Myths, Mechanisms, and Management of Persistent Musculoskeletal Pain

Course Description:
This course will discuss the basic mechanisms, assessment strategies and management tools for acute and chronic pain conditions. Information on the latest findings in pain research and how to integrate these into clinical practice will be discussed. The course emphasizes a biopsychosocial approach and is modeled after the newly established guidelines for pain education from the International Association for the Study of Pain (IASP). The course will include lecture and small breakout sessions on selected topics.

The course is being organized by faculty in the Department of Physical Therapy and Rehabilitation Science at the University of Iowa who are actively involved in pain research. The course will include a variety of health professionals - doctors, psychologists, nurses, physical therapists, pharmacologists - with expertise in pain management.

Objectives:
- Understand basic science mechanisms underlying acute and chronic pain.
- Be able to define and recognize central sensitization in your patient.
- Describe the interactions between pain, fatigue, and exercise.
- Understand how pain affects motor control.
- Define and recognize individual differences (i.e. gender, age, race/ethnicity) and psychosocial (i.e. catastrophizing, fear avoidance) in relation to acute and chronic pain.
- Learn updated pain management techniques from an evidence-based perspective.
- Learn assessment tools to examine the biopsychosocial aspects of pain.
- Understand pain management from an interdisciplinary perspective.

Continuing Education Course:
October 5, 2012
8:00 am - 5:00 pm

Intended Audience:
This course is designed for clinicians treating patients with acute and chronic pain; particularly physical therapists, nurses, and family care physicians.

Early Registration Course Fees (by Sept 14, 2012):
- $125 for Univ. of Iowa PTRS program alumni and clinical education sites
- $175 for all others

Late Registration Course Fees (after Sept 14, 2012):
- $150 for Univ. of Iowa PTRS program alumni and clinical education sites
- $200 for all others

All course materials, breakfast, lunch, and snacks are included in the course fee.

There will be no refunds after September 28, 2012
CEU Credit: The course provides 6.0 hours of continuing education credit that may be applied toward relicensure requirements for PT’s in the State of Iowa. Nursing CEU’s: TBD
“Myths, Mechanisms and Management of Chronic Musculoskeletal Pain”

by

Kathleen A. Sluka, PT, PhD & Laura Frey Law, PT, PhD & Carol Vance, PT, MS

Department of Physical Therapy & Rehabilitation Science
Carver College of Medicine
The University of Iowa

October 5, 2012

Schedule

8:00-8:30 Registration

8:30-10:30 Morning session
Introduction, Overview, & Basic Science Updates (Sluka)
When to suspect central sensitization in your patient (Frey Law)
Individual Differences and Psychosocial Variables (Frey Law)

10:30-10:45 Break

10:45-12:00 Late morning session
Pain, Fatigue, and Exercise Interactions (Sluka)
Pain and Motor Control (Frey Law)

12:00-1:00 Lunch

1:00-1:50 Break-out session I*

2:00-2:50 Break-out session II*

2:50-3:10 Break

3:10-4:00 Break-out session III*

4:15-5:00 Afternoon Discussion session
What to do with the difficult pain patient (Clinical Faculty)

*Breakout sessions will include topics from physicians, psychologists, nurses and physical therapists on a variety of topics: assessment, interventions, interdisciplinary management, disease and lifespan specific issues.

HOTEL INFORMATION: The conference will be held at the Hotel Vetro, 201 South Linn Street, Iowa City, IA 52240; 319-337-4961. A block of hotel rooms are already reserved at the Sheraton hotel next door to the Hotel Vetro under the name: UI Physical Therapy
Hotel reservation deadline: September 4, 2012
To reserve online:
https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1206252293&key=58239
Breakout Sessions

1. Assessment Tools Specific for Pain: Beyond the VAS (Rakel, Hoeger)
2. New APTA Guidelines for Back Pain Management (Cooper)
3. Update on TENS: Mechanisms and Effectiveness (Vance, Rakel)
4. Medical Rehabilitation Updates (Segal)
5. Treating the difficult Fibromyalgia Patient (Dailey)
6. Psychological Management Tools for the Clinician (Keffala)
7. Women’s Health: Pain Management (Miller, Uitermark)
8. How to use manual therapy for chronic pain management (Barbara VanGorp)
9. Pharmacological Management of the pain patient (Lee Kral, Pharm.D.)
10. Evidence-based exercise prescription for the chronic pain patient (Hoeger)

Kathleen Sluka, PhD, PT
Professor
Department of Physical Therapy
University of Iowa

Laura Frey Law, PhD, PT
Associate Professor
Department of Physical Therapy
University of Iowa

Carol Vance, PT
Associate
Department of Physical Therapy
University of Iowa

Barbara Rakel, PhD, RN
Associate Professor
College of Nursing
University of Iowa

Marie Hoeger-Bement, MPT, PhD
Associate Professor
Department of Physical Therapy
University of Iowa

Lee Kral, PharmD, BCPS
Clinical Pharmacy Specialist
University of Iowa

Neil Segal, MD
Associate Professor
Department of Orthopaedic Surgery
University of Iowa

Valerie Keffala, PhD
Clinical Psychologist
Department of Orthopaedic Surgery
University of Iowa

Merida Miller, MD
Clinical Assistant Professor
Dept. of Obstetrics & Gynecology
University of Iowa

Nicolas Cooper, PT
Physical Therapist
Department of Rehab. Therapies
University of Iowa

Dana Dailey, PT, MS, BS, BA
Physical Therapist
Genesis Medical Center

Amy Uitermark, PT
Physical Therapist
Department of Rehab. Therapies
University of Iowa

Barbara Van Gorp, MPT, DPT, CSCS
Physical Therapist
Department of Rehab. Therapies
University of Iowa

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation to participate in this conference, please contact the Department of Physical Therapy & Rehabilitation Science in advance at 319-335-9791. The University of Iowa prohibits discrimination in employment, education programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information contact the Office of Equal Opportunity and Diversity, (319) 335-0705.

For additional information, contact: Department of Physical Therapy & Rehabilitation Science, 319/335-9791, physical-therapy@uiowa.edu http://www.healthcare.uiowa.edu/PhysicalTherapy/alumni/index.html
Continuing Education Course:
Myths, Mechanisms, and Management of Persistent Musculoskeletal Pain

Registration Form

Name________________________________________

Mailing address________________________________ City, State, Zip ____________________________

Email (to receive confirmation)__________________________

Registration Fees:

Up to 3-4 weeks prior (received by September 14, 2012)

___ $175 (if not UI PT alumni or UI clinical site)
___ $125 fee UI Clinical Site Name /City ________________________________
___ $125 fee UI PT Alumni / Year of graduation_____________________

Less than 3-4 weeks prior (September 14, 2012 to on-site registration the day of the conference)

___ $200 (if not UI PT alumni or UI clinical site)
___ $150 fee UI Clinical Site Name /City ________________________________
___ $150 fee UI PT Alumni / Year of graduation_____________________

In order to keep costs down, we have decided not to proceed with online registration.

Payment options include cash, check or credit card

`` Checks can be made out to Department of PT and Rehab Science

`` Charge my:

`` Visa    MasterCard in the amount of $__________________

Cardholder Name:_______________________________________

Signature _______________________________________________

Card Number _____________________________ 3 digit V# ___________

Expiration Date ______________

Cardholder’s Billing Address ____________________________________

Fax Registration Form to: 319-335-9707

Confirmations of registration will be by email communication.