

2ND ANNUAL MOVING THROUGH CHRONIC PAIN: A COMMUNITY RESPONSE



Thursday, May 28, 2015, 4:00 p.m. – 7:00 p.m.
Healthy Dinner Included

Jackson County Health & Human Services Building
Updated Address: 140 S. Holly Street, Medford, OR 97501

Who Should Attend:

Community Members Living with Chronic Pain and Supportive Family Members



Open and Free to the Public

OregonPainGuidance.org

Agenda, Thursday, May 28, 2015

4:00 p.m. **Introductions, Housekeeping** Jim Shames, MD

4:10 p.m. ***What We Know About Pain*** John Loeser, MD

Everyone knows what pain is; we think we even know what someone else's pain must be like. Pain is the most common symptom that leads to seeing a health care provider. In the working years, low back pain is responsible for more disability (inability to be gainfully employed) than the sum of cancer, heart disease, stroke and AIDS. It has been reported that 100 million Americans have chronic pain at a cost of over \$500 million. What can be done about this societal issue?

The first step is education of both those who suffer and those who attempt to help them. Most Americans have little understanding of the biology or the psychology of chronic pain and they look to their health care providers for answers. Unfortunately, health care providers are often woefully unformed about pain and its successful treatments. Just as drug manufacturers are now advertising directly to patients and bypassing doctors, pain management specialists are now talking directly to patients and their families in the attempt to relieve pain and suffering before they become entrenched in the patients' lives. My talk will address basic principles about acute and chronic pain and provide some guidelines for negotiating one's life to avoid having pain deprive one of pleasure and satisfaction.

4:40 p.m. Break

4:50 p.m. ***Offering Help and Hope for those Living with Chronic Pain*** Penny Cowan

This topic will introduce the American Chronic Pain Association and its mission and who it serves, and also address the statistics in the US regarding chronic pain, and its economic impact.

Pain can be confusing; Pain is invisible and often hard to measure. We offer hope and validation; and we move those in pain from patient to person. Fear is the most controlling factor when it comes to pain. Through communication, the healthcare community and you can work together to increase quality of life and decrease suffering; Move from passive patient to active participant, and provide you the tools for this improvement and to measure success. The tools to prepare include supportive documents to help with communication; documents specific for arthritis and fibro; log to share with your provider for self-management, and headache and back pain log.

The presentation will address opioid education—symptoms and medication safety. Finally, we will address learning how to live with pain.

5:25 p.m. Dinner

5:45 p.m. ***Beyond Opiates: Evolving Science of Pain and Addiction*** Darryl S. Inaba, Pharm D.

The National Institute on Drug Abuse estimates the co- morbidity of addiction and chronic pain to vary widely from 30 to 40%. Those working in either addiction treatment or in the management of chronic pain would usually lean towards the higher projection of this co morbid disorder. The 2015 National Institute of Health (NIH) White Paper of this subject documents a current epidemic of prescription opioid addiction and overdose deaths. Iatrogenic opioid addiction once considered to be very rare in now more common. Treatment of especially opiate/opioid use disorder in a patient with chronic pain continues to be a very difficult challenge as is the treatment of pain in any patient with a substance-related and addictive disorder. A historical swing between over and under treatment of pain will be considered. This presentation will review the current increase in opioid overdose and addiction problems especially in patients treated for chronic pain. The wide range opioid substances currently abused will be presented inclusive of Kratom a non opioid substance with major opioid effects. Brain imaging of both physical and emotional pain will be examined. Newer understandings of how hyperalgesia, hyperpathia, hyperkatifeia, allodynia, and opioid addiction compromise the use of opioids in the

treatment of chronic pain will be presented. The current science of addiction will be reviewed. Opioid alternatives including cannabidiol (a non-psychoactive chemical in marijuana) to treat chronic pain will complete this presentation.

6:15 p.m. ***Living a Valued Life With Chronic Pain***

Kevin Vowles

Much of human experience suggests that “good” living is living that is free of pain and distress. The presence of chronic pain, which by definition is chronic – as in here to stay and often is associated with distress, therefore seems to present two options--Get rid of pain to get good living and See if it is possible to live well with pain present.

This presentation will explore this second option in many ways. First, by carefully defining what is meant by “good living” – in brief, good living may be defined by engaging in activities that bring vitality and meaning to the life of the pain sufferer. Clinical approaches refer to these as valued activities. Perhaps unsurprisingly, there is a wealth of data suggesting that high engagement in valued activities is associated with less pain-related disability and distress – and higher levels of quality of life.

Second, by carefully defining what is meant by “living with pain” - again in brief, it seems possible to approach pain with a willingness to experience it and without engaging in ineffective struggles to control. This approach seems reliably associated with less pain-related disability and distress. Clinical examples will be provided. Finally, the treatment outcome literature will be discussed briefly. A few key examples of long-term outcomes (up to three years following treatment) will be illustrated.

