

MIDWEST PAIN SOCIETY

OCTOBER 28-29, 2011

Northwestern University Medical Center • Chicago, Illinois

35th *Scientific Meeting*



MIDWEST PAIN SOCIETY

A REGIONAL AFFILIATE OF THE AMERICAN PAIN SOCIETY



WHO SHOULD ATTEND?

Any health care professional involved in assessment, treatment and/or research in the area of pain, including those working in alternative/complementary disciplines.

PROGRAM HIGHLIGHTS

- The latest information on today's most important pain care topics
- Sessions for both clinicians and researchers
- Interdisciplinary faculty and panel discussions
- Opportunities for networking and collaboration

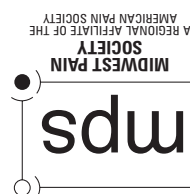
UPDATES ON

- Interdisciplinary Treatment of Acute Low Back Pain
- Interventional Approaches to Pain
- Complementary and Alternative Pain Management
- Pain in the Emergency Department
- Post-Operative Pain Management
- REMS

35th

Scientific Meeting

OCTOBER 28-29, 2011
Northwestern University Medical Center
Chicago, Illinois



MIDWEST PAIN SOCIETY
4700 W. Lake Avenue
Glenview, IL 60025-1485

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OBJECTIVES

- Discuss the multi-disciplinary management of acute low back pain, including medical, interventional, psychological, and rehabilitative approaches.
- Articulate legal perspectives on return-to-work challenges for the injured worker.
- Discuss patient-, medication-, and disease-specific factors relevant to the application of various holistic approaches to the management of pain.
- Describe indications for and principles behind the use of interventional procedures for pain, including those indicated for neck, spine, and cancer pain.
- Explain past and current thinking regarding the mechanisms and diagnosis of Reflex Sympathetic Dystrophy/Complex Regional Pain Syndrome, as well as the future research needs for this complex disorder.
- Describe the recently promulgated guidelines for postoperative pain with particular attention to their implications for clinical practice.
- Explain current Emergency Department approaches to the range of difficulties posed by patients presenting with both acute and chronic pain.
- Describe current approaches to the management of headache.
- Confer with colleagues on ways to improve clinical care, advance relevant research, and enhance professional collaboration.

CONFERENCE VENUE

The Conference Center of Northwestern Memorial Hospital, at 251 East Huron Street in Chicago, is the site of the 35th Scientific Meeting of the Midwest Pain Society. This stunning facility has become a model for health care center design, with hundreds of tour groups visiting annually. All conference facilities are fully accessible for those with disabilities.

Only blocks away, Chicago’s Magnificent Mile and the Lake Michigan shoreline are home to magnificent museums, breathtaking architecture, world-class dining opportunities, professional sporting events, and superb shopping, plus over 100 theaters and performing venues. Join us for an exciting visit, both during and after the conference!

Chicago’s weather is moderate in October, with temperatures ranging from the low 40s to the 60s.

FACULTY

Carol L. Baird, Ph.D., RN, GCNS-BC; Associate Professor Emerita, Indiana University School of Nursing, Ladoga, IN.

Jennifer Barthel, MS, CRC; Vocational Rehabilitation Counselor, Vocational Rehabilitation Services, Rehabilitation Institute of Chicago, Chicago, IL.

Peter Carlson, JD; Hinshaw & Culbertson LLP, Chicago, IL.

Jamie Collings, MD; Executive Director of Innovative Education, Associate Professor, Emergency Medicine, Northwestern University,

Feinberg School of Medicine, Department of Emergency Medicine, Chicago, IL.

Robin DiPasquale, ND; University of Wisconsin Health Clinics-Integrative Medicine Clinic; Clinical Associate Professor, Department of Biobehavioral Nursing and Health Systems, University of Washington; adjunct faculty, Bastyr University; Red Lotus Healing Arts, Madison, WI.

Christine Gagnon, Ph.D.; Assistant Professor, Department of Physical Medicine and Rehabilitation, Rehabilitation Institute of Chicago and Feinberg School of Medicine, Northwestern University, Chicago, IL.

Sandra Galles, GNP-BC, MS, RN; Continuing Education-Outreach Specialist, University of Wisconsin-Madison School of Nursing, Madison, WI.

