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A. COURSE / SEMINAR TITLE

Effective Strategies in Pain Management

B. DESCRIPTION OF THE COURSE

This course is built on the National Pain Strategies core competencies as applicable for chiropractic clinicians. The course provides a systematic, non-pharmacological whole person approach to pain management including the latest evidence-based biopsychosocial approach to identifying different pain types and how to manage them effectively. The course addresses the opioid epidemic and the role the chiropractic clinician can play in combatting the crisis using resources developed by the Foundation for Chiropractic Progress along with U.S Department of Veterans Affairs clinical guidelines.

In addition, the course incorporates the Lancet Back series and global call for action to address low back pain and the 2018 American Chronic Pain Association's integrative guide. Doctors will learn an evidence-based approach using present day neurophysiological principles for pain management. Attendees will learn from the latest research studies, with an emphasis on the treatment of chronic pain including important information on four pillars of lifestyle management and their relation to chronic pain.

Successful chronic pain treatment includes a comprehensive, biopsychosocial understanding with a transdisciplinary collaborative co-management care approach. Acceptable treatment guidelines will be presented for clinically appropriate and medically necessary treatment plans. Complicating factors are discussed as it relates to treatment planning for chronic pain management. Patient engagement through shared decision-making including self-care is taught as an active part and, in many cases, the most important aspect of care management.

Finally, this course also covers the importance of clinical documentation, the use of care summaries through an EHR, quality measures, and interprofessional

relationship building leading to collaboration around patient-centered care. Attendees will have the opportunity to present and learn from colleague-generated clinical pearls in a collaborative learning classroom.

C. EDUCATIONAL OBJECTIVES

Upon completion of this seminar, participants are expected to be able to:

1. Understand what pain is
2. How is pain recognized
3. How is pain relieved
4. How does context influence pain?
5. Principles of pain management
6. Understand the use of chiropractic care as a recognized safer option for pain than opioids and achieving recovery from opioid use disorder
7. Understand the guidelines for preventive and chronic care services
8. Learn how to incorporate these services into the practice workflow and expand the practice's services with evidence-based care for patients.

Syllabus:

1. Fundamental concepts of pain: science, nomenclature, experience of pain, pain's impact on the individual and society
 - a. Explains the complex multidimensional and individual specific nature of pain
 - b. Presents theories and science for understanding pain
 - c. Defines terminology for describing pain and associated conditions
 - d. Describes the impact of pain on society
 - e. Explains how cultural, institutional, societal and regulatory influences affect assessment and management of pain
2. How is pain assessed, quantified, and communicated; in addition to how the individual, the provider, and society affect these activities.

- a. Uses valid and reliable tools for measuring pain and associated symptoms to assess and reassess outcomes as appropriate for the clinical context and population.
 - b. Describes patient, provider, and system factors that can facilitate or interfere with effective pain assessment and management
 - c. Assesses patient preferences and values to determine pain-related goals and priorities
 - d. Demonstrates empathetic and compassionate communication during pain assessment
3. Focuses on collaborative approaches to decision-making, diversity of treatment options, the importance of patient agency, risk management, flexibility in care, and treatment based on appropriate understanding of the clinical condition
- a. Demonstrates the inclusion of patient and others, in the education and shared decision-making process for pain care
 - b. Identifies treatment options that can be assessed in a comprehensive pain management plan
 - c. Explains how health promotion and self-management strategies are important to the management of pain
 - d. Develops a pain treatment plan based on benefits and risks of available treatments
 - e. Monitors effects of pain management approaches to adjust the plan of care as needed
 - f. Differentiates physical dependence, substance use disorder, misuse, tolerance, addiction, and nonadherence
 - g. Develops a treatment plan that accounts for the differences between acute pain, acute-on-chronic pain, chronic/persistent pain, and pain at end of life

4. Focuses on the role of the clinician in the application of the competencies developed in early sections and in the context of varied patient populations, settings, and care teams
 - a. Describes the unique pain assessment and management needs of special populations
 - b. Explains how to assess and manage pain across settings and transitions of care
 - c. Describes the role, scope of practice, and contribution of the different professions within a pain management care team
 - d. Implements an individualized pain management plan that integrates the perspectives of patients, their social support systems, and health care providers in the context of available resources
 - e. Describes the role of the clinician as an advocate in assisting patients to meet treatment goals

Recommended Readings and Suggested Resources:

American Chronic Pain Association. (2018). ACPA Resource Guide to Chronic Pain Management: An Integrated Guide to Medical, Interventional, Behavioral, Pharmacologic and Rehabilitation Therapies. Available at https://www.theacpa.org/wp-content/uploads/2018/05/ACPA_Resource_Guide_2018-Final_Feb.pdf. Last accessed September 3, 2019.

American Psychological Association (2015). A New National Pain Strategy. Available from <https://www.apa.org/monitor/2015/11/sidebar-pain> Last accessed September 3, 2019.

Buchbinder, R., *et al.* (2018). Low Back Pain: a major global challenge. Available from <https://www.thelancet.com/series/low-back-pain> Last accessed September 3, 2019.

