



**Pain Management Update 2012  
March 11-18, 2012**

**Detailed Conference Agenda**

**Please Note:** Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

**Sunday, March 11, 2012**

***Ft. Lauderdale, Florida***

**2:00 – 3:00**    **Conference Registration**

**Monday, March 12, 2012**

***At Sea***

**8:15 – 8:45**    **Welcome: Day 1** - Your hosts will outline the CME program for the day.

**8:45 - 9:45**    **Pain Assessment and Diagnosis** - *Dr. Roman Jovey*  
Dr. Jovey will describe a practical classification system for pain and list the important elements of a pain assessment. He will also discuss important psychological contributors to suffering along with the advantages of using validated 'tools' to gather assessment information.

**9:45 – 10:45**    **Chronic Pain Self Management Using Integrative Medicine – An Evidence Based Approach–** *Dr. Andrea Kuzmiski*  
In her first session, Dr. Kuzmiski will review the complementary treatment options available for patients in the self management of chronic pain. She will recommend appropriate complementary management strategies to patients with

**10:45 – 11:45**    **A Physician's Financial Health in the 21<sup>st</sup> Century & Dr. Dollar vs. Dr. Sen\$e** – *Greg Hilderman*  
In his first session, Greg will look at the impact of taxation on a Physician and his/her practice. He will also do a financial comparison of an incorporated Physician vs. a non-incorporated Physician.

**11:45 – 1:00**    **Lunch**

**1:00 – 2:00**    **It's All About You. Really** - *Dr. Derek Puddester*  
Dr. Puddester will describe various factors that promote and threaten personal resiliency and discuss how Canada is striving to promote physician resilience. He will also identify resources to promote and enhance physician resiliency.

## ***Monday March 12<sup>th</sup> Continued...***

- 2:00 – 3:00 The Case for Effective Collaboration – Gail Harcourt**  
During her first session, Gail will discuss the CanMEDS-FM and CanMEDS physician competencies and why they are important and how they are becoming an important part of physician education and the assessment of physician performance. She will identify the value of teamwork, collaborative decision-making, and synergy along with how to recognize and assess particular collaborative styles.
- 3:00 – 4:00 The Dragon and The Eagle: World Economic Order In the 21<sup>st</sup> Century Part I - Greg Hilderman**  
A review of current and topical investment strategies for the 21<sup>st</sup> century.

## **Tuesday, March 13, 2012**

## ***San Juan, Puerto Rico***

- 8:30 – 8:45 Welcome: Day 2** - Your hosts will outline the CME program for the morning.
- 8:45 – 9:45 Non-Pharmacological Treatment of Pain – Physical/Psychological**  
*Dr. Roman Jovey*  
In this session, Dr. Jovey will list the key elements of the biopsychosocial approach to chronic pain management and describe the S.M.A.R.T. approach to realistic goal setting with patients. He will also discuss the importance of active rehabilitation treatments for pain and describe some principles of psychological approaches to pain management.
- 9:45 – 10:45 Critically Thinking Through Chronic Pain Management – An Integrative Approach - Dr. Andrea Kuzmiski**  
Dr. Kuzmiski will discuss how to choose and implement integrative therapies into the treatment of chronic pain, both neuropathic and musculoskeletal and identify the challenges associated with the management of chronic pain with integrative medicine and non-pharmaceutical interventions. She will also review how lifestyle modifications and integrative therapies can improve chronic pain status and the various complementary assessment tools and treatments available.
- 10:45 – 11:45 Physicians and Addiction: It's Not All About Drugs and Alcohol**  
*Dr. Derek Puddester*  
During his second session, Dr. Puddester will classify and compare substance use disorders and other addiction disorders that are relevant to physicians and medical students. He will prepare strategies and approaches for improving early identification, intervention and appropriate referral of physicians medical students. Dr. Puddester will also review how to examine one's own life
- 11:45 – 12:45 The Dragon and The Eagle: World Economic Order In the 21<sup>st</sup> Century Part II - Greg Hilderman**  
A review of current and topical investment strategies for the 21<sup>st</sup> century.

