



## Session Details

Session # 213

Title: Integrative Medicine Approaches for Chronic Pain

Speaker: Sonia Sosa, MD

Date: 10/6/2017

Time: 3 PM

CE Contact Hours: 1.25

Pharm Hours: 0.25

## Session Description

It should come to the surprise of no one that we are in the midst of an opioid epidemic in this country. The numbers of people with chronic pain is staggering and the use of opioid medications for this pain has skyrocketed in recent years. While we are aware of this epidemic, a resolution has been challenging. Integrative Medicine, the use of allopathic and non-allopathic modalities together for the best care possible, provides some promising solutions. In this presentation we will review the definition of Integrative Medicine and discuss who is using these techniques, learn more about the pain epidemic and discuss non-allopathic modalities with evidence for use in chronic pain.

## Learning Objectives

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

1. Define Integrative Medicine and explain its relevance in an allopathic medical practice.
2. Discuss the origins of chronic pain and the impact of trauma on perception of pain.
3. Recognize the magnitude of the opioid epidemic.
4. Review non-allopathic methods for the management of chronic pain with a focus on fibromyalgia, osteoarthritis, back pain and neuropathic pain.

## Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare 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.