

NPA 2020 Fall Conference – Live Webinar Presentation

CHRONIC PAIN MANAGEMENT

Friday, Nov. 6, 2020

9:00 AM – 4:00 PM CDT

NPA has teamed up with the Chronic Pain Management Program and Nebraska Medicine to bring you **FIVE** presenters – including psychologists and physical therapists – to give you the most current information on effectively managing chronic pain. Misconceptions about pain are quite common. While there is very little evidence that chronic opioid therapy benefits most people, recent empirical data shows that chronic pain treated with opioid medication does not result in improved functioning, compared to non-opioid treatment, and leads to more harmful side effects and even higher pain levels. Join us as these experts...

- show how behaviors, thoughts, emotions, and expectations can influence the perception of pain, and the importance of using a holistic, comprehensive approach when treating a person with chronic pain.
- provide information, practical tools, and resources to assist with treating individuals whose daily activities are strongly guided by pain level, as well as strategies to help patients begin leading more active and fulfilling lives despite their pain.
- introduce you to Pain Neuroscience Education, and explain how educating your patients about central sensitivity can help start them on a path of calming the central nervous system, and provide additional resources to assist you with educating yourself and your patients in long term chronic pain management.
- discuss how to effectively educate, advise and encourage clients with chronic pain conditions to establish and maintain a cardiovascular exercise program.
- share basic understandings of how and what foods contribute to inflammatory physiology as it relates to a chronic pain diagnosis, and review foundational methods for improving these inflammatory contributors.

Register online at: <https://www.nebpsych.org/event-3971312>



The Nebraska Psychological Association (NPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for this program and its contents. Participants attending this conference can receive 6 CEs for psychologists. This program meets the criteria of an approved continuing education program for mental health practice. *See back page for full CE details.



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Chronic Pain: It's More Common (and Consuming) Than You May Think – Presenter: Kim Vacek, Ph.D. (1 Hour)
Misconceptions about pain are quite common, dating back to the traditional medical model, based on “specificity theory,” which posited that the intensity of a person’s pain is directly related to the amount of associated tissue injury. However, we now know that the nerve signals can keep firing even after a person has healed, hence chronic pain. In this presentation, you will learn about how behaviors, thoughts, emotions, and expectations can influence the perception of pain, and the importance of using a holistic, comprehensive approach when treating a person with chronic pain.



A Dose of Truth: The Problem With Opioids – Presenter: Madhuri Are, MD. (0.5 Hours)
While there is very little evidence that chronic opioid therapy benefits most people, U.S. prescription of opioid medications for chronic pain nearly tripled from 1999 to 2015 (CDC; 2017). Recent empirical data shows that chronic pain treated with opioid medication does not result in improved functioning, compared to non-opioid treatment, and leads to more harmful side effects and even higher pain levels. In this presentation, participants will learn about opioid medications and how they affect various bodily systems.



Cognitive Behavioral Therapy for Chronic Pain: Helping Patients Move From Pain-Contingent to Goal-Directed – Presenter: Lindsay Seim, Psy.D. (1.5 Hours)
Individuals living with chronic pain often present for psychotherapy with complex histories of pain-related struggles, depression, anxiety, and trauma. Frequently, their lives have been hijacked by pain and their daily activities are strongly guided by pain level. Finding effective ways to support and treat such individuals can pose a significant challenge for therapists. In this presentation, we will review information, practical tools, and resources to assist with this work. We will discuss strategies to help patients to begin leading more active and fulfilling lives despite their pain.



A Slow Burn! Eating Inflammation – Presenter: Giuseppe Siracusano, DPT, PT (1 Hour)
Chronic Systemic Inflammation has long-been considered a contributing feature of any chronic pain experience. Traditionally, healthcare interventions have focused on pharmaceutical methods to reduce and control inflammatory responses. Physiological and nutritional research has identified how foods and the behaviors regarding food choices, food ingestion (behaviors), sensitivities, and digestion change inflammatory responses. This presentation will provide basic understandings of how and what foods contribute to inflammatory physiology as it relates to a chronic pain diagnosis. A review of foundational methods for improving these inflammatory contributors is included.