**Wednesday, March 14, 2012**

***St. Maarten***

**Thursday, March 15, 2011**

***St. Thomas, USVI***

**8:30 – 10:30 Global Medicine: Health Care Challenges in the Caribbean: What Has Changed?**

This lecture will give a snapshot of the most important public health system issues in the Caribbean and review current health advice to travelers in the Caribbean. There will also be a discussion on the role of traditional healers and therapies in the Caribbean and the opportunities for outside governments, NGOs, and individual physicians to favorably impact the health care of Caribbean patients.

**Please note: This is an on shore lecture, on St. Thomas**

**Friday, March 16, 2011**

***At Sea***

**8:30 – 8:45 Welcome: Day 5** - Your hosts will outline the CME program for the day.

**8:45 – 9:45 Non-Opioid Pharmacotherapy for Pain** - *Dr. Roman Jovey*  
Dr. Jovey will describe the differences in the initial pharmacotherapy of nociceptive vs. neuropathic pain vs. fibromyalgia. He will compare the risks and benefits of various non-opioid medications to treat pain and discuss the importance of treating concurrent sleep, mood and anxiety problems in patients with pain.

**9:45 – 10:45 Analyzing the Group Dynamic** – *Gail Harcourt*  
In her second session, Gail will identify the productive or counterproductive impact group styles can have on effectiveness and help understand a range of interpersonal skills that teams might employ to improve collaborative outcomes.

**10:45 – 11:45 Looking Inward: Rediscovering What Connects Physicians to Life Beyond the White Coat** - *Dr. Derek Puddester*  
Dr. Puddester will discuss how values are easily accessible and practical constructs that can shape commitments and activities. He will also review how everyone has multiple roles and demands with a limited aliquot of energy and how values can help decide how best to triage and manage limited resources.

**11:45 – 1:00 Lunch**

## Friday March 16<sup>th</sup> Continued...

### 1:00 – 2:00 **An Integrative Approach to the Treatment of Chronic Neuropathic and Musculoskeletal Pain** – *Dr. Andrea Kuzmiski*

Dr. Kuzmiski will review the current evidence-based integrative therapies for the treatment of chronic pain in patients with rheumatic diseases and other musculoskeletal diseases (e.g. fibromyalgia). She will also explore the role of dietary and environmental allergens in the pathophysiology of chronic pain and the recent evidence based research surrounding orthomolecular treatments for chronic musculoskeletal pain. By the end of the session, delegates will be able to successfully choose and implement integrative therapies in to the treatment of musculoskeletal pain.

### 2:00 – 3:00 **Optimizing Opioids and Cannabinoids in Pain Treatment**

*Dr. Roman Jovey*

Dr. Jovey will review the evidence for the use of opioids in chronic pain management and describe the 'mechanics' of prescribing opioids for pain including opioid selections, titration, switching and tapering patients off opioids when required. He will also discuss the evolving evidence for the use of cannabinoids in pain management.

## **Saturday, March 17, 2012**

## **At Sea**

8:30 – 8:45 **Welcome: Day 6** - Your hosts will outline the CME program for the day.

### 8:45 – 9:45 **Universal Precautions & Documentation in Pain Management**

*Dr. Roman Jovey*

Dr. Jovey will discuss the current problem of prescription opioid misuse and help understand the rationale for risk assessment and management in pain treatment. He will also describe the use of assessment and monitoring tools for risk management and help delegates incorporate routine documentation of pain outcomes to protect their patients and their practice.

### 9:45 – 10:45 **The Behavioural Model for Effective Collaboration** – *Gail Harcourt*

In her last session, Gail will discuss the twelve behaviours that either contribute to or detract from effective collaboration and help identify, initiate and implement changes in how you can work with others to improve team effectiveness.

### 10:45 – 12:45 **Putting Learning into Practice – Case Studies in Persistent Pain** - (2 hour workshop) - *Dr. Roman Jovey & Dr. Andrea Kuzmiski*

During the workshop, Dr. Jovey & Dr. Kuzmiski will get delegates to utilize the knowledge already learned in this conference to assess case vignettes of challenging patients with chronic pain and help formulate a biopsychosocial diagnosis and treatment plan, including integrative and non-pharmaceutical approaches. They will also discuss how to integrate evidence-based complementary therapies into an office-based practice and how to document outcome measures one would use to assess the success of treatment.

### 12:45 – 1:00 **Closing Remarks**