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

**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. Primary care professionals are strongly encouraged to attend, with pain being one of the most common reasons patients seek medical attention.

**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

**SERVING YOU AND OUR REGION**

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3. Explain the utility of cannabis for acute and chronic pain, legal implications, and the opioid-cannabinoid interface.

4. Describe innovative approaches to collaborative care for chronic pain in vulnerable populations (cancer, pediatric, elderly, and cognitively impaired, and substance use disorder).

**OBJECTIVES**

1. Describe the interdisciplinary care team model consisting of health care professionals from a range of disciplines who work together with patients and their caregivers to deliver comprehensive care.

2. Explore the efficacy of combining psychotherapy, physiotherapy, and integrative medical therapies to help patients live beyond pain and opioids.

3. Explain the utility of cannabis for acute and chronic pain, legal implications, and the opioid-cannabinoid interface.

4. Describe innovative approaches to collaborative care for chronic pain in vulnerable populations (cancer, pediatric, elderly, and cognitively impaired, and substance use disorder).

**FACULTY**

- **Mim Ari, MD, Assistant Professor**, Department of Medicine, Section of General Internal Medicine, University of Chicago, Chicago, IL
- **Marie Hoeger Bement, PT, PhD, Professor**, Marquette University, Department of Physical Therapy, Milwaukee, WI
- **Diana Bottari, DO, Lead Physician, Opioid Mitigation Strategies-Advocate Legacy, Lead Physician, MedTalks**, Advocate Medical Group Division Head Pediatric Sedation, Medical Director, Pediatric Pain Management, Advocate Children’s Hospital, Advocate Medical Group, Advocate Children’s Hospital, Oak Lawn, IL
- **Peter M. Carney, MD, FAANS**, Pain Physician in Solo Practice, Elkhart, IN
- **Oscar Coppes, MD, Assistant Professor**, Department of Anesthesiology and Critical Care, University of Chicago, Chicago, IL
- **Ann Flores, PT, MSPT, PhD, CLT, Associate Professor and Director**, Cancer Rehabilitation Studies (CARES) Laboratory, Department of Physical Therapy and Human Movement Sciences, Feinberg School of Medicine; Director of Cancer Rehabilitation, Cancer Survivorship Institute, Robert H. Lurie Comprehensive Cancer Center of Northwestern University, Chicago, IL
- **Joshua Garza, MD, Clinical Associate**, Department of Anesthesiology & Critical Care, Pain Medicine, University of Chicago, Chicago, IL
- **Kellie N. Gates, MD, Pain Management Physician**, The Iowa Clinic Pain Management, Des Moines, IA
- **Alina Lazar, MD, Assistant Professor**, Department of Anesthesia and Critical Care, University of Chicago Medicine, Chicago, IL
- **Monica C. Malec, MD, FAAHPM, Associate Professor**, Department of Medicine, Section of Geriatrics and Palliative Medicine, University of Chicago, Chicago, IL
- **Tariq Malik, MD, FASA, Assistant Professor**, Department of Anesthesiology & Critical Care, Pain Medicine, University of Chicago, Chicago, IL
- **Renee C.B. Manworren, PhD, RN, BC, APN, PCNS-BC, AP-PMN, FAAN, Associate Professor**, Department of Pediatrics, Feinberg School of Medicine, Northwestern University, Director of Nursing Research & Professional Practice, Posy and Fred Love Chair in Nursing Research; Ann & Robert H. Lurie Children’s Hospital of Chicago, Chicago, IL
- **Geeta Nagpal, MD, Associate Professor**, Department of Anesthesiology, Program Director, Multidisciplinary Pain Medicine Fellowship Northwestern University, Feinberg School of Medicine, Chicago, IL
- **Matt Schumman, PhD, LP, Licensed Psychologist**, State of Minnesota
- **Barbara St. Marie, PhD, AGPCNP, FAANP, Assistant Professor**, University of Iowa College of Nursing, Iowa City, IA
- **Leslie Mendoza Temple, MD, ABOIM Medical Director**, Integrative Medicine Program NorthShore University HealthSystem, Glenview, IL
- **Wuan-Chwin Yu, DNP, FNP-BC, Nurse Associate**, University of Chicago Medicine, Chicago, IL
- **Veronica Zador, BSc, C-IAHT, E-RYT 500, PRYT, YACEP**, Beaumont Health, Integrative Medicine, Program Director, Beaumont School of Yoga Therapy, Standard Faculty Adjunct Instructor in Family Medicine, Oakland University William Beaumont School of Medicine, Rochester, MI
- **Magdalena Anitescu, MD, PhD, FASA, Professor of Anesthesiology and Pain Medicine Section Chief, Division of Pain Management, Director, Pain Medicine Fellowship Program, Department of Anesthesia and Critical Care, University of Chicago Medical Center, Chicago, IL
- **Peter M. Carney, MD, FAANS, Pain Physician in solo practice, Elkhart, IN
- **LuAnn Cathers, RN-BSN, Clinical Nurse Manager**, The Royal Oak Outpatient Center for Pain Medicine, the Beaumont Addiction Medicine Team and the Inpatient Acute Pain Management Team, Administrative Lead, Pain Management Clinical Service Line, Beaumont Health, Royal Oak, MI
- **Oscar Coppes, MD, Assistant Professor**, Department of Anesthesiology & Critical Care, Pain Medicine, University of Chicago, Chicago, IL
- **Christopher Corbin, MA, TLLP, Clinical Psychology Doctoral Student**, Michigan School of Psychology, Farmington Hills, MI
- **Dalia ElMofry, MD, FASA, SPC Co-Chair, Associate Professor**, Department of Anesthesiology & Critical Care, Pain Medicine, University of Chicago, Chicago, IL
- **Ann Flores, PT, MSPT, PhD, CLT, Associate Professor and Director**, Cancer Rehabilitation Studies (CARES) Laboratory, Department of Physical Therapy and Human Movement Sciences, Feinberg School of Medicine; Director of Cancer Rehabilitation, Cancer Survivorship Institute, Robert H. Lurie Comprehensive Cancer Center of Northwestern University, Chicago, IL
- **Joshua Garza, MD, Clinical Associate**, Department of Anesthesiology & Critical Care, Pain Medicine, University of Chicago, Chicago, IL
- **Wesley Gilliam, PhD, ABPP, LP, Clinical Director**, Mayo Clinic Adult Pain Rehabilitation Center; Assistant Professor, Mayo School of Medicine, Rochester, MN
- **J. Bruce Hillenberg, PhD, ABPP, MPS President, Board-Certified in Clinical Health Psychology**, Beaumont Health, Royal Oak, MI
- **Zahra Khudeira, PharmD, MA, BCPS, CPPS, SPC Co-Chair, Research Pharmacist**, Mount Sinai Hospital, Chicago, IL
- **Randall Knoebel, PharmD, BCOP, Senior Manager, Health Analytics & Drug Policy; Director, Pgy1 Pharmacy Residency Program**, University of Chicago Medicine, Chicago, IL
- **Tariq Malik, MD, FASA, Assistant Professor**, Department of Anesthesiology & Critical Care, Pain Medicine, University of Chicago, Chicago, IL
- **Lisa L. McClure, PsyD, Licensed Clinical Psychologist**, OSF St. Francis Central IL Pain Center, Peoria, IL
- **Elie Mulhem, MD, Professor and Vice Chair**, Department of Family Medicine and Community Health, Beaumont Health and Oakland University William Beaumont School of Medicine, Sterling Heights, MI
- **Geeta Nagpal, MD, Associate Professor**, Department of Anesthesiology; Program Director, Multidisciplinary Pain Medicine Fellowship Northwestern University, Feinberg School of Medicine, Chicago, IL
- **Stacy Waldron, PhD, Licensed Clinical Psychologist**, Bryan Medical Center, Lincoln, NE
- **Veronica Zador, BSc, C-IAHT, E-RYT 500, PRYT, YACEP**, Beaumont Health, Integrative Medicine, Program Director, Beaumont School of Yoga Therapy; Standard Faculty Adjunct Instructor in Family Medicine, Oakland University William Beaumont School of Medicine, Rochester, MI
TOGETHER WE WIN: A PARTNERSHIP BETWEEN PROVIDERS, PATIENTS, AND THEIR FAMILIES