J. David Haddox, DDS, MD; VP, Health Policy, Purdue Pharma L.P., Stamford, CT; Adjunct Assistant Professor, Department of Public Health & Community Medicine, School of Medicine, Tufts University, Boston, MA.

R. Norman Harden, MD, Director, Center for Pain Studies, Rehabilitation Institute of Chicago, Chicago, IL; Associate Professor of Physical Medicine and Rehabilitation, Feinberg School of Medicine, Northwestern University.

Christopher Herndon, PharmD, BCPS, CPE, Assistant Professor, School of Pharmacy, Southern Illinois University Edwardsville, Edwardsville, IL (Program Co-chair).

Shariq M. Ibrahim, MD; Munster, IN.

Diane Jackson, LCSW, Maj., USAF; Saint Louis University & Scott Air Force Base Family Medicine Residency, Belleville Family Health Center, Belleville, IL.

Brian McClenic, MD; Interventional Spine and Pain Centers, Munster, IN.

Vikram B. Patel, MD FIPP; Medical Director, ACMI Pain Care, Algonquin, IL.

Kathryn Richardson, MOTR/L; Occupational Therapist, Center for Pain Management, Clinical Researcher, Sensory Motor Performance Program, Rehabilitation Institute of Chicago, Chicago, IL.

Jennifer Rosselli, PharmD, BCPS; Clinical Assistant Professor, Pharmacy Practice, Southern Illinois-Edwardsville School of Pharmacy, Edwardsville, IL.

Nathan J. Rudin, MD, MA, Associate Professor of Orthopedics and Rehabilitation, University of Wisconsin School of Medicine and Public Health, Madison, WI; Medical Director, UW Pain Treatment and Research Center, Madison, WI.

Susanne K. Seeger, MD; Clinical Assistant Professor of Neurology, University of Wisconsin School of Medicine and Public Health, Madison, WI.

Karen Sikorski, RN, MS; Clinical Nurse Specialist, Pain & Palliative Care, OSF Saint Anthony Medical Center, Rockford , IL.

Steven Stanos, DO; Assistant Professor, Department of Physical Medicine and Rehabilitation, Rehabilitation Institute of Chicago, Center for Pain Management, and Feinberg School of Medicine, Northwestern University, Chicago, IL.

REGISTRATION FORM

- Each registrant should fill out a separate form. • Duplicate as necessary and keep a copy for your records (please type or print).

Complete Name _____ First Name for Badge _____

Title _____

Workplace _____ Workplace City/State _____

Mailing Address (Home Work) _____



City/State/Zip _____

Daytime Phone _____ Fax _____ E-mail _____

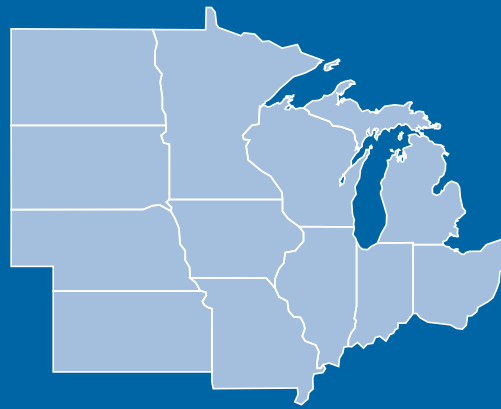
Check here if this will be your first MPS Scientific Meeting.

In case of emergency during the meeting, please contact this person: Name _____ Phone _____

