COURSE DESCRIPTION
The Pediatric Pain Master Class offers state-of-the-art education in pain management for the pediatric patient from a holistic and interdisciplinary perspective. The program features a faculty of internationally recognized experts who will cover pharmacological, medical, psychosocial and integrative therapies for the management of children’s acute, procedural and complex/chronic pain. Pain assessment and management of somatic, visceral, neuropathic, psychosocial and spiritual pain, as well as end-of-life management of pain and distressing symptoms, will be explored in depth using lectures, interactive presentations, experiential activities, and small-group learning.

INTENDED AUDIENCE
The master class is primarily designed for physicians and advanced practice nurses to develop their expertise in the field of pediatric pain medicine in a highly interactive seminar format. It is also open to other disciplines who work with pediatric patients.

ACCREDITATION
Children’s Minnesota is accredited by the Minnesota Medical Association to provide continuing education for physician. Children’s Minnesota designates this live activity for a maximum of 50 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Children’s Minnesota takes responsibility for the content, quality and scientific interest of these activities.

This activity is designed to meet the Minnesota Board of Nursing continuing education requirements; however, nurses are responsible for determining whether this activity meets the requirements for acceptable continuing education.
LEARNING OBJECTIVES

By the end of this program, participants will be able to:

2. Identify the broad continuum of pain and symptom management challenges and strategies in pediatric care.
3. Review safety and quality improvement approaches in pediatric analgesia.
4. Identify evidence-based approaches to assessing pain symptoms and overview developmental considerations in choosing assessment tools.
5. Demonstrate comprehensive, evidence based pain assessment strategies for children with diverse cognitive abilities and levels of consciousness.
6. Discuss WHO-principles of acute pain management and concept of multi-modal analgesia.
8. Practice opioid prescriptions in case examples.
9. Describe best practice recommendations for use of opioids, including rationale for drug selection, novel routes of administration, opioid rotation and contraindications of this drug group.
10. Demonstrate how to address opioid-induced hyperalgesia.
11. Review advantages and disadvantages of methadone administration.
12. Evaluate potential adverse effects of methadone and difference of half-life compared to other opioids.
13. Practice opioid rotation to methadone in a case example.
14. Review the evidence for importance of managing procedural pain.
15. Describe importance of the “non-negotiable” components of needle pain management: topical anesthesia, positioning, and distraction (and sucrose if <12 months).
16. Describe innovative approaches to procedural pain, including nitrous oxide administration, and "magic glove" (hypnosis technique).
17. Identify best practices for post-operative pain control.

Continued on page 2
20. Identify factors associated with risk of developing chronic pain.

21. Describe an interdisciplinary model for management of chronic pain (including migraines and tension headaches, functional abdominal pain, CRPS, musculoskeletal pain, etc.).

22. Identify implications of family dynamics and psychosocial considerations in care planning and implementation of evidence-based pain management interventions.


24. Describe strategies for developing an interdisciplinary team approach to pain and symptom management.

25. Identify integrative strategies for pain and symptom management, including massage, biofeedback, hypnosis, aromatherapy and more.

26. Identify psycho-social and spiritual dimensions in pain and symptom management.

27. Explain physical therapy approaches to alleviate pain in children.


29. Define neuropathic pain and describe main causes in pediatric patients.


31. Explain how to use adjuvant analgesia for management of neuropathic pain and complex pain.

32. Describe pharmacological and non-pharmacological symptom management at end of life.

33. Identify guidelines for implementing sedation for intractable pain in pediatric palliative care.

34. Appreciate similarities and differences in pain management and palliative care services in resource constrained settings.

