6th Annual Pain Management & Spine Symposium

Hilton Hotel & Spa in Short Pump
12042 West Broad Street
Richmond, Virginia 23233

October 16 - 18, 2015

NEW: OPTIONAL HANDS-ON WORKSHOPS

PRESENTED BY
Virginia Commonwealth University (VCU) School of Medicine
Department of Physical Medicine & Rehabilitation
Pain Medicine Fellowship Program
VCU Spine Center
& VCU Continuing Medical Education
Richmond, Virginia
Pain or want to learn more about how to treat pain. Professionals who are engaged with treating chronic rehabilitation practitioners, and all other healthcare assistants, physical therapists, physical medicine and internists, nurse practitioners, nurses, physician specialists, neurologists, surgeons, orthopedists, physicians, physiatrists, anesthesiologists, pain The anticipated target audience includes primary care VCU Pain Medicine Fellow Bradley Stovall, DO VCU Spine Center Nurse Practitioner Lisa Wheeler, AGACNP-BC, MSN Conference Chairman Maged Hamza, MD The Healer Within - HOPE Holistic Practitioner Sheryl Hamza, PhD Richmond, VA VCU School of Medicine Medical Director, VCU Spine Center VCU School of Medicine Richmond, VA Maged Hamza, MD Associate Professor, Physical Medicine and Rehabilitation, Anesthesiology Director, Pain Management Pain Fellowship Program Medical Director, VCU Spine Center VCU School of Medicine Philadelphia, PA Sheryl Hamza, PhD Holistic Practitioner The Healer Within - HOPE Powhatan, VA Abdullah Kaki, MB, ChB, FRCP Pain Medicine & Spine Symposium, October 16-18, 2015 in Richmond, Virginia. The 2015 VCU Pain Symposium has been designed to further the participant’s knowledge of painful medical conditions. To achieve this goal, experts in the field of pain medicine have been assembled to review and discuss how to accurately diagnose, optimally treat, and effectively prevent painful disorders. Through collaborative efforts, leaders in the field of pain medicine will present their respective area of expertise in the evolving field of pain medicine. This symposium will promote scholarly and collegial pursuits for the advancement in diagnosis and treatment of chronic painful conditions. Come and join us to learn, network, get inspired and visit exhibits. Maged Hamza, MD SYMPOSIUM PURPOSE Chronic pain affects approximately 100 million adults in the United States, more than diabetes, heart disease, stroke, and cancer combined. Whether pain is a side effect or the primary problem, all aspects of the patient’s life can be affected. Relationships, mood, sleep, exercise, social interactions as well as activities of daily living can be negatively impacted by chronic pain. To effectively approach a patient’s pain, the treating provider has a variety of treatment modalities: physical medicine, behavioral medicine, pharmacologic, neuromodulation, interventional techniques, and surgery are the more common approaches. However, current treatment plans and modalities often fail due to inadequate selection and understanding of the appropriate course. A comprehensive assessment and understanding of pain is crucial to the development of a successful treatment plan. ACCREDITATION and CREDIT Physicians University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. UHS-PEP designates this live educational activity for a maximum of 10.5 AMA PRA Category 1 Credits™ (without the Optional Hands-On Workshop). Physicians should claim only the credit commensurate with the extent of their participation in the activity. This Live activity, 6th Annual VCU Pain Management & Spine Symposium, with a beginning date of 10/17/2015, has been reviewed and is acceptable for up to 9.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Nurses ANCC accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME for your CNE contact hour requirements for recertification. ANCC recognizes credit in terms of hours so 1.0 Category 1 Credit is equal to ANCC 60 minutes (1 hour) of learning. Check with your credentialing center on how to report your credit received from this activity. Physician Assistants AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credits™ from organizations accredited by the ACCME or a recognized state medical society. This continuing education activity meets the criteria of Virginia Commonwealth University and the Southern Association of Colleges and Schools. 1.0 CEUs will be awarded and recorded with the University.
SYMPOSIUM SCHEDULE

Friday, October 16, 2015
NEW THIS YEAR with CME - Space Limited
OPTIONAL HANDS-ON CADAVER WORKSHOPS

Detailed information is available in the brochure on-line at www.cme.vcu.edu
A total of 4 stations limited to 5 participants per station will be offered. These
sessions will offer highly interactive learning opportunities for participants
who wish to refine their skills.

Each participant will rotate through each station: Neuro-stimulation (trial and
implant), Drug Delivery System (Trial and Implant), Lumbar Discogram and
Radiofrequency Denervation, Ultrasound and Fluoroscopy.

