9TH 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
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

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


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.


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.


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.

Continued on page 2
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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>10:00</td>
<td>Welcome, Announcements and Introductions</td>
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<tr>
<td></td>
<td>Kavita M. Desai, PhD</td>
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<td></td>
<td>Stefan J. Friedrichsdorf, MD</td>
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<tr>
<td>11:15</td>
<td>From “Death by PowerPoint” to Addressing Attitudes in Pediatric Analgesia</td>
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<td>Stefan J. Friedrichsdorf, MD</td>
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<tr>
<td>12:15</td>
<td>LUNCH</td>
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<tr>
<td>13:00</td>
<td>Integrative Medicine for Pediatric Pain &amp; Symptom Management</td>
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<td>Maura Fitzgerald, MS, APRN, CNS</td>
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<td>14:00</td>
<td>Pain Assessment, Part I — Multiple Domains of Assessment: From social communication, self-report scales for different ages, to influences on self-report</td>
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<td>Carl von Baeyer, PhD</td>
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<td>Terri Voepel-Lewis, PhD, RN</td>
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<tr>
<td>15:00</td>
<td>BREAK</td>
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<tr>
<td>15:30</td>
<td>Advanced Pediatric Pain Treatment: From Morphine to Multimodal Analgesia</td>
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<td>Stefan J. Friedrichsdorf, MD</td>
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<td>18:00–21:00</td>
<td>Evening Social: Appetizers and Drinks</td>
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Sunday, June 12, 2016

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 Dipyrone (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

        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

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
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<td><strong>Announcements, Integrative Experiential</strong></td>
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<td>08:00</td>
<td><strong>The Management of Neuropathic Pain and Use of Adjuvant Analgesia in Children</strong> Stefan J. Friedrichsdorf, MD</td>
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<td>09:30</td>
<td><strong>The Comfort Promise: Utilizing improvement methodology to bring evidence to the bedside</strong> Christian Weidner, BS Donna Eull, RN</td>
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<td>10:30</td>
<td>BREAK</td>
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<td>11:00</td>
<td><strong>Managing Acute and Chronic Pain in Children with Sickle Cell Disease (SCD)</strong> Nancy Jaworski, DNP, APRN, CNS</td>
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<td>11:45</td>
<td><strong>Research Initiatives in SCD and New Frontiers</strong> William Zempsky, MD</td>
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<td>12:30</td>
<td>LUNCH</td>
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<td>13:30</td>
<td><strong>Implementation of Integrative Medical Interventions for Treatment and Prevention of Procedural Pain in Infants and Neonates</strong> Marsha Campbell-Yeo, PhD, RN</td>
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<td>14:30</td>
<td><strong>Use of Regional Anesthesia in Pediatric Palliative Care: A Case-Based Approach</strong> Sarah Kaus, MD Frank Moran, MD</td>
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<td>15:15</td>
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<td>15:45</td>
<td><strong>Interdisciplinary Pediatric Palliative Care in the Hospital, Clinic &amp; at Home: A Case Report</strong> Kris Catrine, MD, Children’s PPC Team</td>
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<td>16:45</td>
<td><strong>Implementing Institutional Change: The Four Steps of Program Implementation</strong> Stefan Friedrichsdorf, MD</td>
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<td>18:00</td>
<td><strong>Evening Social: Dinner and Networking with Magician Extraordinaire, Matt Dunn</strong></td>
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<td>Matt Dunn, Magician</td>
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<tr>
<td>08:15</td>
<td><strong>Chronic, Complex and Common Spectrum: From Primary Pain Disorders in Head, Abdomen and Joints to Postsurgical Chronic Pain to Chronic-on-Acute Pain</strong></td>
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<td>Stefan J. Friedrichsdorf, MD</td>
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<td>09:45</td>
<td><strong>Communication and Chronic Pain</strong></td>
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<td>Kavita M. Desai, PhD</td>
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<td>10:15</td>
<td><strong>Feelings and Family: The role of psychosocial factors in children’s pain</strong></td>
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<td>Christine Chambers, PhD, RPsych</td>
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<td>10:45</td>
<td><strong>Opioid and Benzodiazepine Wean: Recognizing and Avoiding Withdrawal</strong></td>
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<td>Barb Symalla, MS, APRN, CNS</td>
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<td>11:45</td>
<td><strong>LUNCH / Optional APRN Meeting</strong></td>
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<td>13:45</td>
<td><strong>Hypnosis in Pediatrics – Part I</strong></td>
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<td>Leora Kuttner, PhD</td>
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<td>15:45</td>
<td><strong>Break</strong></td>
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<td>16:15</td>
<td><strong>Pain Management in Infants</strong></td>
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<td>KJS ‘Sunny’ Anand, MBBS, DPhil</td>
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<td>17:15</td>
<td><strong>Shifting Perceptions in Chronic Pain: “First your life gets back to normal, then the pain gets better (not the other way around)”</strong></td>
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<td>Stefan J. Friedrichsdorf, MD</td>
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Thursday, June 16, 2016

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

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

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

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
Department of pain medicine, palliative care and integrative medicine

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**

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  
stefan.friedrichsdorf@childrensMN.org

Co-Director:  
**Kavita Desai, PhD**  
Licensed clinical psychologist  
Department of pain medicine, palliative care and integrative medicine  
Children’s Hospitals and Clinics of Minnesota  
kavita.desai@childrensMN.org

Coordinator:  
**Katie McGuire, CAP**  
Senior administrative assistant  
Department of pain medicine, palliative care and integrative medicine  
Children’s Hospitals and Clinics of Minnesota  
katie.mcguire@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: $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

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. Payment may also be made with check by contacting Laurra Mohammed at 612-813-8130. Please note, registration is not complete nor is your spot held until payment is received.