

3rd Annual Virginia Pain Society Meeting

NAVIGATING THE NEXT DECADE OF  
**PAIN CONTROL:**  
Hazards and Opportunities

**FEBRUARY 1-2, 2020**

BOAR'S HEAD INN | CHARLOTTESVILLE, VIRGINIA

JOINTLY PROVIDED BY  
THE OFFICE OF CONTINUING  
MEDICAL EDUCATION,  
UNIVERSITY OF VIRGINIA  
SCHOOL OF MEDICINE AND  
THE VIRGINIA PAIN SOCIETY.



**Virginia**  
Pain Society



**UVA Health**



## PROGRAM OVERVIEW

This one and one half day annual meeting focuses on three major themes related to effective management for Opioid and other pain conditions:

- Military and VA perspectives in Pain management in the Opioid Epidemic
- Interventional Pain as a Part of a Balanced Non-Opioid Strategy
- Pain and Physician Wellness

These topics are based on current challenges in the healthcare environment, the priorities and goals for providing optimum care to patients experiencing pain and ensuring that our pain experts can navigate these challenges effectively.

## EDUCATIONAL OBJECTIVES

Through participation in the Third Annual Virginia Pain Society Meeting, participants will:

1. Describe the challenges and opportunities faced by the military in addressing the opioid crisis.
2. Explore the role of buprenorphine compounds for management of chronic pain.
3. Discuss Radiofrequency as an interventional alternative opioids for pain management.
4. Explore the current evidence for the use of novel targets, frequencies, closed loop and PNS as an as option for non-opioid strategy for pain relief.
5. Review the new therapeutic options for management of headaches.
6. Discuss common painful foot problems and the appropriate management of pain.
7. Identify the role of regenerative medicine in non-opioid approaches to pain management.
8. Review current legislative actions and discussions related to pain management and the opioid crisis.
9. Discuss the characteristics and impact of physician burnout or moral injury and their impact on care.
10. Explore the role of mindfulness and meditation on fostering resilience and pain management.
11. Discuss the role of nutrition on the use and effectiveness of pain medication.

# AGENDA

SATURDAY, FEBRUARY 1, 2020

## **PART 1** Pain in the Opioid Epidemic: Military/VA Perspectives

7:30	Registration
8:00-9:00	Nerve Injury and Post-Amputation Pain: Lessons learned from VA/DoD Collaborative Research   <i>Thomas Buchheit, MD</i>
9:00-10:00	Moving Forward: The Future of Pain Medicine: An Editor's Perspective   <i>Marc Huntoon, MD</i>
10:00-10:15	Break
10:15-10:45	What is the Military Doing to Help with the Opioid Crisis?   <i>Anthony Tucker, MD</i>
10:45-11:15	Buprenorphine Compounds for Chronic Pain: The Way Forward?   <i>Robert Trainer, DO</i>
11:15-12:00	Panel Discussion – <i>Buchheit, M. Huntoon, Tucker, Trainer, Brason</i>
12:00-1:00	Lunch – OPTIONAL Promotional Session – NO CME Credit provided

## **PART 2** Interventional Pain As Part of a Balanced Non-Opioid Strategy

1:00- 1:45	Radiofrequency : New Targets/Techniques: Shoulder, Knee, Hip, Spine   <i>Max Eckmann, MD</i>
1:45- 2:30	Evidence Basis for Novel Targets, Frequencies, Closed Loop and PNS   <i>Marc Huntoon, MD</i>
2:30-2:45	Break
2:45-4:00	Pain, From Head to Toe: PART ONE: Headache: New Drugs and Emerging Technologies   <i>Carrie Ham, MD</i> PART TWO: Common Painful Foot Problems   <i>M. Truitt Cooper, MD</i>
4:00-4:45	Regenerative Medicine   <i>Thomas Buchheit, MD</i>
4:45-5:15	Panel   <i>Buchheit, Eckmann, Ham, Cooper, M. Huntoon</i>
5:30	Adjourn
5:30-7:00	Jazz Reception

SUNDAY, FEBRUARY 2, 2020

## **PART 3** Pain and Physician Wellness

7:30	Registration
8:00-8:30	Legislative Update: Virginia Society of Anesthesiologists   <i>Marie Sankaran-Raval, MD</i>
8:30-9:30	Physician Burnout or Moral Injury: A guided exercise   <i>Matt Goodman, MD</i>
9:30-9:45	Break
9:45-10:30	Mindfulness Meditation Exercise   <i>Lori Urban, PsyD</i>
10:30-11:15	Nutrition and Pain Medicine: Is there a link?   <i>Elizabeth Huntoon, MD</i>
11:15-11:45	Panel Discussion   <i>Sankaran-Raval, E. Huntoon, Goodman, Urban</i>
12:00	Adjourn – See you next year!