Saturday, October 17, 2015

AM
7:00  Registration with Exhibits
     Breakfast Sponsored by PENTEC HEALTH

7:55  Welcoming Remarks
     Maged Hamza, MD

8:00  Behavioral Pharmacology
     Daniel Doleys, PhD
     Recognize the role of behavioral and psychological factors in the efficacies of opioid
     therapy; recognize the impact of the social context on the experience of pain

8:45  Pain: Interpersonal and Social Context
     Daniel Doleys, PhD
     Identify the role of self-administration and drug onset cues in opioid efficacy; explain
     and identify the role of empathy in the experience of pain

9:30  Question and Answer Session

9:45  Break with Exhibits

10:15 Pain and Cultural Competence
     Denise Lester, MD
     Discuss disparities in health and health care and the population growth and cultural
     competence in health care; discuss culturally competent communication and care

11:00 Holistic Alternatives and the Chronic Pain Patient
     Sheryl Hamza, PhD
     Discuss holistic and alternative modalities for patients with chronic pain; identify and
     discuss determinants of patient success with holistic and alternative modalities

11:45 Question and Answer Session

PM
12:00- Lunch No CME - Sponsored By MEDTRONIC
12:55

1:00  Exhibits Open

1:20  The Pain Epidemic: Global Perspective
     Abdullah Kaki, MB, Chb, FRCP
     Understand the pain epidemic on the global level; discuss on going strategies in
     place to combat the spread of chronic pain internationally; enhance collaborative
     efforts aiming at improving pain treatment options

2:05  Fellowship: Learning, Perfecting and Mastering Skills
     Maged Hamza, MD
     Discuss the goals and objectives of fellowship training; elaborate on the recent
     development in enhancing and preparing trainees for future independent practice

2:50  Question and Answer Session

3:05  Break with Exhibits

Saturday, October 17, 2015 (continued)

PM
3:30  Does Fellowship Prepare You for Practice?
     Raj Sureja, MD
     Determine the value of a fellowship in pain medicine in regards to medical knowledge,
     interventional and surgical techniques, and preparation for practice; determine
     potential deficiencies in fellowship training and how to resolve educational gaps

4:15  Prescribing Opioids 2015: What You Need To Know
     Anita Gupta, DO, PharmD
     Review use of opioid pharmacotherapy, choices for treatment, regulatory concerns with
     use of opioids and associated risks, benefits and alternatives; discuss management of
     patients on long-term opioid therapy and REMS; provide cases and discuss opioid
     monitoring and compliance

5:00  Panel Discussion with Question and Answer Session

5:15- Reception Sponsored by ST. JUDE MEDICAL

Sunday, October 18, 2015

AM
7:00  Registration with Exhibits

7:55  Welcoming Remarks
     Maged Hamza, MD

8:00  Intrathecal Drug Delivery: Past Present and Future
     Maged Hamza, MD
     Discuss the current date of drug delivery systems for chronic non-malignant pain; examine
     the current research in new methods of managing drug delivery systems; discuss the
     future direction for research on best practice for optimizing patients outcomes

8:45  The Future of Neuro Stimulation: Where Are We Heading?
     Leonardo Kapural, MD, PhD
     Recognize new modalities of neuromodulation; acquire knowledge of new programming
     parameters for neuromodulation

9:30  Question and Answer Session

9:45  Break with Exhibits

PAIN MANAGEMENT BUSINESS MODULE

10:10  How to Improve the Business of Pain? What Works for Sole Provider, Hospital Based and Government Employee
     Raj Sureja, MD, Maged Hamza, MD, Denise Lester, MD
     Sole Provider: Determine the important aspects of building a practice, including
     marketing, education, and staffing; discuss and learn how to negotiate payor contracts,
     improve documentation and workflow, and maximize reimbursement
     Hospital Based: Describe how to position yourself for the best, most productive
     practice setting; discuss tools for negotiating the most rewarding employment contract
     Government Employee: Identify and discuss the 7 key elements to manage a
     successful HA based pain practice: assessment is routine and timely; access to
     appropriate level of treatment; treatment protocols in place and understood; healthcare
     providers knowledgeable in their role; patients and families are knowledgeable of their
     role; pain management standards in place; performance improvement plan in place

10:55  Details, Details, Details (Audits, ICD-10, & Medical Necessity)
     Jill McCormack, MSHA, CHC, CPC
     Implement documentation improvement techniques for ICD-10 specificity and medical
     necessity requirements; evaluate your coding patterns and learn where you should be
     looking for payor-focused audit information

11:40  Question and Answer Session

PM
12:00 Symposium Adjourns
**Course Description**
This ½ day Cadaver Workshop will be offered as a preconference to the VCU 6th Annual Pain Management & Spine Symposium. A total of 4 stations limited to 5 participants per station will be offered. These sessions will offer highly interactive learning opportunities for participants who wish to refine their skills.