35. Describe best practice approaches to neuro-irritability.

36. Explain strategies for networking with colleagues in this growing specialty field.

37. Overview how research methodology can be used to improve pediatric pain management.
AGENDA
Saturday, June 17, 2017

10:00  Welcome, Announcements and Introductions  
  Kavita Desai Dakoji, PhD  
  Stefan J. Friedrichsdorf, MD

11:15  From “Death by Powerpoint” to Addressing Attitudes in Pediatric Analgesia  
  Stefan J. Friedrichsdorf, MD

12:15  LUNCH

13:00  Integrative Medicine for Pediatric Pain and Symptom Management  
  Maura Fitzgerald, MS, APRN, CNS

14:00  WHO Step 1 and More – Acetaminophen (Paracetamol), Nsaids, Cox-2 Inhibitors and Dipyrone (Metamizole): Not Just Simple Analgesia  
  Allen Finley, MD

15:00  BREAK (Room change: Marquette Hotel)

15:30  Advanced Pediatric Pain Treatment: From Morphine to Multimodal Analgesia  
  Stefan J. Friedrichsdorf, MD

17:30  Adjourn

18:00  Evening Social: Appetizers and Drinks  
  The W Hotel
07:15 Continental Breakfast

07:45 Announcements, Integrative Experiential

08:00 The Complete Crux of the Incomplete Cross Tolerance: Opioid-Rotation in Children
Stefan J. Friedrichsdorf, MD

09:00 Pediatric Pain Assessment 2020: Moving Beyond the Pain Score
Terri Voepel-Lewis, PhD, RN

10:00 Break

10:30 From Nerve Blocks to Epidural Infusions: Regional Anesthesia to Manage Pain in Children
David A. Burns, MD

11:30 I Had a Dream: Nitrous Oxide in Children
Judy Zier, MD

12:30 Lunch

13:30 The Pharmacogenetics of Analgesic Drugs
John J. Collins, MD

14:30 Clinical Trials for Analgesic Medications to Treat Acute and Chronic Pain in Infants, Children, and Adolescents
Gary A. Walco, PhD, ABPP

15:30 Break

16:00 Biofeedback and Pediatric Pain Treatment
Kavita Desai Dakoji, PhD

16:30 Abdominal Afflictions: Principles and Practice in Visceral Pain
Allen Finley, MD

17:00 Pediatric Palliative Care in the 21st Century: Live as Long and as Well as Possible
Stefan J. Friedrichsdorf, MD

18:00 Adjourn
Monday, June 19, 2017

07:15  Continental Breakfast
07:45  Announcements, Integrative Experiential
08:00  It’s Just a Poke, Right? Needle Pain Prevention and Treatment
       Stefan J. Friedrichsdorf, MD
09:00  Rare and Difficult to Treat Pain Syndromes of Children and Young Adults
       John J. Collins, MD
10:00  Break
10:30  Advocacy Efforts for Better Pain Prevention and Treatment in Children
       Gary A. Walco, PhD, ABPP
11:30  Pediatric Pain Assessment 2020: Translating Assessment into Better Management
       Terri Voepel-Lewis, PhD, RN
12:30  Lunch
13:30  Implementation of Integrative Medical Interventions for Treatment and Prevention of Procedural Pain in Infants and Neonates
       Marsha Campbell-Yeo, PhD, RN
14:30  Opioid Selection in the Pediatric Population Part I: Mixed Agonist/Antagonist, Partial Opioid Agonists and Multi-Mechanism Analgesics
       Stefan J. Friedrichsdorf, MD
15:30  Break
16:00  Managing Acute and Chronic Pain in Children with Sickle Cell Disease
       Nancy Jaworski, DNP, APRN, CNS
17:00  Pediatric Pain Management and Palliative Care in Resource-Constrained Settings
       International Scholars
17:30  Music Therapy in Pain and Palliative Care
       Mark Burnett, MT-BC, NMT, NICU-MT
18:00  Adjourn
Tuesday, June 20, 2017

07:15  Continental Breakfast
07:45  Announcements, Integrative Experiential
08:00  The Management of Neuropathic Pain and Use of Adjuvant Analgesia in Children
       Stefan J. Friedrichsdorf, MD
09:30  Social Media for Improved Pain Assessment and Management in Children
       Christine Chambers, PhD, RPsych
10:30  Break
11:00  The Comfort Promise: Utilizing Improvement Methodology to Bring Evidence to the Bedside
       Christian Weidner, BS
       Donna Eull, RN
12:00  Tweetorial Workshop
       Christine Chambers, PhD, RPsych
12:45  Lunch
13:45  Opioid Selection in the Pediatric Population
       Part II: Full Opioid Agonists
       Stefan J. Friedrichsdorf, MD
14:45  Intractable Symptoms in Children with Neurological Impairment
       Julie Hauer, MD
15:45  Break
16:15  Use of Regional Anesthesia in Pediatric Palliative Care: A Case-Based Approach
       Sarah Kaus, MD
       Frank Moran, MD
17:00  Implementing Institutional Change:
       The Four Steps of Program Implementation
       Stefan Friedrichsdorf, MD
17:30  Adjourn
18:00  Evening Social: Dinner and Networking with Magician Extraordinaire, Matt Dunn
Wednesday, June 21, 2017

