

9<sup>TH</sup> ANNUAL

# PEDIATRIC PAIN MASTER CLASS

June 11–17, 2016 • Minneapolis, MN

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



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 Institute for Pain and Palliative Care at Children's Hospitals and Clinics of Minnesota has been approved for American Medical Association Physicians Recognition Award (AMA PRA) Category 1 continuing medical education (CME) credits for this course. Children's Hospitals and Clinics of Minnesota designate this educational activity for 53 AMA PRA Category 1 credits.

# LEARNING OBJECTIVES

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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. Evaluate assumptions about opioid use in children.
3. Discuss WHO-principles of acute pain management and concept of multi-modal analgesia.
4. Practice opioid prescriptions using case examples.
5. 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.
6. Identify best practices for post-operative pain control.
7. Appreciate high prevalence of neuropathic pain in children with serious illnesses.
8. Define neuropathic pain and describe main causes in pediatric patients.
9. Develop a step-by-step treatment approach for neuropathic pain.
10. Explain how to use adjuvant analgesia for management of neuropathic pain and complex pain.
11. Demonstrate how to address opioid-induced hyperalgesia.
12. Identify the broad continuum of pain and symptom management challenges and strategies in pediatric care.
13. Identify evidence-based approaches to assessing pain symptoms and overview developmental considerations in choosing assessment tools.
14. Demonstrate comprehensive, evidence-based pain assessment strategies for children with diverse cognitive abilities and levels of consciousness.
15. Describe best practice approaches to neuro-irritability.
16. Identify integrative strategies for pain and symptom management, including massage, biofeedback, hypnosis, aromatherapy and more.
17. Identify psycho-social and spiritual dimensions in pain and symptom management.
18. Review the evidence for importance of managing procedural pain.
19. Describe importance of the “non-negotiable” components of needle pain management: topical anesthesia, positioning, distraction, and sucrose for patients younger than 12 months.
20. Describe innovative approaches to procedural pain, including nitrous oxide administration and magic glove hypnosis technique.

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# LEARNING OBJECTIVES *Continued from page 1*

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21. Explain physical therapy approaches to alleviate pain in children.
22. Define chronic versus acute pain in children and review prevalence of pediatric chronic pain.
23. Discuss successful interdisciplinary approaches in managing functional pain syndromes in children and appreciate low importance of pharmacotherapy.
24. Identify factors associated with risk of developing chronic pain.
25. Describe an interdisciplinary model for management of chronic pain, including migraines and tension headaches, functional abdominal pain, CRPS, musculoskeletal pain, etc.
26. Identify implications of family dynamics and psychosocial considerations in care planning and implementation of evidence-based pain management interventions.
27. Describe the importance of the role of family in children with pain.
28. Review advantages and disadvantages in methadone administration.
29. Evaluate potential adverse effects of methadone and difference of half-life compared to other opioids.
30. Review safety and quality improvement approaches in pediatric analgesia.
31. Practice opioid rotation to methadone in a case example.
32. Describe strategies for developing an interdisciplinary team approach to pain and symptom management.
33. Describe pharmacological and non-pharmacological symptom management at end of life.
34. Identify guidelines for implementing sedation for intractable pain in pediatric palliative care.
35. Appreciate similarities and differences in pain management and palliative care services in resource-constrained settings.
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 11, 2016

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- 10:00                    **Welcome, Announcements and Introductions**  
Kavita M. Desai, 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 & Symptom  
Management**  
Maura Fitzgerald, MS, APRN, CNS
- 14:00                    **Pain Assessment, Part I — Multiple Domains of  
Assessment: From social communication, self-  
report scales for different ages, to influences on  
self-report**  
Carl von Baeyer, PhD  
Terri Voepel-Lewis, PhD, RN
- 15:00                    BREAK
- 15:30                    **Advanced Pediatric Pain Treatment:  
From Morphine to Multimodal Analgesia**  
Stefan J. Friedrichsdorf, MD
- 18:00–21:00           **Evening Social: Appetizers and Drinks**  
The W Hotel