Pain Neuroscience Education: Is It True That Knowledge IS Power? – Presenter: Lori Long, DPT, PT (1 Hour)
Understanding the neuroanatomy of how chronic pain occurs has been shown to improve the ability of a patient to manage their pain long term. In this presentation, you will be introduced to Pain Neuroscience Education in order to assist you with introducing this type of education to your patients that are experiencing chronic pain. When the central nervous system becomes sensitized, patients often become frustrated with the wide variety of symptoms that occur through multiple systems in the body. This often leads to inactivity which also complicates their ability to manage their chronic pain. We will discuss how educating your patients about central sensitivity can help start them on a path of calming the central nervous system. You will also be introduced to additional resources to assist you with educating yourself and your patients in long term chronic pain management.



“You Know You Need To Start Exercising, Right?”: Supporting and Maintaining Effective Exercise Programs for Clients with Chronic Pain Conditions – Presenter: Adrienne Connor, PT (1 Hour)
While the mental and physical health benefits of exercise may seem like common knowledge to health care providers, many of our clients remain unconvinced and unaware of why and how they should make exercise part of their self care routine. For persons with chronic pain, the confusion and frustration over exercise recommendations are often compounded by prior negative experiences with exercise. In this presentation, we will discuss how to effectively educate, advise and encourage clients with chronic pain conditions to establish and maintain a cardiovascular exercise program.

Learning Objectives

At the end of this presentation, participants will be able to:

Chronic Pain: It's More Common (and Consuming) Than You May Think

1. Describe the difference between acute and chronic pain, the prevalence of chronic pain, and the definition of high impact chronic pain.
2. Identify the gate control model of pain (Wall & Melzack, 1965) and the importance of using a biopsychosocial model for chronic pain.
3. List the benefits of intensive interdisciplinary pain management for patients with chronic, non-malignant pain.

A Dose of Truth: The Problem With Opioids

1. Describe what opioids are, how they affect the brain and other systems, and the common side effects associated with opioid use.
2. Discuss opioid-induced hyperalgesia, a phenomenon associated with the long-term use of opioids.
3. Explain how opioid treatment compares, empirically, with non-opioid treatment in terms of pain reduction and improvements in functioning.

Cognitive Behavioral Therapy for Chronic Pain: Helping Patients Move From Pain-Contingent to Goal-Directed

1. Describe the unique struggles and stigma commonly faced by chronic pain patients.
2. Describe utilization of cognitive behavioral therapy with chronic pain patients, including how to approach common pain-related cognitive distortions, goal-setting, family involvement, and relapse prevention.
3. List chronic pain management resources for providers and patients.

A Slow Burn! Eating Inflammation

1. List the three basic “Food Rules”.
2. Identify two adverse results of chronic systemic inflammation.
3. List two life style choices that affect what a person eats.
4. List two life style choices that change how food / digestive physiology is altered.
5. Identify two foods on the “Dirty Dozen” list and two from the “Clean Fifteen” list.

Pain Neuroscience Education: Is It True That Knowledge IS Power?

1. Identify the basics of the central nervous system’s role in producing pain.
2. Discuss how negative neuroplastic changes and central sensitization increase a patient’s risk for chronic pain.
3. Describe how inactivity affects the entire body and chronic pain.
4. Identify additional resources to assist with educating patients for long term chronic pain management.

“You Know You Need To Start Exercising, Right?”: Supporting and Maintaining Effective Exercise Programs for Clients with Chronic Pain Conditions

1. Describe the rationale and verbalize scientific support for incorporating cardiovascular exercise into a mental health treatment plan, as well as identify appropriate candidates for independent exercise participation.
2. Identify exercise challenges unique to persons with chronic pain conditions and effective strategies for increasing exercise compliance in this population of patients.
3. Define the physical activity pacing principles of pacing up and pacing down, as well as aide their clients in applying these pacing principles to their physical activity and exercise programs.

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Presenter Bios

Kim Vacek, Ph.D. – received her B.S. from UNO, and both her M.A. and Ph.D. in Counseling Psychology from Loyola University Chicago. She has worked in health psychology for Nebraska Medicine since 2011, initially working for the Psychology Department conducting pre-surgical assessments and therapy for the Bariatric Center and kidney transplant team, as well as inpatient consultations and general evidence-based outpatient therapy. She also served as the liaison to the Trauma Team at that time, and transferred to the Chronic Pain Management Program at Nebraska Medicine in 2013. She currently serves as a consultant to primary care providers and provides brief evidence-based interventions to patients for the Patient Centered Medical Home at Nebraska Medicine. She is also passionate about supervision with providers in training, and for the past several years has been able to do so through the pre-doctoral psychology internship, marriage and family therapy internships, postdoctoral psychology/neuropsychology fellowships, family medicine residency, and pain medicine fellowship.