Full Registration Fees		Postmarked by 9/30/11	
MPS member (doctoral level)	MD <input type="checkbox"/> \$195		
Nonmember (doctoral level)	ND <input type="checkbox"/> \$245		
MPS member (other health care professional)	M <input type="checkbox"/> \$120		
Nonmember (other health care professional)	N <input type="checkbox"/> \$150		
MPS member student/resident/fellow	S <input type="checkbox"/> \$45		
Nonmember student/resident/fellow	S <input type="checkbox"/> \$55		
1-Day Registration Fees–Friday			
MPS member (doctoral level)	MD <input type="checkbox"/> \$145		
Nonmember (doctoral level)	ND <input type="checkbox"/> \$195		
MPS member (other health care professional)	M <input type="checkbox"/> \$95		
Nonmember (other health care professional)	N <input type="checkbox"/> \$125		
MPS member student/resident/fellow	S <input type="checkbox"/> \$30		
Nonmember student/resident/fellow	S <input type="checkbox"/> \$40		
1-Day Registration Fees–Saturday			
MPS member (doctoral level)	MD <input type="checkbox"/> \$95		
Nonmember (doctoral level)	ND <input type="checkbox"/> \$145		
MPS member (other health care professional)	M <input type="checkbox"/> \$60		
Nonmember (other health care professional)	N <input type="checkbox"/> \$85		
MPS member student/resident/fellow	S <input type="checkbox"/> \$25		
Nonmember student/resident/fellow	S <input type="checkbox"/> \$35		
All registrations postmarked after 9/30/11			add <input type="checkbox"/> \$50
Total			\$ _____

Professional Discipline or Specialty (check one)		3 Easy Ways to Register
<input type="checkbox"/> (1) Anesthesiology	<input type="checkbox"/> (11) Orthopedic Surgery	1. Call (847) 375-4730, Mon.–Fri., 9 a.m.–5 p.m. CDT (credit card payment only). 2. Fax 24 hours a day to (847) 375-6489 (credit card payment only). 3. Mail to MPS, Scientific Meeting, 4700 W. Lake Avenue, Glenview, IL 60025-1485.
<input type="checkbox"/> (2) Chiropractic	<input type="checkbox"/> (12) Pharmacy	
<input type="checkbox"/> (3) Dentistry	<input type="checkbox"/> (13) Physical Medicine and Rehabilitation	
<input type="checkbox"/> (4) Family Medicine	<input type="checkbox"/> (14) Physical Therapy	
<input type="checkbox"/> (5) Internal Medicine	<input type="checkbox"/> (15) Psychiatry	
<input type="checkbox"/> (6) Neurology	<input type="checkbox"/> (16) Psychology	
<input type="checkbox"/> (7) Neuroscience	<input type="checkbox"/> (17) Rheumatology	
<input type="checkbox"/> (8) Neurosurgery	<input type="checkbox"/> (18) Social Work	
<input type="checkbox"/> (9) Nursing	<input type="checkbox"/> (19) Other	
<input type="checkbox"/> (10) Occupational Therapy	<input type="checkbox"/> (19) Other	
Please indicate the Friday, October 21, afternoon breakout sessions you plan to attend		Please indicate the person most responsible for getting you involved in MPS:
<input type="checkbox"/> 2a	<input type="checkbox"/> 3a	_____
<input type="checkbox"/> 2b	<input type="checkbox"/> 3b	
<input type="checkbox"/> 2c	<input type="checkbox"/> 3c	
<input type="checkbox"/> 2d	<input type="checkbox"/> 3d	
Payment (must accompany registration form; fax orders accepted only with credit card payment at (847) 375-6489).		
<input type="checkbox"/>  MasterCard (16 digits)	<input type="checkbox"/>  Visa (13 or 16 digits)	<input type="checkbox"/> Check (enclosed) Make checks payable to MPS. • Checks not in U.S. funds will be returned. • A charge of \$20 will apply to checks returned for insufficient funds.
• If rebilling of a credit card charge is necessary, a \$25.00 processing fee will be charged.		
Account Number _____		Expiration Date _____
Signature _____		Cardholder's Name (Please Print) _____
Cancellation Policy: ALL CANCELLATIONS MUST BE MADE IN WRITING. A \$25 processing fee will apply to all cancellations postmarked more than 30 days before the meeting. A \$50 processing fee will be charged for cancellations postmarked between 14 and 29 days before the meeting. No refunds will be made on cancellations postmarked fewer than 14 days before the meeting. All refunds will be issued after the meeting.		

SERVING YOU AND OUR REGION



The American Pain Society is a multidisciplinary community that brings together a diverse group of scientists, clinicians, and other professionals to increase the knowledge of pain and its management, and to transform public policy and clinical practice to reduce pain-related suffering.