## Sunday, June 12, 2016

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- 07:15 Continental Breakfast
- 07:45 **Announcements, Integrative Experiential**
- 08:00 **It's Just a Poke, Right? Needle Pain Management in Pediatrics**  
Stefan J. Friedrichsdorf, MD
- 09:00 **WHO Step 1 and more: Acetaminophen (Paracetamol), NSAIDs, COX-2 Inhibitors and Dipyrrone (Metamizole) — Not just simple analgesia**  
David A. Burns, MD
- 10:00 BREAK
- 10:30 **Opioid Selection in the Pediatric Population Part I: Mixed agonist/antagonist, partial opioid agonists and multi-mechanism analgesics**  
Steven J. Weisman, MD
- 11:30 **I Had a Dream: Nitrous Oxide in Children**  
Judy Zier, MD
- 12:30 LUNCH
- 13:30 **Pain Assessment, Part II: Observational Methods. From clinical meaning of pain scores, interpretation and decision-making, assessment in children with neurological impairment, to new technologies.**  
Carl von Baeyer, PhD  
Terri Voepel-Lewis, PhD, RN
- 14:30 **From Nerve Blocks to Epidural Infusions: Regional anesthesia to manage pain in children**  
David A. Burns, MD
- 15:30 BREAK
- 16:00 **Biofeedback and Pediatric Pain Treatment**  
Kavita M. Desai, PhD
- 16:30 **The Developing Brain in Pain: Neurobiological Effects and Implications of Pediatric Pain as Targets for Therapy**  
James Giordano, PhD
- 17:30 **Opioid Selection in the Pediatric Population Part II: Full Opioid Agonists**  
Stefan J. Friedrichsdorf, MD

## Monday, June 13, 2016

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- 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 **Mindfulness in Pain Treatment**  
Steven J. Weisman, MD
- 10:00 BREAK
- 10:30 **Why Your Program Needs Philanthropy**  
Theresa Pesch, RN, President, Children's Foundation
- 11:30 **Pediatric Palliative Care in the 21st Century: Live as Long and as Well as Possible**  
Stefan J. Friedrichsdorf, MD
- 12:30 LUNCH
- 13:30 **Managing Distressing Respiratory Symptoms in Children with Advanced Illness**  
Joanne Wolfe, MD, MPH
- 14:30 **Pediatric Pain Management and Palliative Care in Resource-Constrained Settings: Examples from Three Countries**  
Joan Marston, CEO of ICPCN  
Two International Scholars
- 15:30 BREAK
- 16:00 **Networks for psychosocial and spiritual care**  
Joan Marston, CEO of ICPCN
- 17:00 **Medical Marijuana in Pediatric Pain and Symptom Management—an Update!**  
William Zempsky, MD
- 17:30 **Music Therapy in Pain and Palliative Care**  
Mark Burnett, MT-BC, NMT, NICU-MT

## Tuesday, June 14, 2016

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- 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 **The Comfort Promise: Utilizing improvement methodology to bring evidence to the bedside**  
Christian Weidner, BS  
Donna Eull, RN
- 10:30 BREAK
- 11:00 **Managing Acute and Chronic Pain in Children with Sickle Cell Disease (SCD)**  
Nancy Jaworski, DNP, APRN, CNS
- 11:45 **Research Initiatives in SCD and New Frontiers**  
William Zempsky, MD
- 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 **Use of Regional Anesthesia in Pediatric Palliative Care: A Case-Based Approach**  
Sarah Kaus, MD  
Frank Moran, MD
- 15:15 BREAK
- 15:45 **Interdisciplinary Pediatric Palliative Care in the Hospital, Clinic & at Home: A Case Report**  
Kris Catrine, MD, Children's PPC Team
- 16:45 **Implementing Institutional Change: The Four Steps of Program Implementation**  
Stefan Friedrichsdorf, MD
- 18:00 **Evening Social: Dinner and Networking with Magician Extraordinaire, Matt Dunn**



