

November 9 & 10, 2018
Spokane, WA

Regular Registration: October 31

www.RussoCME.com

Early Registration
Savings! Oct. 12

Spokane Pain Conference

15 AMA PRA Category 1 CreditsTM

Continuing Medical Education



Spokane Pain Conference

November 9-10, 2018

The Centennial Hotel Spokane
(Formerly Hotel RL Spokane at the Park)
300 West River Drive
Spokane, WA 99201

Accreditation

- ◆ This live activity is accredited for 15 AMA PRA Category 1 CreditsTM.*
- ◆ Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- ◆ Approved for a total of 7 NP Pharmacology hours. (Fri.-2 & Sat. - 5)
- ◆ Approved by Washington State Board of Pharmacy for 15 Pharmacist CE Hours.
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ ANCC accepts these credits as equivalent credits for recertification.
- ◆ Credits will count towards RN & LPN CE Competency Compliance for Washington State.

Accommodations

Attendees are responsible for reserving rooms. The following prices have been quoted for conference attendees.

- ◆ The Centennial Hotel Spokane - \$120/night
Phone: (509) 326-8000

Questions

General Questions:
Diane Russo 509-989-9800 russocme1@gmail.com
Accreditation Questions:
Melissa Neighbors 509-431-0718 russocme@gmail.com

Faculty Speakers

Daniel Blizzard, MD
Board Eligible: Orthopedic Surgery
Axis Spine Center
Spokane, WA

Patty Bullick, LCSW
Retired Riverwood Counseling
Spokane, WA

Gregory Carter, MD
Board Cert: PM&R
St. Luke's Psychiatry Practice
Spokane, WA

Jamie Lewis, MD
Board Cert: PM &R and Pain Medicine
Northwest Spine and Pain Medicine
Spokane, WA

Scott Magnuson, MD
Board Cert: Anesthesiology,
Pain Medicine
Sub-specialty: Pain Management
Pain Management of North Idaho
Coeur D'Alene, Idaho

Angelie Melzer, PMA-CPT, BS
Owner, Team Pilates
Spokane, WA

Shawn Needham, BS Pharm
Moses Lake Professional Pharmacy
Moses Lake, WA

Sean Smitham, PhD
Northwest Spine and Pain Medicine
Spokane, WA

Marian Wilson, MPH, PhD, RN-BC
Board Cert: Pain management
Washington State University
Spokane, WA

* This live activity has been planned and implemented in accordance with accreditation requirements and policies of the ACCME through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the ACCME to provide Continuing Medical Education for physicians.

Online CME Courses

- ◆ Over 200 Accredited Courses Available
MorningCME.com

From Virginia Mason & UW Medicine

November 9, 2018

7:30AM	Registration/Exhibits
7:50AM	Introduction
8:00AM	Regenerative Medicine: Science or Snake Oil Jamie Lewis, MD Definition & current theories • Stem cells and platelet products • Cord blood, adipose and bone marrow stem cells • FDA's role
9:00AM	Pain Psychology to Overcome Barriers Patricia Fernandez, PSY.D Sean Smitham, PhD Identify patients who would benefit from pain psychology • Maximize your patient's engagement • Psychological interventions
10:00 AM	Break/Exhibits
10:20AM	Nutraceuticals and The Role They Play in Pain Medicine Johanna Golke, PA-C Therapeutic benefits of supplements • Supplements into clinical practice • Options for the treatment of chronic pain
11:20AM	Advances in Interventional Pain Medicine Jessica Jameson, MD New technologies and indications • New treatment paradigms for chronic pain
12:20PM	Lunch Break/Exhibits
1:15 PM	Utilizing the Modalities of Movement Therapy and Neuromuscular Re-education Angelie Melzer, PMA-CPT, BS Case studies: Pediatric Scoliosis, Total Hip Replacement, Breast Cancer/Post Mastectomy and Scar tissue adhesion release Motion Preservation in Spine Surgery
2:15 PM	Motion Preservation in Spine Surgery Roland Kent, MD Physiologic motion in the spine Importance of maintaining spine motion • Surgical approaches used to preserve spine motion.
3:15 PM	Afternoon Break/Exhibits
3:30 PM	Mindfulness-Based Cognitive Therapy for Chronic Pain Patty Bullick, LCSW Primary treatment model of MBCT for chronic pain • Psychosocial factors related to the perception of pain • Techniques using MBCT
4:30 PM	Neuropathic-Myofascial Pain Syndromes & Trigger Point Dry Needling Steven Goodman, MD Types 1-3 pain & high incidence of type 3 pain • Treatment of neuropathic-myofascial pain syndromes • Therapeutic mechanisms
5:30 PM	Conference Adjourned