The Midwest Pain Society's purpose is to further the goals and mission of the American Pain Society in the Midwestern States, including Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. MPS is devoted to advancing pain-related research, education, treatment, and professional practice. Physicians, psychologists, nurses, social workers, and any other health professionals interested in pain care are welcome.

HERE'S WHY YOU SHOULD JOIN US

GET THE LATEST NEWS

The semiannual MPS newsletter contains reviews of pain-related research, listings of upcoming events, and other useful information for pain professionals.

FUND THE FUTURE

The Midwest Pain Society offers two grants each year for small or pilot studies in pain-related research. One grant is open to member-sponsored trainees, residents and fellows only; the other is available to any MPS member. The grants are named for our honored past presidents Robert Addison, M.D., and the late Richard Blonsky, M.D.



KEEP UP TO DATE

The Midwest Pain Society sponsors an annual Scientific Session on a Friday and Saturday each fall. Multidisciplinary scientific presentations and poster sessions highlight advances in pain treatment, policy, basic science, and clinical research. Our meeting carries on a tradition of teaching, networking, and camaraderie that spans over three decades. *A one-year MPS membership is included when you register for the Scientific Session!*



FIND US ON THE WEB

For meeting info, newsletters, and more, visit www.ampainsoc.org/societies/mps.

Midwest Pain Society
4700 W Lake Avenue, Glenview, IL 60025-1485
Phone (847) 375-4881 • Fax (847) 375-6489



MIDWEST PAIN SOCIETY *35th Scientific Meeting* OCTOBER 28-29, 2011

Raymond Tait, Ph.D., Professor, Department of Neurology & Psychiatry, Saint Louis University School of Medicine, St. Louis, MO (Program Co-Chair).

David Walega, MD; Assistant Professor of Anesthesiology; Chief, Section of Pain Medicine; Medical Director, Anesthesiology Pain Medicine Center; Program Director, Multidisciplinary Pain Medicine Fellowship; Northwestern University Feinberg School of Medicine, Chicago, IL.

Ronald Wasserman, MD; Service Chief for Pain Medicine; Director, University of Michigan Back and Pain Center; Clinical Assistant Professor, Department of Anesthesiology, Ann Arbor, MI.

Steven Weisman, MD; Professor of Anesthesiology and Pediatrics, Jane B. Pettit Pain and Palliative Care Center, Medical College of Wisconsin, Milwaukee, WI

SCIENTIFIC PROGRAM COMMITTEE

Raymond Tait, Ph.D., Co-Chair
Christopher Herndon, PharmD, Co-Chair
Christine Gagnon, Ph.D.
Sandra Galles, GNP-BC, MS, RN
Mary Lyons, RN-C, ONC, MSN, APN
Vik Patel, MD, FIPP
Karen Sikorski, RN, MS
Steven Stanos, DO
David Walega, MD

POSTER PRESENTATIONS

We are accepting posters for presentation at the meeting. A call for posters appeared in the spring issue of the *MPS Update*. If you need a copy, please contact Raymond Tait, Ph.D., at taitrc@slu.edu, or check www.ampainsoc.org/societies/mps. **Poster abstracts are due September 23, 2011, by 4:00 p.m.** and should be submitted to Chris Herndon, PharmD at cherndo@siue.edu. First authors of accepted posters will receive instructions for poster submission.

FOURTEENTH ANNUAL POSTER AWARDS COMPETITION

Posters displayed at the meeting are eligible for our poster awards competition. During the meeting, attendees will be asked to rate the quality of the displayed posters. Awards will be presented on Saturday morning, October 29, during the MPS business meeting. Awards are \$300.00 for first place, \$200.00 for second place and \$100.00 for third place. The complete abstract of the first-place poster will appear in the next issue of the *MPS Update*, along with the titles and authors of the top three posters.

LECTURE MATERIALS

In place of printed handouts, lecture materials (slide thumbnails, note pages) will be available for download and printout at www.ampainsoc.org/societies/mps prior to the meeting. Attendees will be notified by email when the handouts are posted.

CONTINUING EDUCATION (CE) CREDIT

Nurses: This activity has been planned and implemented using the educational design criteria of the American Nurses Credentialing Center's Commission on Accreditation through the joint providership

of the University of Wisconsin-Madison Continuing Education in Nursing and the other providers. 11.0 ANCC Contact Hours (13.2 Iowa) will be awarded for successful completion of this entire activity based on full attendance and satisfactory completion of all evaluative materials.