**Target Audience**
This educational activity is available to all health care providers and clinicians (physicians, mid-level providers, and nurses) who treat patients with chronic pain.

**Objectives**
Attendees will review relevant anatomy, indications and potential complications related to various interventional procedures; and apply techniques for performing procedures, with an emphasis on patient selection, outcome assessment, and minimizing complications.

**Educational Method**
A brief didactic component discussing:
1. Patient selection, obtaining authorizations, and pre-implant patient education
2. Post-implant care: outcome assessments, maintenance and surveillance
3. Minimizing complication
4. Recent development and future directions
5. Networking and building referral patterns

**Potential Outcomes**
By reviewing knowledge of anatomy, indications, and potential complications and, by further developing emerging techniques used in interventional pain medicine procedures attendees should have better patient outcomes from techniques learned. It is intended that providers will improve the quality of patient care delivered thereby reducing patient risk and complications.

**Accreditation and Educational Credit**
University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UHS-PEP designates this live educational activity for a maximum of 5.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing education activity meets the criteria of Virginia Commonwealth University and the Southern “Association of Colleges and Schools. 0.6 CEUs will be awarded and recorded with the University.
Workshop Fee with Working Lunch
The fee for this optional workshop session is **$800 and is non-refundable.** This fee includes transportation to and from hotel to conference site; working lunch and refreshments; facility use of four stations, supplies, and conference facilities; cadaver specimen management and handling, surgical instruments, scrubs and protective gear, changing rooms with lockers, staffing and surgical technician.

**Hands-On Workshop Information**
Every station is headed by an expert faculty instructor and will include:

1. Hands on techniques demonstrating best practice guidelines to optimize outcomes and minimize complications; number of participants is kept to a minimum to allow each participant adequate time to perform all steps of the instructed techniques.
2. Opportunity for one on one discussion with the faculty instructor involving all aspect of the modality illustrated skill, including patient selection, complications, ongoing developments, and future direction.
3. As time allows other procedures may be illustrated by the faculty.

**Cadaver Stations: Rotate Through Each Station**
- Neuro-stimulation (trial and implant) - 2 stations
- Drug Delivery System (Trial and Implant)
- Lumbar Discogram and Radiofrequency Denervation
- Ultrasound and Fluoroscopy Skills

**Experienced Expert Physician Instructors**

**Maged Hamza, MD**
Associate Professor, Physical Medicine & Rehabilitation, Anesthesiology
Director, Pain Management Pain Fellowship Program
Virginia Commonwealth University School of Medicine
Medical Director, VCU Spine Center
Richmond, VA

**Denise Lester, MD**
Anesthesiologist and Algologist
Interventional Pain Center
Hunter Holmes McGuire VA Medical Center
Richmond, VA

**Andrew Medvedovsky, MD**
RA Pain Services
Board Certified in Neurology and Pain Medicine
Turnersville, NJ

**Robert Trainer, DO, MBA**
Director of Interventional Pain, Anesthesiology Department
Anesthesiologist, Pain Physician and Addictionologist
Hunter Holmes McGuire VA Medical Center
Richmond, VA
SCHEDULE

AM
11:15  Participants Board Bus at Hilton Hotel
11:45  Registration and Box Lunch Served

PM
12:00-1:00  Overview of Each Workshop Station with Instructor Panel
            Maged Hamza, MD and Denise Lester, MD
            Andrew Medvedovsky MD and Robert Trainer, DO, MBA

1:00-3:00  Concurrent Hands-On Skills Labs
3:00-3:15  Refreshment Break with Exhibits
3:15-5:15  Concurrent Hands-On Skills Labs
5:15-5:45  Expert Panel - Review of Individual Workshop Stations
            Group Discussion with Q&A
            Maged Hamza, MD and Denise Lester, MD
            Andrew Medvedovsky, MD and Robert Trainer, DO, MBA
5:45-6:00  Evaluation – Wrap Up
6:10  Meeting Adjourns – Board Bus to Hotel
6:40  Arrive at Hotel
**LEARNING MATERIALS**
An email will be sent to you **3 days prior** to the symposium with instructions on how to obtain a **FREE DOWNLOAD** of the course learning materials. **You must download and save to your computer and print out if you want a hard copy of the materials prior to your arrival.** If bringing your laptop make sure it is fully charged upon your arrival each day. **Printed syllabus will only be available to those who purchased one in advance on their registration form and not available for purchase on site.**