## Wednesday, June 15, 2016

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- 07:15 Continental Breakfast
- 07:45 **Announcements, Integrative Experiential**  
Matt Dunn, Magician
- 08:15 **Chronic, Complex and Common Spectrum: From Primary Pain Disorders in Head, Abdomen and Joints to Postsurgical Chronic Pain to Chronic-on-Acute Pain**  
Stefan J. Friedrichsdorf, MD
- 09:45 **Communication and Chronic Pain**  
Kavita M. Desai, PhD
- 10:15 BREAK
- 10:45 **Feelings and Family: The role of psychosocial factors in children's pain**  
Christine Chambers, PhD, RPsych
- 11:45 **Opioid and Benzodiazepine Wean: Recognizing and Avoiding Withdrawal**  
Barb Symalla, MS, APRN, CNS
- 12:30 LUNCH / Optional APRN Meeting
- 13:45 **Hypnosis in Pediatrics – Part I**  
Leora Kuttner, PhD
- 15:45 BREAK
- 16:15 **Pain Management in Infants**  
KJS 'Sunny' Anand, MBBS, DPhil
- 17:15 **Shifting Perceptions in Chronic Pain: "First your life gets back to normal, then the pain gets better (not the other way around)"**  
Stefan J. Friedrichsdorf, MD

## Thursday, June 16, 2016

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- 07:15 Continental Breakfast
- 07:45 **Announcements, Integrative Experiential**
- 08:00 **Management of Distressing Gastrointestinal Symptoms in Pediatric Palliative Care**  
Stefan J. Friedrichsdorf, MD
- 09:00 **When Opioids Don't Work Anymore — Biology and Management**  
KJS 'Sunny' Anand, MBBS, DPhil
- 10:00 BREAK
- 10:30 **Hypnosis in Pediatrics – Part II**  
Leora Kuttner, PhD
- 12:30 LUNCH
- 13:30 **Know Pain and Know Gain: Cognition Targeted Exercise Therapy**  
Michael Sangster, MBA, BSc (PT)
- 14:30 **Social Media for Improved #Pain Assessment and Management in Children**  
Christine Chambers, PhD, RPsych
- 15:30 BREAK
- 15:45 **Knowledge to Action Strategies for Implementing New Knowledge Into Practice: Breaking the 17 Year Barrier**  
Bonnie Stevens, PhD, RN
- 16:45 **Interdisciplinary Chronic Pain Clinic: We have got the answer, but what is the question?**  
Cyndee Daughtry, LICSW  
Kavita M. Desai, PhD  
Sarah Thu, APRN, CNP  
Andrew Warmuth, DPT
- 18:30 **Experiential & Snacks in the "Healing Environment" Pain, Palliative and Integrative Medicine Clinic, Minneapolis Campus**  
Interdisciplinary Team: Department of Pain Medicine, Palliative Care & Integrative Medicine

## Friday, June 17, 2016

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- 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 **A Novel Brain-Based Approach to the Management of  
Complex Regional Pain Syndrome (CRPS)**  
Michael Sangster, MBA, BSc (PT)
- 10:00 BREAK
- 10:30 **Communication as a Tool in Pediatric Palliative Care**  
Joanne Wolfe, MD MPH
- 11:45 **Massage = Manual Morphine: Decreasing Pediatric Pain  
with Massage Therapy**  
Laura Beck, BCMBT, CPMT  
Candace Linares, BCMBT, BA, CPMT  
Jill Maltrud, NCMBT, CHTP, CIMT, CSAMP
- 12:15 LUNCH
- 12:45 **Intractable Symptoms in Children with Neurological  
Impairment**  
Julie Hauer, MD
- 13:45 **Called to Arms: The Adventure of Pediatric Pain  
Management — One Owie at a time?**  
Kavita M. Desai, PhD  
Stefan J. Friedrichsdorf

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

# FACULTY

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**KJS “Sunny” Anand, MBBS, DPhil**

