work together to treat it.

Join us for a day-long conference focusing on many aspects of chronic pain management. Experts will share knowledge on alternative treatments, physical therapy approaches, behavioral therapy approaches and more.

Hear from a variety of medical providers how to approach chronic pain and chronic pain management. Each provider’s perspective will add to attendees’ foundational knowledge of pain management and spur questions to further improve patient care.

## Event Details

**Date:** Friday, August 11, 2017

**Time:** 8 am to 4 pm

**Place:** IU Health Bloomington Hospital, Wegmiller Auditorium  
601 W. Second St., Bloomington, IN 47403

**Cost:** \$75 (\$50 for IU Health employees and students - must use phone registration)

Registration includes continental breakfast, lunch, and break refreshments.

### Pre-registration is required.

Register by August 8 by calling **812.353.5252** or click “Events & Classes” at [iuhealth.org/bloomington](http://iuhealth.org/bloomington).

For group registrations or paying by check, contact Chris Gales at **812.353.5384** or [cgales@iuhealth.org](mailto:cgales@iuhealth.org).

## Agenda

**7-8 am Registration and breakfast**

**8-8:10 am Welcome and Announcements**  
Terri Schneble, Director of Operations for Pain Center and Rehabilitation Services, IU Health Bloomington

**8:10-8:25 am How the Focus on Pain Relief Got Off Track**  
Donna Janssen, RN, Clinical Nurse Specialist  
IU Health Pain Center Bloomington

**8:25-9:25 am Pillution to Repatriation: Healthful Laws and Ideas**  
Palmer MacKie, MD, Medical Director, Health Integrative Pain Program, Eskenazi Health Clinical Assistant Professor, Department of Medicine at IU School of Medicine, Indiana Prescription Drug Abuse Prevention Task Force Member, Office of the Attorney General

**9:25-10:15 am Referring and Prescribing Options to Reduce Everyone’s ‘Pain’**  
Gary Gettelfinger, MD, IU Health Pain Center Bloomington

**10:15-10:30 am Break**

**10:30-11 am Chronic Pain: Potential Barriers to Filling Prescriptions**  
Liz Carney, PharmD, Retail Pharmacist

**11-11:30 am Pain on the Brain**  
Cami Lokken, PhD, Clinical Psychologist  
Effective Psychotherapy and Health Coaching,  
Bloomington, Indiana

**11:30am-12:20pm Lunch (provided)**

**12:20-12:50 pm Physical Therapy Approach to Chronic Pain Management**  
Chris Gales, PT, DPT, MS, Rehabilitation Services  
Clinical Educator, IU Health Bloomington

**12:50-2 pm Behavioral Health and Support for Addiction**  
Jim Ryser, LMHC, Director, Pain Services and  
Chemical Dependency, IU Health System

**2-2:30 pm Interventional Options for Managing Pain**  
Earl Craig, MD, IU Health Pain Center Bloomington

**2:30-2:45 pm Break**

**2:45-3:30 pm Alternative Treatment for Chronic Pain: Panel Discussion**

- Acupuncture
- Chiropractic
- Massage Therapy
- Hypnosis?

**3:30-4pm Wrap-up and Networking**

## Accreditation Statement

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 Indiana University School of Medicine Indiana University Health Bloomington Hospital and Indiana University Health Southern Indiana Pediatrics. The Indiana University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

## Designation Statement

Indiana University School of Medicine designates this live activity for a maximum of 5.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Faculty Disclosure Statement

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support, educational programs sponsored by Indiana University School of Medicine (IUSM) must demonstrate balance, independence, objectivity, and scientific rigor. All faculty, authors, editors, and planning committee members participating in an IUSM-sponsored activity are required to disclose any relevant financial interest or other relationship with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services that are discussed in an educational activity.

## Therapist CEU’s

6.0 CEU’s are pending for physical and occupational therapists.

## Nursing CE’s

IU Health Bloomington is an approved provider of continuing nursing education by the Ohio Nurses Association (ONA), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-414, 6/1/2019). The Indiana State Nurses Association has designated ONA as the official approver of CNE Providers and activities for Indiana.

IU Health Bloomington designates this live activity for a maximum of 6.0 Nurse CE’s. Nurses should claim only the credit commensurate with the extent of their participations in the activity.

## Questions

If you have any questions about the conference or need help finding hotel accommodations, please contact Chris Gales at 812.353.5384 or [cgales@iuhealth.org](mailto:cgales@iuhealth.org).

## Further Information



We want everyone to feel welcome at this and other CME events. If you have a disability and need an accommodation to participate in this program, please contact the CME office at 812.353.9525 before you come to the event. At least 72 hours notice may be necessary.