07:15  Continental Breakfast
07:45  Announcements, Integrative Experiential
       Matt Dunn, Magician
08:15  Chronic Persistant Pain in Children: From Primary
       Pain Disorders to Chronic-On-Acute Pain
       Stefan J. Friedrichsdorf, MD
09:45  Communication and Chronic Persistent Pain
       Kavita Desai Dakoji, PhD
10:15  Break
10:45  Mental Health Comorbidities in Pediatric Chronic Pain
       Melanie Noel, PhD
11:45  Opioid and Benzodiazepine Wean:
       Recognizing and Avoiding Withdrawal
       Barb Symalla, MS, APRN, CNS
12:30  Lunch / Optional APRN Networking Lunch
13:45  Hypnosis in Pediatrics – Part I
       Leora Kuttner, PhD
15:45  Break
16:15  Infant Pain Gets No Gain
       Kjs ‘Sunny’ Anand, MBBS, DPhil
17:15  Shifting Perceptions in Chronic Persistent Pain:
       “First Your Life Gets Back to Normal, Then the Pain
       Gets Better (Not the Other Way Around)”
       Stefan J. Friedrichsdorf, MD
18:00  Adjourn
Thursday, June 22, 2017

07:15  Continental Breakfast
07:45  Announcements, Integrative Experiential
08:00  Management Of Distressing Symptoms in Pediatric Palliative Care
       Stefan J. Friedrichsdorf, MD
09:00  Opioids Sans Tolerance?
       Kjs ‘Sunny’ Anand, MBBS, DPhil
10:00  Break
10:30  Hypnosis in Pediatrics – Part II
       Leora Kuttner, PhD
12:30  Lunch
13:30  Pain: Nothing but a Memory...?
       Melanie Noel, PhD
14:30  "All My Joints Hurt and It Is Getting On My Nerves!"
       Hypermobility and Complex Pain
       Michael Sangster, MBA, BSc (PT)
15:30  Break
15:45  Chronic Persistant Pain: What Can We Do About It?
       Interdisciplinary Chronic Pain Team
16:45  Interdisciplinary Pediatric Palliative Care in the Hospital, Clinic and Home: A Case Report
       Kris Catrime, MD
       Mike McLoone, RN
       Martha Schermer, SW
       Margaret Monson, CCLS
17:45  Adjourn
18:30  Experiential and Snacks in the “Healing Environment” Pain, Palliative and Integrative Medicine Clinic
       Children’s Minnesota, Minneapolis Campus
Friday, June 23, 2017

07:15  Continental Breakfast
07:45  Announcements, Integrative Experiential
08:00  Methadone Administration in Pediatrics: Taming of the Shrew
       Stefan J. Friedrichsdorf, MD
09:00  Pain in the Brain: Pathways and Mechanisms
       Allan Basbaum, PhD
10:00  Break
10:30  Novel Brain-Based Approach to the Management of Complex Regional Pain Syndrome (CRPS)
       Michael Sangster, MBA, BSc (PT)
11:30  Massage = Manual Morphine: Decreasing Pediatric Pain with Massage Therapy
       Laura Beck, BCMBT, CPMT
       Candace Linares, BCMBT, BA, CPMT
       Jill Maltrud, NCMBT, CHTP, CIMT, CSAMP
12:00  Lunch
12:30  Disruptive Technologies in the Management of Pain and Palliative Care
       Julia C. Finkel, MD
13:30  Addressing Opioid Addiction in Children and Teenagers
       Pamela Gonzales, MD, MS, FAAP
14:30  Called to Arms: The Adventure of Pediatric Pain Management
       Kavita Desai Dakoji, PhD
       Stefan J. Friedrichsdorf, MD
16:00  Adjourn