FRIDAY, SEPTEMBER 25, 2020

8:00 a.m.   Welcome
J. Bruce Hillenberg, PhD, ABPP
President, Midwest Pain Society

SESSION 1 CME = 3.25 HOURS
LIVING BETTER BEYOND PAIN AND OPIOIDS
Moderator: Ann Marie Flores, PT, PhD

8:15 a.m.   The Science Behind Chronic Pain: Language Providers Can Use for Patient Education
Diana Bottari, DO, Advocate Children’s Hospital

8:45 a.m.   Psychosocial Approaches to Treat the Upregulated Nervous System
Matt Schumann, PhD, LP, Mayo Clinic

9:15 a.m.   Physiotherapy and Neuroplasticity
Marie Hoeger Bement, PT, PhD, Marquette University

9:45 a.m.   Panel Discussion
Case Presentation by Moderator

10:15 a.m. Break/Exhibit/Posters

10:45 a.m. Yoga Therapy as an Integrative Modality: Clinical Applications for Pain and Addictive Behavior Management
Veronica Zador, BSc, C-IAYT, E-RYT 500, Oakland University William Beaumont School of Medicine

11:15 a.m. The New Three Rs: Regenerating Nerves, Reduce Pain, and Restore Function Without Opioids
Peter M. Carney, MD, FAANS, Private Practice, Indiana

11:45 a.m. Panel Discussion
Case Presentation by Moderator

12:00 p.m.  PBLD Sessions (see below for options)

SESSION 2 CME = 3.5 HOURS
CANNABINOID THERAPY
Moderator: Tariq Malik, MD

1:00 p.m.   Opioids and Cannabis—Interference; Synergy or Conflicts
Monica Malec, MD, University of Chicago