---

**HOTEL LODGING**
The Hilton Richmond Hotel & Spa/Short Pump is located at 12042 West Broad Street in Richmond, Virginia 23233. The hotel is located just off Broad Street and Interstate 64 and minutes from Route 288, approximately 25 minutes from Richmond International Airport. Short Pump Town Center is adjacent to the hotel and features a selection of upscale shopping, dining, movie complex and much more. Relax and rejuvenate with a pampering treatment in Aura Spa and Salon. The hotel has an indoor pool with a fitness center. For more information about the hotel, amenities, and dining, visit the hotel website at [hiltonrichmond.com](http://hiltonrichmond.com)

**RESERVATIONS**
A block of rooms has been reserved at the Hilton Richmond Hotel & Spa until 5:00pm on Tuesday, September 23, 2015. The special room rate is $129.00 (plus tax) for single or double occupancy. If you wish to make reservations, please call (804) 364-3600 and identify yourself as a participant of the **VCU Annual Pain Management & Spine Symposium** to receive the group rate. Check-in time is 3:00pm and check-out time is 12:30pm.

**Parking**
Complimentary parking is provided in the hotel garage and in spaces surrounding the hotel. Valet parking is available for $9.00 per day.

**Airports**
The closest airport to the hotel is the Richmond International Airport which is about 25 minutes from the conference hotel.

**For More Information**
Please email VCU CME at CMEINFO@vcu.edu
You can also call us at (804) 828-3640 or (800) 412-2872.

**Register On-Line**
To register on-line go to [www.cme.vcu.edu](http://www.cme.vcu.edu)
Supported best by using Google Chrome

VCU is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact us at (804) 828-3640.

---

**Registration Form**

**6th Annual VCU Pain Management & Spine Symposium**
October 16-18, 2015
The Hilton Richmond Hotel & Spa/Short Pump, Richmond, Virginia

*Register on-line (viewed best using Google Chrome) at www.cme.vcu.edu
Please PRINT information legibly as you would like it to appear on your name badge.

---

**FIRST NAME**
**LAST NAME**

**MAILING ADDRESS**

**CITY**
**STATE**
**ZIP**

**FIRM/PRACTICE NAME**

**DEGREE(s)**
**EMAIL (required)**

**PHONE**
**SPECIALTY**

**REGISTRATION FEE: Due by October 6, 2015**

*Registrations received after 10/6/15 add $25

[ ] OPTIONAL **Hands-On CADAVER WKSHP – SPACE LIMITED.** $800 ... $ __________

[ ] Industry Professionals ......................... $350 ........ $ __________

[ ] Physician .............................................. $300 ........ $ __________

[ ] University/Government Employee .............. $250 ........ $ __________

[ ] Non-Physician, NP, RN, PA ....................... $200 ........ $ __________

[ ] VCU Non-Physician, NP, RN, PA ............... $150 ........ $ __________

[ ] Resident/Fellow ................................... $125 ........ $ __________

[ ] Students: Medical, NP, PA ....................... $75 ........ $ __________

[ ] **Fee Waived for Residents/Fellows from VCUHS & Hunter Holmes McGuire VA Medical Center

[ ] OPTIONAL fee for Printed Syllabus ........... $30 ........ $ __________

[ ] *Late Registration Fee after October 6, 2015 .......... $25 ........ $ __________

*Registration Fee is Non-Refundable

TOTAL $ __________

Free Download Instructions for Syllabus will be sent via email 3 days prior to meeting**

**REGISTRATION ON-LINE PREFERRED** or make checks payable to UHS-PEP and mail registration form and check to:

**UHS-PEP**
P.O. Box 980048
Richmond, VA 23298-0048

**If paying by Credit Card fill out below:**

[ ] MasterCard [ ] Visa [ ] AMEX [ ] Discover

Card #: __________ Exp Date: __________ Security Code __________

Billing Address: ________________________________________________________

City/State/Zip __________________________________________________________

Register on-line at [www.cme.vcu.edu](http://www.cme.vcu.edu)
(Viewed best using Google Chrome)