Stanford University, Stanford, California, USA

**Carl von Baeyer, PhD**

University of Manitoba, Winnipeg, Manitoba, Canada

**David Burns, MD**

Providence Health & Services, Washington, USA

**Marsha Campbell-Yeo, PhD, RN**

Dalhousie University, Halifax, Nova Scotia, Canada

**Christine Chambers, PhD, RPsych**

Dalhousie University, Halifax, Nova Scotia, Canada

**James Giordano, PhD, MPhil**

Georgetown University Medical Center, Washington, D.C., USA

**Julie Hauer, MD**

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

**Leora Kuttner, PhD**

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

**Joan Marston, RN**

CEO, International Children’s Palliative Care Network, Assagay, South Africa

**Michael Sangster, MBA, BSc (PT)**

Dalhousie University, Halifax, Nova Scotia, Canada

**Bonnie Stevens, PhD**

The Hospital for Sick Children, Toronto, Ontario, Canada

**Terri Voepel-Lewis, PhD, RN**

University of Michigan Health System, Ann Arbor, Michigan, USA

**Steven J. Weisman, MD**

Children’s Hospital of Wisconsin, Milwaukee, WI, USA

**Joanne Wolfe, MD, MPH**

Boston Children’s Hospital and Dana-Farber Cancer Institute, Boston, Massachusetts, USA

**William Zempsky, MD, MPH**

Connecticut Children’s Medical Center, Hartford, Connecticut, USA

# CHILDREN'S HOSPITALS AND CLINICS OF MINNESOTA FACULTY

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**Laura Beck, BCTMB, CPMT**

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, PhD**

Department of pain medicine, palliative care and integrative medicine

**Donna Eull, MA, RN, BSN**

Department of pain medicine, palliative care and integrative medicine

**Maura Fitzgerald, MS, APRN, CNS**

Department of pain medicine, palliative care and integrative medicine

**Stefan 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

**Sarah Kaus, MD**

Department of anesthesiology

**Candace Linares, BCMBT, BA, CPMT**

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**Jill Maltrud, NCMBT, CHTP, CIMT, CSAMP**

Department of pain medicine, palliative care and integrative medicine

**Frank Moran, MD**

Department of anesthesiology

**Theresa Pesch, RN**

President, Children's Foundation

**Barb Symalla, MS, APRN, CNS**

Department of pain medicine, palliative care and integrative medicine

**Sarah Thu, APRN, CNP**

Department of pain medicine, palliative care and integrative medicine

**Andrew Warmuth, DPT**

Department of physical therapy

**Christian Weidner, BS**

Lean resource office

**Judy Zier, MD**

Department of critical care

## PLANNING COMMITTEE

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Course director:

**Stefan Friedrichsdorf, MD**

Medical director, department of pain medicine, palliative care and integrative medicine

Children's Hospitals and Clinics of Minnesota

Associate Professor in Pediatrics, University of Minnesota

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Co-Director:

**Kavita Desai, PhD**

Licensed clinical psychologist

Department of pain medicine, palliative care and integrative medicine

Children's Hospitals and Clinics of Minnesota

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Coordinator:

**Katie McGuire, CAP**

Senior administrative assistant

Department of pain medicine, palliative care and integrative medicine

Children's Hospitals and Clinics of Minnesota

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## COURSE VENUE

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“Windows on Minnesota”

IDS Center, 50th Floor (Downtown Minneapolis)  
80 South 8th Street, Minneapolis, MN 55402

## ACCOMMODATIONS

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The Marquette Hotel (adjacent to the IDS Center)

710 Marquette Avenue, Minneapolis, MN 55402

612-333-4545 / 1-800-328-4782

[www.marquettehotel.com](http://www.marquettehotel.com)

Special room rate: \$189/night (conference code: CHC)

This rate is good until May 1, 2016. After this date, room blocks will be released and rates may change.

## REGISTRATION AND FEES

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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 refund minus a 10% administration fee. Cancellations made less than 60 days prior to the first day of the conference will not be granted a refund.

Course fee: \$2,650.

Included in registration is access to course syllabus 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, including: 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.

Hard copy course materials are available for an additional fee of \$75, a personal USB with course materials is also available for an additional fee of \$20. Both items must be ordered at the time of registration.

Online registration and payment is available through [cvent.com/d/kfq8qm](http://cvent.com/d/kfq8qm). Payment may also be made with check by contacting Laura Mohammed at 612-813-8130. Please note, registration is not complete nor is your spot held until payment is received.



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