## COURSE DIRECTOR

**Marc Huntoon, MD**, Professor and Chair, Section of Regional Anesthesia and Pain Medicine, *VCU School of Medicine*, Richmond, VA

## INVITED SPECIAL GUEST

**Thomas Buchheit, MD**, Chief of Pain Medicine, Duke University and VA Medical Center, Durham, NC

**Max Eckmann, MD**, University of Texas San Antonio, Texas

## FACULTY PRESENTERS

**Anthony Tucker, MD**, Captain, United States Navy

**Robert Trainer, DO**, Director, for Acute Pain, Hunter Holmes McGuire VA Medical Center, Richmond, VA

**Carrie Ham, MD**, VCU Neurology and Headache Clinic, *VCU School of Medicine*, Richmond, VA

**M. Truitt Cooper, MD**, Associate Professor, Department of Orthopaedics, UVA Health, Charlottesville, VA

**Marie Sankaran-Raval, MD**, Assistant Professor of Anesthesiology, VCU Health, Richmond VA

**Matthew J. Goodman, MD**, Associate Professor of General Medicine, UVA Health, Charlottesville, VA

**Lori Urban, PsyD**, Assistant Professor, Department of Anesthesiology, UVA Health, Charlottesville, VA

**Elizabeth Huntoon, MD**, Associate Clinical Professor of Physical Medicine and Rehabilitation, *VCU School of Medicine*, Richmond, VA

**Fred Wells Brason II**  
Executive Director Virginia Pain Society (or VPS), President/CEO  
Project Lazarus  
Moravian Falls, NC

## REGISTRATION

Registration and credit card payment only is available at [www.cmevillage.com](http://www.cmevillage.com), Learning Portal. Registration is open until midnight **Sunday, January 26, 2020**. Syllabus Materials will be available online only.

	Early until 1/10/20	Regular	Onsite
Physicians	\$350	\$450	\$500
Nurses/PA/Other HCP	\$295	\$350	\$400
Resident/Student	\$99	\$99	N/A

## LOCATION AND ACCOMMODATIONS

The Third Annual Virginia Pain Society Annual Meeting is being held at and rooms have been reserved at the Boar's Head Inn in Charlottesville. The AAA four-diamond country resort mingles the best with the best – classic with contemporary, refined with casual, tranquil with dynamic. At Boar's Head Resort, the hotel celebrates what endures – the beauty of the land, the hospitality of our people, and the grace of our traditions. Here, the borders between past and future, between rest and play, between serenity and energy dissolve away. The updated restaurants, gathering spaces as well as the nature trails, spa and other activities provide ample opportunities for gathering, networking and enjoyment.

Boar's Head is owned by the University of Virginia Foundation, extending our mission to serve as stewards of our land and hosts to our visitors.

Attendees can make their own reservations and are available on a first come, first served basis or by **December 20, 2019**. Reservations can be made by calling the hotel at (855) 452-2295, mention you are with the group 'Virginia Pain Society' OR online by using this link: <https://tinyurl.com/VPSRoomBlock>. Our group room rate does not include taxes, gratuities and resort fee. Standard Room: \$165/night

## ACCREDITATION AND DESIGNATION STATEMENT

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 the University of Virginia School of Medicine and the Virginia Pain Society. The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this live activity for a maximum of **11.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine, as accredited provider, awards **11.25 hours of participation** (consistent with the designated number of *AMA PRA Category 1 Credit(s)™*) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

Successful completion of this CME activity enables the participant to earn up to 11 MOC points (and patient safety) in the American Board of Internal Medicine's (ABIM), American Board of Anesthesiology, Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## CONTACT INFO:

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