



The Carolinas Center for Hospice & End of Life Care

presents

THE CAROLINAS PAIN CONGRESS

September 25–26, 2008

Charlotte Marriott Executive Park | Charlotte, NC

KEYNOTE SPEAKER

Dr. Frank Brescia, MD, MA, FACP

Dr. Frank Brescia trained at Memorial Sloan-Kettering Cancer Center. He is the former Chief of Oncology at Grady Hospital Emory University, former Director of the Cancer Survivorship Program at Hollings Cancer Center and a Vietnam Veteran. Dr. Brescia, a native New Yorker, moved to Charleston, SC 10 years ago to establish and direct a Supportive Care Program for cancer patients whose primary disease was deemed no longer curable. Dr. Brescia earned the MUSC Outstanding Clinician of the Year Award 2003. He recently served as a Medical Ethics Expert Witness for the Hurricane Katrina Euthanasia Cases in New Orleans, Louisiana. He is a champion for the underserved especially in the areas of pain management and palliative care. Dr. Brescia is married and has 6 children.

Schedule at a Glance

Thursday, September 25

8–9 AM Registration	#2: Pain Assessment for the Cognitively Impaired Patient <i>Stephen S. Marsh, MD</i> Medical Director, Heartland Home Healthcare & Hospice Services, Raleigh, NC
9–10:15 AM Clinical Issues in Pain Management: Managing Side Effects of Pain Medications <i>Cynthia Johnston, PharmD, BCPS, BCOP</i> Assistant Professor of Pharmacy Practice Campbell University School of Pharmacy, Clinical Pharmacy Specialist VA Medical Center Durham, NC	2:30–3:45 PM Breakout Sessions
10:30–11:45 AM Advanced Pain Assessment <i>Karanne Campbell, NP</i> Pain Management Consultant, Medical University of South Carolina	#1: A Team Approach to Pain Assessment: Helping Children and Caregivers Cope <i>Meghan M. Davis, MSW</i> Assistant Director- Kids Path Hospice and Palliative Care of Greensboro, Greensboro, NC
11:45 AM–1 PM Luncheon Project Lazarus Presentation <i>Su Albert, MD, MPH</i> Medical Director, Wilkes County Health Department <i>Fred Wells Brason II, Chaplain</i> Project Director, Wilkes Chronic Pain Initiative	#2: Promoting medication adherence: Strategies for patients, caregivers and healthcare providers <i>Susan Francis, PharmD, BCPS</i> Clinical Pharmacy Specialist, Geriatrics PGY-2 Residency Program Director, Geriatrics, Durham VA Medical Center
1–2:15 PM Breakout Sessions #1: Pediatric Pain Assessment <i>Laurie Hicks, MD</i> Pediatric Palliative Medicine Physician Kids Path Hospice and Palliative Care Charlotte Region	4–5:15 PM The Challenges of Chronic Pain Management <i>Tamara Bowman, RN, CHPN</i> Pain and Palliative Care Coordinator, Medical University of South Carolina
	5:30–6:30 PM Reception

Friday, September 26

8–9 AM Registration

Meetings of the SCPI and NCPI

9:15–10:15 AM **Disparities in Pain Management: Bodies in Motion and at Rest**

*Frank J. Brescia MD, MA, FACP
Lowcountry Hematology & Oncology, PA*

10:45–11:45 AM **Access to Care**

Panel of Healthcare Professionals coordinated by Hospice and Palliative Care Charlotte Region

12 N–1 PM Lunch/ Closing Session

On Being Needed: Healthcare Professionals Can Make a Difference

*Frank J. Brescia MD, MA, FACP
Lowcountry Hematology & Oncology, PA*

Course Descriptions

Clinical Issues in Pain Management: Managing Side Effects of Pain Medications

Pain medications including non-steroidal anti-inflammatory drugs (NSAIDs), opioid analgesics and adjuvant medications such as antidepressant and anticonvulsants, provide relief for many pain sufferers. The benefits of these medications may enable people with pain to participate in life more fully, but all medications produce unwanted effects. During this session, methods of preventing, minimizing and treating the most common adverse effects seen with the use of these analgesics will be discussed in a lecture and case-based format. The discussion will include new options for the management of opioid-induced constipation.

Advanced Pain Assessment

This session will discuss the appropriate assessment and treatment of different types of pain. Pharmacological and nonpharmacological interventions will be presented. The session will also include pain scales, comfort-function goals and patient participation in the care plan.

Project Lazarus

A presentation of the Wilkes County Chronic Pain Initiative of the Northwest Community Care Network in partnership with the Wilkes Healthy Carolinians Council multi-pronged approach addressing chronic pain services, or lack and any subsequent opioid misuse or abuse. This is a coalition, combining the entire community of stakeholders and policy initiators for initiative goals and community intervention. This includes Project Lazarus, the first medical board approved clinical naloxone, anti-overdose medication to be dispensed as a safety measure in clinical settings.

Pediatric Pain Assessment

This session will be an overview of pediatric pain: dispelling myths about pediatric pain, assessing pain including non-physical types of pain, use of pain scales, the WHO ladder approach to pediatric pain, and pharmacologic and non-pharmacologic treatment of pediatric pain.

Pain Assessment for the Cognitively Impaired Patient

During this session we will discuss the huge scope of this problem. Participants will learn how to correctly assess cognitively impaired patients. We will discuss different methods to identify these patients. We will also discuss unique approaches used to assess their pain. We will examine certain stumbling blocks that hinder their proper pain assessment. Also, we will discuss different assessment tools. Finally, we will talk about the concept of “Total Pain” and why it is an important part of their assessment.