Please note: The course schedule is subject to change in the event of unforeseen circumstances.
FACULTY

KJS “Sunny” Anand, MBBS, DPhil
Stanford University, Stanford, California, USA

Allan Basbaum, PhD
University of California, San Francisco, California, USA

David A. Burns, MD
Providence Health and Services, Spokane, Washington, USA

Marsha Campbell-Yeo, PhD, RN
Dalhousie University, Halifax, Nova Scotia, Canada

Christine Chambers, PhD, RPsych
Dalhousie University, Halifax, Nova Scotia, Canada

John J. Collins, MD
Children’s Hospital at Westmead, Sydney, New South Wales, Australia

Julia Finkel, MD
Children’s National Health System, Washington, D.C., USA

Allen Finley, MD
Dalhousie University, Halifax, Nova Scotia, Canada

Pamela Gonzales, MD, FAAP
University of Minnesota, Minneapolis, Minnesota, USA

Julie Hauer, MD
Pediatric Neuro-Palliative Care Consultant, Newton, Massachusetts, USA

Leora Kuttner, PhD
British Columbia Children’s Hospital, Vancouver, British Columbia, Canada

Melanie Noel, PhD
Alberta Children’s Hospital, Calgary, Alberta, Canada

Michael Sangster, MBA, BSc (PT)
Dalhousie University, Halifax, Nova Scotia, Canada

Terri Voepel-Lewis, PhD, RN
University of Michigan Health System, Ann Arbor, Michigan, USA

Gary A. Walco, PhD, ABPP
Seattle Children’s Hospital, Seattle, Washington, USA
Laura Beck, BCTMB, CPMT
Department of Pain Medicine, Palliative Care and Integrative Medicine

Melanie Brown, MD
Department of Pain Medicine, Palliative Care and Integrative Medicine

Mark Burnett, MT-BC, NMT, NICU-MT
Department of Pain Medicine, Palliative Care and Integrative Medicine

Kris Catrine, MD
Department of Pain Medicine, Palliative Care and Integrative Medicine

Cyndee Daughtry, MSW, LICSW
Department of Pain Medicine, Palliative Care and Integrative Medicine

Kavita Desai Dakoji, PhD
Department of Pain Medicine, Palliative Care and Integrative Medicine

Donna Eull, MA, RN, BSN
Center for Professional Development and Practice

Maura Fitzgerald, MS, APRN, CNS
Department of Pain Medicine, Palliative Care and Integrative Medicine

Stefan J. Friedrichsdorf, MD, FAAP
Department of Pain Medicine, Palliative Care and Integrative Medicine

Nancy Jaworski, DNP, APRN, CNS
Department of Pain Medicine, Palliative Care and Integrative Medicine

Ashley Jungans-Rutelonis, PhD, LP
Department of Pain Medicine, Palliative Care and Integrative Medicine

Sarah Kaus, MD
Department of Anesthesiology

Candace Linares, BCMBT, BA, CPMT
Department of Pain Medicine, Palliative Care and Integrative Medicine

Jill Maltrud, BCMBT, CHTP, CIMT, CSAMP
Department of Pain Medicine, Palliative Care and Integrative Medicine

Mike McLoone, RN
Department of Pain Medicine, Palliative Care and Integrative Medicine

Margaret Monson, CCLS
Department of Pain Medicine, Palliative Care and Integrative Medicine
Frank Moran, MD
Department of Anesthesiology

Martha Schermer, SW
Department of Pain Medicine, Palliative Care and Integrative Medicine

Barb Symalla, MS, APRN, CNS
Department of Pain Medicine, Palliative Care and Integrative Medicine

Sarah Thu, APRN, CNS
Department of Pain Medicine, Palliative Care and Integrative Medicine

Andrew Warmuth, DPT
Department of Physical Therapy

Jennifer Waters, PhD
Department of Pain Medicine, Palliative Care and Integrative Medicine