The University of Wisconsin-Madison Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Iowa Provider Number: 350

Physicians: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Illinois State Medical Society and Midwest Pain Society.

The Illinois State Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Illinois State Medical Society designates this live activity for a maximum of 11 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: This program is held in joint collaboration between the Illinois Psychological Association (IPA) and the Midwest Pain Society. IPA is approved by the American Psychological Association to sponsor continuing education for psychologists. IPA maintains responsibility for this program and its content. This activity offers a maximum of 11 credit hours of continuing education credit for psychologists. Participants must attend and evaluate an entire session to receive credit. Partial credit for a session will not be awarded.

Others: CE credits are offered for nurses, physicians, and psychologists only, though attendees from other disciplines are welcome.

ACCOMMODATIONS

Accommodations are available at the **Avenue Crowne Plaza Hotel**, located one block west of Northwestern University Medical Center at 160 East Huron Street. Be sure to mention "Midwest Pain Society" to receive the special room rates: one king bed (\$149 + tax), two queen beds (\$169 + tax), and corner suite (\$249 + tax). There is a daily charge for parking (currently \$48/day including tax). Reservations can be made by calling (877) 283-5110 or (312) 787-2900. Make your reservations early; the discount expires **October 4, 2011**.

GROUND TRANSPORTATION

Shuttle service from both O'Hare International Airport and Midway Airport to the convention hotel area is available from Airport Express. For reservations and information, please call (800) 237-1734 or visit www.airportexpress.com.

Per-person shuttle fees as of July 2011 (subject to change) – Airport to/from Northwestern University Medical Center area

Passengers	Airport	Trip type/Fee (per person)
1	O'Hare	One-way \$30 / Round-trip \$53
2	O'Hare	One-way \$21 / Round-trip \$37
3 or more	O'Hare	One-way \$16 / Round-trip \$29
1	Midway	One-way \$25 / Round-trip \$44

2	Midway	One-way \$17 / Round-trip \$29
3 or more	Midway	One-way \$14 / Round-trip \$24

Cab fare from either airport will cost approximately \$30-35 each way. Chicago Transit Authority offers rapid transit (train) service from both airports to the meeting area for a nominal fee.

SPECIAL ASSISTANCE

For special assistance, please call (847) 375-4730.

CONFERENCE REGISTRATION

See the registration form for fee information. The conference fee includes educational sessions, posters, program materials, breaks, and meal functions.

Early registration deadline is **September 30, 2011**. Registrations received after that date will be subject to a \$50 late registration fee. Confirmation packets will be mailed within three weeks of registration fee receipt.

Midwest Pain Society members in good standing are eligible for the discounted registration fee. Nonmembers who register for the conference receive a bonus benefit: one full year of MPS membership!

Students/Residents/Fellows: Any full-time undergraduate student, graduate student, resident or fellow can register at a special rate. Documented proof of student/resident/fellow status must accompany your registration.

CANCELLATION POLICY

Cancellation requests must be faxed or postmarked by **October 14, 2011**, to receive a refund. Cancellation requests must be made in writing. A \$25.00 processing fee will apply to all cancellations postmarked before September 30. A \$50.00 processing fee will apply to all cancellations postmarked between September 30 and October 14. All refunds will be issued after the conference.

PROGRAM CHANGES

The Midwest Pain Society (MPS) reserves the right to substitute faculty or to cancel or reschedule courses due to low enrollment or other unforeseen circumstances. If MPS must cancel, registrants will receive full credit and refunds of their paid registration fees. MPS will make no refunds for lodging, airfare, or other expenses related to the meeting.

DEDUCTIBILITY OF EXPENSES

Please consult your tax advisor for information regarding the deductibility of registration and/or membership fees.

DISCLAIMER

The material presented in this meeting represents the opinions of the speakers and not necessarily the views of the American Pain Society, Illinois Psychological Association, Illinois State Medical Society, The University of Wisconsin-Madison, and/or the Midwest Pain Society.

