Update on Interdisciplinary Treatment Approaches for Chronic Pain Management: Improving Outcomes for All Stakeholders

Rehabilitation Institute of Chicago Academy

www.ric.org/academy

Rehabilitation Institute of Chicago has been ranked “Best Rehabilitation Hospital in America" every year since 1991 by U.S. News & World Report.

Wesley M. & Suzanne S. Dixon
Education and Training Center

July 16-17, 2010
Prentice Women’s Hospital
250 East Superior
Room L (3rd floor)
Chicago, IL 60611
Update on Interdisciplinary Treatment Approaches for Chronic Pain Management: Improving Outcomes for All Stakeholders

THE BEST REHABILITATION HOSPITAL... MEANS THE BEST REHABILITATION EDUCATION.

The Rehabilitation Institute of Chicago (RIC) is ranked the “Best Rehabilitation Hospital in America,” in part because it fully integrates research, clinical care, and education, through the Continuing Education (CE) programs offered by the RIC Academy.

The RIC Academy CE programs help you keep abreast of changes in your field. The curriculum is grounded in evidence-based practice when appropriate as well as based on the collective clinical experience of our staff. RIC Academy courses are taught by interdisciplinary teams of recognized specialists from RIC and visiting experts from across the country and around the world.

COURSE DESCRIPTION

Clinicians in a variety of practice settings work closely with individuals who are experiencing chronic pain. This course will address the importance of the interdisciplinary management of this population and provide an update on interdisciplinary treatment approaches. The psychological and behavioral approaches impacting effective management of chronic pain will be discussed. What is going right and wrong in pain treatment and disability management from the insurance and payers’ perspective will also be presented.

WHO SHOULD ATTEND

Physiatrists, Pain Specialists, Psychologists. Case Managers, Physical Therapists, Occupational Therapists, and Other Professionals Interested in Chronic Pain Management

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

**Identify** outcomes from evidence based review of multi- and inter-disciplinary treatment for chronic pain

**Discuss** the spectrum of psychological and behavioral approaches for effective outcomes in chronic pain management

**Define** novel approaches from an insurance providers’ perspective in more cost effectively managing difficult chronic pain cases and medical disability

COURSE CHAIR

*Steven Stanos, DO*

Medical Director, Center for Pain Management, Rehabilitation Institute of Chicago; Assistant Professor, Department of Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine, Chicago, IL
COURSE CO-CHAIR

Cynthia O. Townsend, PhD, LP
Assistant Professor of Psychology, Department of Psychiatry and Psychology, Pain Rehabilitation Center, Mayo Clinic, Rochester, MN

FACULTY

Peter H. Carlson, JD
Litigation Attorney, Partner, Hinshaw & Culbertson LLP, Chicago IL

Edward Covington, MD
Director, Neurological Center for Pain, Cleveland Clinic, Cleveland, OH

Robert J. Gatchel, PhD, ABPP
Nancy P. & John G. Penson Endowed Professor of Clinical Health Psychology, Professor & Chairman, Department of Psychology, College of Science, The University of Texas at Arlington, Arlington, TX

Kenneth R. Lofland, Ph.D.
Director, Psychological Services, Director, Clinical Research, Center for Pain Control, P.C. Libertyville, IL

William McAweeney, MS, CRC
Associate Vice-President, Clinical Operations, Paradigm Management Services, Concord, CA

Nina McIlree, MD
Vice-President, Medical Management, Zurich Services Corporation, Schaumberg, IL

Michael E. Schatman, PhD, CPE
Research Director, Pain and Addiction Study Foundation, Bellevue, WA

Phil Walls, RPh
Senior Vice President, Chief Clinical and Compliance Officer, myMatrixx, Tampa, FL

AGENDA

FRIDAY, JULY 16, 2010

11:15 AM Registration
3rd Floor Near the Elevator
Prentice Women’s Hospital

12:00 PM Introduction to Course
Steven Stanos, DO

SECTION I: INTERDISCIPLINARY TREATMENT
Historical Overview of Multi- and Interdisciplinary Treatment
Steven Stanos, DO

Measuring Outcomes in Interdisciplinary Treatment
Cynthia Townsend, PhD, LP

Break

Clinic Highlights: Focused Review of Individual Interdisciplinary Program
Edward Covington, MD

Early Identification and Intervention with “High Risk” Pain Patients: How Can We Improve Outcomes?
Robert Gatchel, PhD

End of Day One

SATURDAY, JULY 17, 2010

Continental Breakfast
Outside Room L
Prentice Women’s Hospital

SECTION II: PSYCHOLOGICAL AND BEHAVIORAL INTERVENTIONS FOR PAIN MANAGEMENT

Psychological Interventions: The Spectrum of Care. What Fits, and for Which Patient?
Robert Gatchel, PhD

Conditioning and Chronic Pain -- The Learning You Can’t Not Do
Edward Covington, MD

Break for Exhibits

Examination of Relaxation Techniques and Biofeedback for Chronic Pain: What Works? Does It Matter?
Kenneth R. Lofland, PhD

Improving Coverage and Reimbursement for Psychological Interventions
Cynthia Townsend, PhD, LP

Box Lunch

SECTION III: STAKEHOLDERS PERSPECTIVE: HOW CAN WE ALL DO A BETTER JOB

Insurance Perspective: Update on New Techniques to Improve the
Management and Outcomes of Chronic Pain
Nina McIlree, MD

1:00 Systematic Approach to Catastrophic Chronic Pain Cases, a Strategy for Improving Outcomes
William McAweeney, MS, CRC

1:45 Pharmacotherapy and Chronic Pain Management: Can We Control Costs to the Patient and Payor?
Phil Walls, RPh

2:15 Break

2:30 The Devolution of the Profession of Pain Medicine to the Business of Pain Medicine: Strategies for Rapprochement with the Insurance and Hospital Industries
Michael Schatman, PhD

3:15 Legal Aspects of Chronic Pain: The Disability Conundrum
Peter H. Carlson, JD

3:45 Panel Q&A
Moderator: Steven Stanos, DO

4:00 Conclusion of Course

TUITION
To qualify for group discount rates (you do not have to be from the same facility), registrants must mail or fax the group’s registrations together.