Fall 2018 Conferences
russocme.com

Columbia Basin Medical Conference
October 19 & 20, 2018 -Moses Lake, WA

Olympic Peninsula Medical Conference
November 2 & 3, 2018 -Port Angeles, WA

November 10, 2018

7:30AM	Registration/Exhibits
7:50AM	Introduction
8:00AM	Update on Opioid Management Scott Magnuson, MD CDC, WA & ID guidelines for opioid management • Opioids and the treatment continuum of chronic pain • Successful management with opioids and how to terminate opioid therapy when necessary
9:00AM	Innovative Therapies via Compounding Shawn Needham, BS Pharm Low dose naltrexone to help patients stay off opioids • Compounded topical options in place of opioids • Compounded alternatives for opioid induced constipation
10:00 AM	Break/Exhibits
10:20AM	Fascial Planes and Pain Juan Jaramillo, DPT Identification of Fascial Lines • Fascial Lines and Pain • Myofascial referral sites and treatment
11:20AM	Explaining Pain Management Options to Patients Russell Legg, MD Patient self management • Rehabilitation options • When to prescribe medication or refer for an interventional pain consult
12:20 PM	Lunch Break/Exhibits
1:15 PM	The Sport Investigation: Impacts on Treatment and Spine Daniel Blizzard, MD Purpose and methods of the sport trial study design • Various conditions studied in the trial • Outcomes and how this applies to your patients
2:15 PM	Afternoon Break/Exhibits
2:30 PM	Medicinal Cannabis and Its Role in Chronic Pain Management Gregory Carter, MD Identify the key components of the endocannabinoid system • Key active components in cannabis Appropriate medical uses of cannabis for pain
3:30 PM	Cannabis Use Patterns and Pain Symptoms Marian Wilson, MPH, PhD, RN-BC Cannabis use patterns and pain symptom burdens for adults prescribed opioids in the Inland Northwest. • Prescribed opioids for pain verses prescribed opioids for opioid use disorder • Confidence in self-management of pain and emotional symptoms
4:30 PM	Conference Ends

Registration Information

 Complete and mail in the attached registration form or
 Register online at www.russocme.com

- **Early Registration** must be post marked by October 12
- **Regular Registration** must be post marked by October 31
- **Walk-in Registration** available. Additional \$20 for registration at door or postmarked after October 31.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before November 3rd. There will be a \$50 administration fee withheld. Cancellations between November 4th-November 8th: You can send someone in your place or transfer to another conference within 12 months with an added \$50 transfer fee. No refunds once the conference begins.

Registration Form

Spokane Pain Conference

Please print legibly.

Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail _____

Clinic Name: _____

Clinic City: _____

Walk in registration available. An Additional \$20 will be charged if post marked after Oct. 31, 2018.

Regular Registration Due: Oct. 31, 2018

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$405	\$380	\$255
Friday Only	\$265	\$235	\$165
Saturday Only	\$265	\$235	\$165

*PT, DC, OD, PharmD, ND, Other **Students \$70 a day

Early Registration Due: Oct. 12, 2018

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$390	\$365	\$240
Friday Only	\$250	\$220	\$150
Saturday Only	\$250	\$220	\$150

Please make checks payable to RussoCME
Mail completed form with your check to:

Melissa Neighbors
225 NW Thomas Street
Pullman, WA 99163

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CH: _____ A: _____
C: _____ O: _____