Dr. Madhuri Are, MD. — is a Professor in the Department of Anesthesiology at UNMC, the Division Chief of Pain Medicine, Department of Anesthesiology, and the Director of Cancer Pain Management. She completed medical school at St. George's University School of Medicine, West Indies/Bay Shore, NY, with her internship at Hahnemann University/Medical College of Pennsylvania, and her residency at Baylor College of Medicine, in Houston.



Lindsay F. Seim, Psy.D. — earned her B.A. in Psychology from Nebraska Wesleyan University and her M.A. and Psy.D. in Clinical Psychology from the Forest Institute of Professional Psychology in Springfield, Missouri. Dr. Seim completed her predoctoral internship at Mississippi State Hospital in Jackson, Mississippi and her postdoctoral fellowship at Center for Behavioral Medicine in Kansas City, Missouri. She has been a clinical psychologist at the Nebraska Medicine Chronic Pain Management Program since 2011. In addition to her work with patients, she is involved in the training of predoctoral psychology interns, family medicine residents, and pain medicine fellows at Nebraska Medicine



Giuseppe ('Joe') Siracusano, DPT, PT — is a Doctor of Physical Therapy specializing in the treatment of persons with chronic pain disorders at Nebraska Medicine's Chronic Pain Management Program. He graduated from the University of Nebraska Medical Center's Division of Physical Therapy Education in 1978 with a bachelor's degree in physical therapy, received a Master's Degree from the University of Nebraska at Omaha in Health Education in 1986, and completed his Doctoral Degree in Physical Therapy at Creighton University in Omaha, NE in 2012.

Dr. Siracusano has worked at the University of Nebraska Medical Center's (UNMC) Pain Management Center since 1981. He took a brief sabbatical to be involved in the creation of a pain rehabilitation program in Pennsylvania during 1987. Dr. Siracusano has been an adjunct assistant professor at UNMC's College of Allied Health Professions in the Division of Physical Therapy Education since 1990. Siracusano is an American Physical Therapy Association credentialed clinical educator in physical therapy and is a certified teacher of Tai Chi for Better Balance.



Lori Long, DPT, PT — a Nebraska native, attended Wayne State College for her undergraduate work majoring in Pre-Physical Therapy. Prior to graduating from Wayne State, she transferred to Rosalind Franklin University in North Chicago, IL where she completed her B.S. in Physical Therapy. She later attended Des Moines University to complete her transitional Doctorate of Physical Therapy degree in 2018. After graduating from Rosalind Franklin University, Dr. Long returned to NE, where she has been practicing since 1997 in a wide variety of specialty areas including outpatient, acute, aquatics, skilled nursing, long-term acute care, and in a joint replacement center. For the past 5 years, she has been practicing at Nebraska Medicine in their Chronic Pain Management Program. Her wide variety of clinical experiences has helped her understand the journey many of the chronic pain patients have endured prior to arriving at the CPMP.



Adrienne Connor, PT — is a physical therapist in The Nebraska Medical Center's Chronic Pain Management Program and the UNMC Olson Center for Women's Health. She specializes in chronic pain management and women's health physical therapy. She earned a BA from Coe College in Cedar Rapids, Iowa in 1996 and a master of physical therapy from St. Ambrose University in 1999. Ms. Connor has worked at The Nebraska Medical Center since 1999. In 2004, she began working in the Chronic Pain Management Program. Ms. Connor has lectured for the Clarkson College Physical Therapist Assistant Program, the University of Nebraska Medical Center (UNMC) OB/GYN and Urology Residency Programs, UNMC Advanced Practice Nursing Program, and AWHONN, as well as Clarkson College Physical Therapist Assistant Program, the UNMC College of Allied Health Professions, and the Olson Center for Women's Health.

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Continuing Education

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Written notification is required on or before Nov. 2, 2020, for complete refund of registration fee.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or npa@nebpsych.org.

Register online at: <https://www.nebpsych.org/event-3971312>

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