FACULTY DISCLOSURE

All faculty must disclose any relationship, including financial interests or affiliations, with either the commercial supporter(s) of this conference or the manufacturer(s) of any commercial product(s) discussed in an educational presentation. Attendees will receive full faculty disclosure information at the meeting.

MIDWEST PAIN SOCIETY *35th* Scientific Meeting **OCTOBER 28-29, 2011**

Friday, October 28, 2011 *Morning*

7:30 a.m. Breakfast, Poster Setup, Exhibits

8:20 a.m. Welcome
Nathan Rudin, MD, President, Midwest Pain Society

Session 1: Acute work-related low back pain: a patient's journey (3.25 hours)

Moderator: Steve Stanos, DO

8:30 a.m. Introduction
Steven Stanos, DO

8:45 a.m. Interventional procedures for chronic low back pain
David Walega, MD

9:15 a.m. Psychological approaches to pain management
Christine Gagnon, Ph.D.

9:45 a.m. Break 15 min

10:00 a.m. Functional Capacity Testing: Why and for what reason?
Kathryn Richardson, OT

10:30 a.m. Vocational rehabilitation: Assessment and treatment of the injured worker
Jennifer Barthel

11:00 a.m. Legal conundrums in the settlement of a Workers' Compensation claim
Peter Carlson, JD

11:30 a.m. Panel Discussion, Questions and Answers

12:00 p.m. Adjourn

12:30 p.m. **E. Richard Blonsky Memorial Pain Lecture (1 hour)**
Reflex Sympathetic Dystrophy/Complex Regional Pain Syndrome: What we know, what we think we know, and what we definitely don't know
R. Norman Harden, MD

Friday, October 28, 2011 *Afternoon*

Sessions 2 and 3 will run in parallel. Attendees may move between sessions if desired.

Session 2: Interventional Pain Management (3.25 hours)

Moderator: Vikram Patel, MD

1:45 p.m. Interventional Procedures – when and how (2a)
Vikram Patel, MD

2:30 p.m. Interventional procedures for whiplash and cervical spine injuries
Brian McClenic, MD (2b)

3:15 p.m. Break, Posters, Exhibits

3:45 p.m. Newer, minimally invasive procedures for spinal pathology
Shariq Ibrahim, MD (2c)

4:30 p.m. Interventional procedures for cancer pain (2d)
Ronald Wasserman, MD

5:15 p.m. Panel Questions and Answers

5:30 p.m. Adjourn

Session 3: Complementary and Alternative Medicine (3.25 hours)

Moderators: Chris Herndon, PharmD; Sandra Galles, GNP-BC, MS, RN

1:45 p.m. What should I think? Cognitive behavioral therapy and counseling in chronic pain management (3a)
Diane Jackson, LCSW

2:30 p.m. Herbal therapy (benefits and risks) (3b)
Jennifer Rosselli, PharmD, BCPS

3:15 p.m. Break, Posters, Exhibits

3:45 p.m. What else is out there? Emerging modalities in the holistic approach to chronic pain (3c)
Robin DiPasquale, ND

4:30 p.m. What to tell your patient: Integrating holistic therapies into your practice (3d)
Carol Baird, Ph.D.

5:15 p.m. Panel Questions and Answers

5:30 p.m. Adjourn

Saturday, October 29, 2011

7:30 a.m. Breakfast

Midwest Pain Society
Business Meeting

Poster Competition Awards

Midwest Pain Society Grant Awards

Session 4: Current Issues: Pain Practice, Policy and Patients (3.5 hours)

Moderators: Karen Sikorski, RN, MS; Raymond Tait, Ph.D.

8:00 a.m. The REMS for Certain Opioid Products: A Precedent Setting Example?
J. David Haddox, DDS, MD

8:45 a.m. Headache Diagnosis and Treatment: Review and Update
Susanne K. Seeger, MD

9:30 a.m. Break

10:00 a.m. An Update on the 2011 Post-Operative Pain Management Guidelines from ASA/APS/VA/DoD
Steven Weisman, MD

10:45 a.m. Innovative Approaches to the Management of Pain in the Emergency Department
Jamie Collings, MD

11:30 a.m. Panel Questions and Answers

12:00 p.m. Adjourn