Christian Weidner, BS
LEAN Resource Office

Jennifer Worley, APRN, CNS
Department of Pain Medicine, Palliative Care and Integrative Medicine

Judy Zeir, MD
Department of Critical Care

PLANNING COMMITTEE

Course director:
Stefan Friedrichsdorf, MD
Medical director
Department of Pain Medicine, Palliative Care and Integrative Medicine
Children’s Minnesota
Associate Professor in Pediatrics, University of Minnesota
stefan.friedrichsdorf@childrensMN.org

Co-Director:
Kavita Desai Dakoji, PhD
Licensed clinical psychologist
Department of Pain Medicine, Palliative Care and Integrative Medicine
Children’s Minnesota
kavita.desaidakoji@childrensMN.org

Coordinator:
Cheryl Puumala
Senior administrative assistant
Department of Pain Medicine, Palliative Care and Integrative Medicine
Children’s Minnesota
cheryl.puumala@childrensMN.org
COURSE VENUE

“Windows on Minnesota”
IDS Center, 50th Floor (Downtown Minneapolis)
80 South 8th Street, Minneapolis, MN 55402

ACCOMMODATIONS

The Marquette Hotel (adjacent to the IDS Center)
710 Marquette Avenue, Minneapolis, MN 55402
612-333-4545 / 1-800-328-4782
www.marquettehotel.com

Special room rate: $195/night (conference code: PPM617)
This rate is good until May 1, 2017. After this date, room blocks will be released and rates may change.

REGISTRATION AND FEES

Due to the interactive nature of this course, space is limited. We recommend interested individuals complete registration early to secure their spot. This class has filled every year it has been offered. Registration closes when class is full. Cancellations must be made 60 days prior to the first day of the conference in order to receive a partial refund. Cancellations made less than 60 days prior to the first day of the conference will not be granted a refund.

Course Fee: $2,750
The registration fee includes access to online course materials and handouts via Dropbox, continental breakfast Sunday - Friday, lunch Sunday - Thursday, as well as coffee, tea, and snacks each day.

Three evening activities are also included in the registration: an evening reception with beverages and appetizers on Saturday, a catered dinner on Tuesday, and an evening of experiential activities and snacks in our clinic on Thursday.

Available for purchase: USB pre-loaded with course materials (same as available on Dropbox). Fee: $20. This must be ordered at the time of registration and will be given to you on the first day of the course.

Online registration and payment is available through: childrensMN.org/conferences. Please note, registration is not complete nor is your spot held until payment is received.
WHAT PAST PARTICIPANTS ARE SAYING ABOUT CHILDREN'S PEDIATRIC PAIN MASTER CLASS

This class has opened my eyes to pediatric pain and has made me realize that pain does not have to be a frustrating process and can change. This course should be a must for every pediatric provider to be able to continue to shift thinking in pediatric pain management. The concept of no needless pain/comfort promise is a concept that should absolutely be implemented in every children's hospital and doctors office in the country (and world!). It has been empowering to want to make a change.

J.D., USA

This was one of the most effective and enjoyable learning activities I have participated in. The approach was multi-modal, multi-faceted and modeled was taught (attitude, skill, knowledge). The time and money spent was the best use of those resources thus far in my career. Anyone who cares for children will benefit from the knowledge, resources, collegiality, networking and inspiration that this course provides.

Christine Zawistowski, MD, New York, NY

In the 16 years that I practiced pediatric oncology, and the seven years of pediatric palliative medicine and hospice, I have never attended a conference that so fundamentally changed the way I think about how to care for/treat children that even remotely compares to this one.

Bob Bash, MD, Tampa/St. Petersburg, FL

I have gained knowledge and skills that I will start using Monday morning. My patients and their families are no doubt better off as a result of me taking this master class.

Dr. N.P., Mesa, AZ

Phenomenal, comprehensive, evidence-based, well-organized course... everything needed to start a pain program or to enhance/grow an existing program.

S.D., NY, USA

Amazing and practical course, packed with entertaining speakers and real-world advice. Really game-changing.

Molly Williams, FRACP, Melbourne VIC, Australia