

OCTOBER 16-18, 2014
THE SENTINEL HOTEL, PORTLAND, OR

SESSION DETAILS

Session #: 205

Title: Managing Common Chronic Pain Syndromes Across the Lifespan: Show me the Evidence

Speaker: Kim Dupree Jones PhD, FNP-BC, FAAN

Date: Friday, October 17

Time: 11:10 a.m. - 12:25 p.m.

CE Contact Hours: 1.25

Pharmacology Hours: 0.33

SESSION DESCRIPTION

This session will address eight common chronic non-malignant pain syndromes that can be diagnosed and managed in primary care. They include spine pain, pelvic pain, functional abdominal pain/irritable bowel, irritable bladder, TMD, headaches, myofascial pain, fibromyalgia. A case-based approach will be used to identify these commonly overlapping syndromes including their non-pain comorbidities. An integrated approach will be offered that includes pharmacologics (including SNRIs, anti-epileptics, narcotics, sleep agents, TCAs, marijuana/derivatives) and non-pharmacologics (including exercise, cognitive behavioral strategies, dietary approaches, mindfulness, mindful movement, acupuncture and less commonly used complementary and alternative approaches.). The role of patient activation and best practices in follow-up care will be discussed.

LEARNING OBJECTIVES

Upon completion of this session, the learner will be able to:

1. Differentiate common chronic pain syndromes and their diagnostic criteria.
2. Formulate a non-pharmacologic treatment plan for common chronic pain syndromes.
3. Formulate a pharmacologic treatment plan for common chronic pain syndromes.
4. Questions/Evaluate

DISCLOSURES

Conflict of Interest for Planners & Presenter:

- The planners of this CNE activity declare no conflicts of interest in the development and implementation of this educational activity.
- This presenter declares no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.