<table>
<thead>
<tr>
<th>Number of Students</th>
<th>Tuition</th>
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<tbody>
<tr>
<td>Single</td>
<td>$435</td>
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<tr>
<td>2 to 4</td>
<td>$415</td>
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<td>5 or more</td>
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LOCATION
The program will be held at Prentice Women’s Hospital, 250 East Superior, Chicago, Illinois. The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

HOUSING
Rooms have been reserved at the Avenue Crowne Plaza Chicago Downtown Hotel, 160 East Huron Street, Chicago, Illinois. The Avenue Crowne Plaza Chicago Downtown Hotel is located 1 block from Prentice Women’s Hospital. Please contact their reservations department from 9:00 am until 5:00 pm at (312) 787-2900 and indicate that you are attending this course in order to receive the corporate rate of $159 for a deluxe king (one king size bed),
$179 for a double double (two queen size beds) or $219 for a corner suite, plus 15.4% tax. The daily rate for parking at the Avenue is $49.00/day. The cut-off date for room reservations is June 15, 2010.

The room block could reach its maximum before the above cut-off dates. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date.

**REFUND POLICY**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until July 9, 2010. RIC reserves the right to cancel or change any programs for due cause. Cancellation of a program by RIC will result in a full refund of tuition. RIC is not responsible for the refund of travel or hotel expenses under any circumstance.

**IMPORTANT REGISTRATION INFORMATION**

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. Full tuition must accompany the registration form in order to confirm a place in this course. Until you receive your confirmation letter, you are not officially registered for the course. For online registrations you will receive email confirmation within one week of the date you registered. For registrations received by standard mail or fax, the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this time period, please call 312-238-6042.

Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

One week prior to the course only internet registrations and faxed registrations that include an email will be accepted. Please note that the course could reach its maximum enrollment before this time.

**CONTINUING EDUCATION CREDIT**

**CME**

Accreditation Statement: Northwestern University, Feinberg School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Hour Statement: The Northwestern University’s Feinberg School of Medicine designates this educational activity for a maximum of 10.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Nursing**

The Rehabilitation Institute of Chicago Academy is an approved provider of continuing
nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This CNE activity is being offered for 10.25 contact hours.

**Occupational Therapy**

The Rehabilitation Institute of Chicago is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 1.05 CEUs or 10.5 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

**Physical Therapy**

This course has been approved by the Illinois Physical Therapy Board for 10.5 Contact Hours. Approval #216-000069

**Social Work**

The Rehabilitation Institute of Chicago is registered by the State of Illinois to sponsor continuing education programs for social workers. This program will award 10 CEUs.

**Other**

Other healthcare professionals will be awarded 10.5 Clock Hours or 1.05 CEUs.
REGISTRATION ONLINE at www.ric.org/education
or clip and return this form with payment

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Group Discount Policy
To qualify for group discount rates (you do not have to be from the same facility), registrants
must mail or fax the group’s registrations together.

☐ Single Registration Tuition: $435
☐ 2 to 4 - Tuition per Registrant: $415
☐ 5 or more - Tuition per Registrant: $405

Make check payable to: REHABILITATION INSTITUTE OF CHICAGO

Mail to: RIC Academy
345 E. Superior Street, Suite 1641
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (PT) as you would like them to
appear on your continuing education certificate.

Name ____________________________________________________________________________

First Name ___________________________ Last Name ________________________________

Home Phone (_______) ___________________________ Prof. Initials _____________________

Home Address ___________________________________________________________________

City ___________________________ State ___________ Zip ________

Organization/Facility _____________________________________________________________

Work Address ___________________________________________________________________

City ___________________________ State ___________ Zip ________

Work Phone (_______) ___________________________ Fax (_______) ___________________

Position _________________________________________________________________________

E-mail _________________________________________________________________________

(We encourage you to use email – it allows us to respond much faster to your registration. Thank You)

☐ Send me information about other CE Courses        ☐ Do not send me information

Please note: registration will not be processed without full payment.

Method of Payment:        ☐ Check enclosed        ☐ Credit Card
Credit Card Users Must Complete the Following Information:

1) ☐ Personal Credit Card ☐ Corporate Credit Card
2) ☐ MasterCard ☐ VISA

Credit Card # __ __ __ - __ __ __ - __ __ __ - __ __ __

Expiration Date __ / __

Name on Card____________________________________________________

Billing Address____________________________________________________

City_________________________ State______________________ Zip___________

Cardholder’s Signature______________________________________________

Credit card registrations may be faxed to: 312-238-4451. If you fax your registration, do not send another registration by mail.

For official use #__________________________ CC AH201010________

A______________________________ LMS__________________ DL_____________