6:45 p.m. ***Question and Answer Session***

Panelists

6:55 p.m. ***Conclusion/Closing Remarks***

Jim Shames

Speakers



Penny Cowan, Founder, Executive Director, American Chronic Pain Association

Ms. Cowan is the Founder and Executive Director of the [American Chronic Pain Association](#) (ACPA), which provides peer support and education in pain management skills to people with pain and their families and works to build awareness about chronic pain among professionals, decision makers, and the general public. Previously, she served as Consumer Representative for the FDA/CDER [Anesthetic and Analgesic Drug Products Advisory Committee](#) (AADPAC); [Interagency Pain Research Coordinating Committee](#) (IPRCC) of the National Institute of Health; and Co-chair of the National Pain Strategies Public Education and Communication Working Group, part of the IPRCC.

Penney is the author of *Patient or Person, Living with Chronic Pain*. She has also written all manuals and materials used by the American Chronic Pain Association. She successfully established [September as Pain Awareness Month](#) in 2002 with her Partners for Understanding Pain campaign, which raised awareness about the need to better understand, assess, and treat pain. More than 80 partner organizations joined the campaign. Since 1980, Penney has been an advocate and consumer representative for pain issues and received numerous awards from organizations, such as the Institute for Public Service, American Pain Society, and American Academy of Pain Medicine. She is listed in *Who's Who in America*, 24th Edition.



Darryl S. Inaba, PharmD, CATC-V, CADC III, Director of Clinical and Behavioral Health Services, Addictions Recovery Center, and Director of Research and Education, CNS Productions

Dr. Inaba is currently the Director of Clinical and Behavioral Health Service, Addictions Recovery Center, Medford Oregon and Director of Research and Education at CNS Productions, Inc. in Medford Oregon. Dr. Inaba is a Lifetime Fellow at Haight Ashbury Free Clinics in San Francisco and Associate Clinical Professor of Pharmacy at the University Of California San Francisco School Of Pharmacy. He also serves as Special Consultant/Instructor for the University of Utah School on Alcoholism and Other Drug Dependencies. While working at the Haight-Ashbury Clinics, Dr. Inaba supervised the clinical treatment of over 300,000 self-referred substance abusers. He is also noted for his work in developing culturally consistent treatment services with the National Asian Pacific American Families Against Substance Abuse and the Glide Memorial Church's African American Extended Family Recovery Center in San Francisco. Additionally, Dr. Inaba has served on numerous

boards and commissions and he has received over 90 individual awards of merit including awards from the California Society of Addiction Medicine and the California Association of County Drug Program Administrators. He earned a Doctor of Pharmacy from the University of California, San Francisco School of Pharmacy in 1971 and is a Certified Addiction Treatment Counselor (CATC) Level V and a Certified Alcohol and Drug Counselor III.

Dr. Inaba is the author of several publications and award winning educational videos on all aspects of substance abuse work. He and Mr. William Cohen co-authored *Uppers, Downer, All Arounders* that is used as the principal text on substance use disorders in over 300 U.S. universities and has been translated in over 6 foreign languages. The publication is now in its 8th Edition published in 2014.



John Loeser, MD, Professor, Emeritus of Neurological Surgery, Anesthesia and Pain Medicine, University of Washington, Seattle

Dr. Loeser is Professor *emeritus* of Neurological Surgery and Anesthesiology and Pain Medicine at the University of Washington where he has been a faculty member since 1969. He was the Director of the Multidisciplinary Pain Center at the University of Washington from 1983 to 1997. He has been active in research, teaching and patient care in the field of Pain Management for over 45 years. He was a founding member and served as president of the American Pain Society and the International Association for the Study of Pain. He has authored or co-authored over 200 peer-reviewed articles, 127 book chapters and 8 books. He is particularly interested in multidisciplinary pain management and the development of

rational strategies for the treatment of patients with chronic pain.



Jim Shames, MD, Medical Director, Jackson County Health & Human Services

Dr. Shames is a family practice physician, who first moved to the Rogue Valley in 1973. He started practicing in rural Josephine County and in the past has worked for the Takilma Peoples Clinic, Siskiyou Community Health Center, La Clinica and Josephine County Public Health. Dr. Shames is board certified in Family Practice as well as Addiction Medicine. He is currently the Medical Director of Jackson County Health and Human Services and serves as medical consultant to Allied Health Services, OnTrack and ARC.



Kevin E. Vowles, Ph.D.

Dr. Vowles completed his PhD in clinical psychology at West Virginia University in 2004 and post-doctoral fellowship at the University of Virginia the following year. From 2005 to 2012, he held joint positions in academia and with the National Health Service in the United Kingdom. He has been on faculty in the Department of Psychology at the University of New Mexico since 2012, where he is an Associate Professor. His clinical and academic activities have focused on the assessment and effective rehabilitation of individuals with chronic pain, an area within which he has published over 55 articles since beginning his doctoral training in 2002.