

10TH ANNUAL

PEDIATRIC PAIN MASTER CLASS

Presented by Children's Institute for Pain and Palliative
Care, Department of Pain Medicine, Palliative Care and
Integrative Medicine

June 17–23, 2017 • Minneapolis, MN



Children's
MINNESOTA

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:

1. Describe evidence based and best practice strategies for management of acute, chronic, procedural, and palliative pain situations in children.
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.
7. Evaluate assumptions about opioid use in children.
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.
18. Define chronic versus acute pain in children and review prevalence of chronic pain in children.
19. Discuss successful interdisciplinary approaches in managing functional pain syndromes in children and appreciate low importance of pharmacotherapy.

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LEARNING OBJECTIVES *Continued from page 1*

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.
23. Describe importance of the role of family in children with pain.
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.
28. Appreciate high prevalence of neuropathic pain in children with serious illnesses.
29. Define neuropathic pain and describe main causes in pediatric patients.
30. Develop a step-by-step treatment approach for neuropathic pain.
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

Sunday, June 18, 2017

- 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 Dakoiji, 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 Persistent 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 Persistent 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 Catrine, 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

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Dalhousie University, Halifax, Nova Scotia, Canada

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University of Minnesota, Minneapolis, Minnesota, USA

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Pediatric Neuro-Palliative Care Consultant, Newton, Massachusetts, USA

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British Columbia Children’s Hospital, Vancouver, British Columbia, Canada

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Alberta Children's Hospital, Calgary, Alberta, Canada

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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

CHILDREN'S HOSPITALS AND CLINICS OF MINNESOTA FACULTY

Laura Beck, BCTMB, CPMT

Department of Pain Medicine, Palliative Care and Integrative Medicine

Melanie Brown, MD

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Mark Burnett, MT-BC, NMT, NICU-MT

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Christian Weidner, BS

LEAN Resource Office

Jennifer Worley, APRN, CNS

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Judy Zeir, MD

Department of Critical Care

PLANNING COMMITTEE

Course director:

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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