A Team Approach to Pain Assessment: Helping Children and Caregivers Cope

Pain management in children incorporates a variety of methods including medicinal and non-medicinal techniques. Untreated pain in children can cause distress, fear, appetite changes, anxiety and a disruption in sleep patterns as well as emotional and behavioral challenges. It is important for the healthcare team to be knowledgeable about the various methods of pain control in order to educate parents on ways they can assist with their child’s pain management. Together, the parents and the care team can create an individualized plan to keep the child as comfortable as possible. This session will examine a variety of non-medicinal pain techniques and will offer participants the opportunity to discuss how the implementation of these techniques will allow for increased positive outcomes for the child and family.

Promoting Medication Adherence: Strategies for Patients, Caregivers and Healthcare Providers

Studies suggest almost half of all prescriptions are not taken as directed. Described as “America’s other drug problem”, medication non-adherence is as dangerous and costly as many illnesses. It contributes to under-treatment of pain and other symptoms, worsening of disease, increased adverse effects, poor prognosis and increased healthcare costs. This session will explore reasons for non-adherence and discuss practical interventions for patients, caregivers and healthcare professionals. An emphasis will be placed on the geriatric patient taking multiple medications, but these interventions can be used to promote medication adherence regardless of patient age or care setting.

The Challenges of Chronic Pain Management

This session will explore the issues surrounding chronic pain. Treatment of chronic pain is complex and must be multi-modal. This discussion will focus on the treatment of chronic pain conditions including diabetic neuropathy, low back pain, sickle cell and other chronic pain conditions in both the chronic and terminally ill patient. Participants will learn about the role of depression, anxiety and other psychosocial factors in managing pain. This session will explore the use of pain scores in the setting of chronic pain and discuss the concept of functional goals as an alternative route to measure pain.

Disparities in Pain Management: Bodies in Motion and At Rest

Individuals, who are ill, are in continuous self-conflict—looking for answers and meaning in their lives, while responding to threats of personhood and bodily integrity. Often, many of us, see our illness as punishment—“the wages of sin”—while our community places added blame, especially to those most unlikely or unable to help themselves. The person in need- becomes a PEST! Those most disadvantaged take up an existence that is without future—a now where horizons are rarely imagined or seen. Pain and illness is out of one’s own control and the response is helplessness and hopelessness. Caring and insight become necessary to see what is at stake—sharpening our senses to different kinds of pain and suffering.

Access to Care

A panel of healthcare professionals will discuss issues around access to care and present available resources for the uninsured in pain management.

On Being Needed: Healthcare Professionals Can Make a Difference

The ultimate bond that connects the patient and the caregiver requires an understanding of the human drama we call illness, and what this uncomfortable experience causes—fear, anxiety, loss—all threats to personhood. The physician is not only a deathwatcher, but, by necessity, must be self-reflective—a doctor watcher. Yogi Berra says, “You can observe a lot by watching.” There is always a moral imperative to comfort the sick—yet, one must not eliminate the suffering by intentionally getting rid of the sufferer. What do dying patients worry about most? People who are time-bound become different because caregivers treat them differently—often with avoidance, indifference, and apathy. The deathwatcher and the doctor watcher face the same self-reflection and anxiety—the gap between human needs and unresponsive world. We must recognize the tension between caregivers and their patients to appreciate the nature of the work of caring for the sickest of people—on being needed.

General Information

Hotel Accommodations

A block of rooms has been secured at a special rate of \$159 single/double per night. Reservations can be made by contacting the Marriott Executive Park in Charlotte at (704) 527-9650 or 1-800-359-7961, prior to Wednesday, September 3, 2008. Please tell the reservation clerk that you will be attending the meeting for The Carolinas Center for Hospice and End of Life Care.

Cancellation Policy

Cancellations for this program must be received in writing at The Carolinas Center by 5 PM on Thursday, September 18, 2008. Cancellations received by that date will receive a refund, less a \$50 administrative fee. No refunds will be given for cancellations received after September 18, however, substitutions may be made.

Continuing Education Credit

The Carolinas Center for Hospice and End of Life Care is an approved provider of continuing nursing education by North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Americans with Disabilities Act

The Carolinas Center for Hospice & End of Life Care is committed to a policy of non-discrimination involving equal access to education and employment opportunities to all, regardless of sex, race, age, religion, color, national origin or disability. If you need any of the auxiliary aids or services identified in the American with Disabilities Act in order to participate in this program, please call Mary Doherty at (919) 667-4127 or notify her by email at mdoherty@carolinasendoflifecare.org.

Registration Form

THE CAROLINAS PAIN CONGRESS
September 25–26, 2008 | Charlotte Marriott Executive Park, Charlotte, NC

Name _____ Title _____

Organization/Agency _____

Title _____ Hospital _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail _____

Conference Fees

On or before 9/5/08 . . . \$250

On or after 9/6/08 \$270

Method of Payment

CHECK

Enclosed is a check in the amount of \$ _____ (payable to *The Carolinas Center*).

CREDIT CARD

Please charge my: or Visa, MasterCard

Credit Card no. _____ Expires _____

Name as it appears on card (*please print*) _____

Signature _____

Please send the completed registration form with payment to:

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You may register on-line at www.carolinasendoflifecare.org