1:30 p.m.   Legal Implications for Patient and Prescriber
Leslie M. Temple, MD, Northshore University Health School of Medicine Northwestern University

2:00 p.m.   Panel Discussion
Case Presentation by Moderator

2:30 p.m.   Break/Exhibits/Posters

3:00 p.m.   E. Richard Blonsky Memorial Lecture
Implications and Utility in Acute or Chronic Pain
Geeta Nagpal, MD, Northwestern University, Feinberg School of Medicine Northwestern University

3:30 p.m.   Debra Gordon Honorary Lecture
Chicago the 1st Childkind City – What About Adults?
Renee Manworren, PhD, RN-BC, Lurie’s Children’s Hospital

4:00 p.m.   Dispensaries and How to Recommend Dosing
Kellie Gates, MD, Private Practice, Iowa

4:30 p.m.   Panel Discussion
Case Presentation by Moderator

SATURDAY, SEPTEMBER 26, 2020

8:00 a.m.   Registration/MPS Business Meeting/Awards

SESSION 3 CME = 3 HOURS
MANAGING CHRONIC PAIN IN VULNERABLE POPULATIONS: COLLABORATIVE INITIATIVES BETWEEN DISCIPLINES AND DEPARTMENTS
Moderator: Oscar Coppes, MD

8:45 a.m.   Cancer Pain Management
Josh Garza, MD, University of Chicago

9:15 a.m.   Pediatric Pain Management
Alina Lazar, MD, University of Chicago

9:45 a.m.   Panel Discussion
Case Presentation by Moderator

10:15 a.m. Break

10:30 a.m. Pain Management in the Elderly and Cognitively Impaired
Mim Ari, MD, University of Chicago

11:00 a.m. Pain Management in the Patient with Substance Use Disorder
Barb St. Marie, PhD, AGPCNP, FAANP, University of Iowa

11:30 a.m. Panel Discussion
Case Presentation by Moderator

12:00 p.m. Adjournment

CME= 1 Hour
Moderator Geeta Nagpal, MD

PBLD 1: Yoga Therapy for Postoperative Pain Management, Inpatient Case Studies. Veronica Zador, BSc, C-IAYT, E-RYT 500, Oakland University William Beaumont School of Medicine

PBLD 2: Interpreting and Understanding Urine Drug Screens for Opioid Monitoring, What You Need to Know. Tariq Malik, MD, University of Chicago

PBLD 3: The In Between: Issues Health Care Providers, Staff, and Patients Encounter In Between Visits Including Push Back Towards Pain Relief Alternatives Compared to Classical Analgesic Agents and Strategies for Patients and Providers to Help Avoid Health Insurance Denials. Wuan-Chwin Yu, DNP, FNP-BC, University of Chicago Medicine
POSTER PRESENTATIONS
We are accepting poster abstracts for presentation at the virtual meeting. Posters and a brief video description from the primary author will be displayed on the MPS website and referenced during the virtual event. Abstracts are due by July 15, 2020. Check the MPS website for details and online submission.

LECTURE MATERIALS
In place of printed handouts, lecture materials (slide thumbnails, note pages) will be available for download and printout at www.midwestpainsociety.org prior to the meeting.

CONTINUING EDUCATION (CE) CREDIT

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of 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 activity for a maximum of 10.75 AMA PRA Category 1 Credits™.

Nurses: The Illinois Board of Registered Nurses recognizes any conference that provides approved Continuing Medical Education (CME) as authorized by the IL Medical Practice Act requirements and meets the requirements for licensure. For information on other states’ CE requirements, please refer to your board of nursing. Nurses will receive 10.75 hours and a Certificate of Attendance following this activity.

Psychologists: Midwest Pain Society is approved by the American Psychological Association to sponsor continuing education for psychologists. Midwest Pain Society maintains the responsibility for this program and its content. This activity has been approved for a maximum of 10.75 hours.

Social Workers: The Midwest Pain Society is an approved sponsor by the Illinois Department of Financial and Professional Regulation (IDFPR). This program offers a maximum of 10.75 hours of continuing education credit for Licensed Clinical Social Workers and Licensed Social Workers.

Physical Therapy: This activity offers a maximum of 9.5 hours of continuing education from the Illinois Physical Therapy Association. This course content is not intended for use by any participants outside the scope of their license or regulation.

PLANNER/FACULTY DISCLOSURE
There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.

CANCELLATION POLICY
Cancellations before September 18, 2020, will be accepted, minus a $30 processing fee. No refunds will be given after September 18, 2020. Email us at midwestpainsociety.org if you need to cancel.

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.

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 Illinois State Medical Society, American Psychological Association, and/or the Midwest Pain Society.
ONLINE REGISTRATION ONLY

Please register for the conference online at www.midwestpainsociety.org

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<th>On or before 8/25/2020</th>
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*Doctoral level fees apply to: physicians, dentists, chiropractors, and psychologists.

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| PROBLEM-BASED LEARNING DISCUSSION (PBLD) | Friday, September 25 - 12:00 p.m. | $25 |

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