



CRPS/RSD Educational Conference: Learning to Live Well with Chronic Pain

Course Description: The goal of this course is to educate people with CRPS, caregivers, and healthcare providers on current diagnostic criteria and effective treatments for Complex Regional Pain Syndrome (CRPS).

Contact hours for nurses, will be provided, pending, California Board of Registered Nursing approval of our Continuing Education Provider Number application.

Objectives:

1. Describe current medication and non-medication treatment options available to people with CRPS.
2. Evaluate the efficacy of medicinal cannabis in the treatment of CRPS.
3. Identify two positive coping techniques a person with CRPS can utilize during a flare-up.
4. Discuss podiatry's role in diagnosing and treating CRPS.
5. Examine the key elements of an anti-inflammatory diet.
6. Describe the difference between mirror box therapy and graded motor imagery.
7. Discuss a benefit of utilizing aquatic physical therapy verses traditional or land-based physical therapy.
8. Evaluate the potential benefits and risks of implanting a spinal cord stimulator.
9. Identify the role of the pediatric pain management specialist in the care of pediatric CRPS.