Cherkin, D., *et al.* (1994). Physician Variation in Diagnostic Testing for Low Back Pain, Available from <https://www.ncbi.nlm.nih.gov/pubmed/8129759> Last accessed September 3, 2019.

Dowell, D., Haegerich, TM., Chou, R. (2016). CDC Guideline for Prescribing Opioids for Chronic Pain—United States. Available from <https://jamanetwork.com/journals/jama/fullarticle/2503508> Last accessed September 3, 2019.

Edwards, RR., Dworkin, RH., Sullivan, MD., Turk, D., Ajay, D. (2016). The role of psychosocial processes in the development and maintenance of chronic pain disorders. Available from <https://www.ncbi.nlm.nih.gov/pubmed/27586832> Last accessed September 3, 2019.

Foundation for Chiropractic Progress (2018). Opioid 3.0 EBook. Available from <https://www.f4cp.org/package/home/viewfile/broopioid-3-0-ebook> Last accessed September 3, 2019.

Fritz, J., *et al.* (2015). Importance of the type of provider seen to begin health care for a new episode low back pain: associations with future utilization and costs. Available from <https://onlinelibrary.wiley.com/doi/abs/10.1111/jep.12464> Last accessed September 3, 2019.

Hooten M, Thorson D, Bianco J, Bonte B, Clavel Jr A, Hora J, Johnson C, Kirksson E, Noonan MP, Reznikoff C, Schweim K, Wainio J, Walker N. (2017). Institute for Clinical Systems Improvement. Pain: Assessment, Non-Opioid Treatment Approaches and Opioid Management. Available from <https://www.icsi.org/wp-content/uploads/2019/01/Pain.pdf> Last accessed September 5, 2019.

Institute of Medicine (US) Committee on Advancing Pain Research, Care, and Education. (2011). Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research. Washington (DC): National Academies Press (US); Retrieved from: <https://www.ncbi.nlm.nih.gov/books/NBK91497/> doi: 10.17226/13172 Last accessed September 3, 2019.

Inter-Agency Pain Research Coordinating Committee <https://www.iprcc.nih.gov/Federal-Pain-Research-Strategy/Steering-Committee> Last accessed September 3, 2019.

Neilson, B. (2016). The Real Truth About the 5th Vital Sign, Evidence in Motion Retrieved from <https://www.evidenceinmotion.com/blog/2016/03/09/the-real-truth-about-the-5th-vital-sign/> Last accessed September 3, 2019.

NPS report: <https://iprcc.nih.gov/docs/drafthhsnationalpainstrategy.pdf> Last accessed September 3, 2019

The National Pain Strategy (2011). Available from <https://www.iprcc.nih.gov/> Last accessed September 3, 2019.

United States., United States., United States., & United States. (2017). VA/DoD clinical practice guideline for diagnosis and treatment of low back pain. Available from <https://www.healthquality.va.gov/guidelines/Pain/lbp/VADoDLBPCPG092917.pdf> Last accessed September 3, 2019

D. DESCRIPTION OF TEACHING METHODS USED

This seminar/course will utilize:

Recorded Video (15 hours)

Supplemental Materials: Resources & Research, algorithms

Online quizzes and a comprehensive exam will be given to ensure the educational objects were successfully met.

E. COSTS

This course may be purchased.
\$399

F. REGISTRATION



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Register at: <https://grow.bestpracticesacademy.com/>

G. INSTRUCTORS

The course will be taught by the following instructor(s) below. Please click the instructor name for a full biography.

Scott Munsterman, DC FICC ([BIO](#)) ([CV](#))

Dr. Karen K. Korth NCC PCMH CCE CPHPA CMQP ([BIO](#)) ([CV](#))

H. REFUND AND CANCELLATION POLICIES

Refund Policy: Online Courses require payment in full before access is given to the course. Online Courses are non-refundable and non-transferrable.

I. LOCATION, DATE AND TIME

The seminar is held online and on-demand, 24/7 via the Best Practices Academy online learning system at <https://grow.bestpracticesacademy.com/>

J. PACE RECOGNITION STATUS

Best Practices Academy is recognized by the PACE program of the Federation of Chiropractic Licensing Boards.

PACE Approved States for continuing education credits: a complete list can be found at <http://pacex.fclb.org/RegulatoryBoards/BoardRequirements.aspx>

K. NUMBER OF CREDIT HOURS & REQUIRMENTS FOR OBTAINING CREDIT

This course is approved for fifteen (15) hours of continuing education credit through PACE (see approved states in section J) and in Georgia for chiropractors. Upon successful completion Best Practices Academy will directly report the credit hours received to the PACE organization within 30 days along with providing the participant with a verification letter by email. In order to receive the full fifteen (15) hours the participant must:



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- Attend and Participate in the complete course. Technology capabilities track online course attendance.
- Complete the Continuing Education Verification Form
- Pay all tuition fees for the course as stated above
- Provide a current email address for verification letter
- Complete the Course Evaluation Form

L. COMMERCIAL RELATIONSHIPS

None

M. PRIOR SKILL, KNOWLEDGE OR EXPERIENCE NEEDED

Licensed or Certified Health Care Providers