

An Integrative Approach to the Prevention and Treatment of Pain:

Learning from the Past and Present to Lead Us Safely Into the Future

December 10th 5:30pm-8:30pm
Livestream via Zoom

Program Description

With the passage of the Strengthen Opioid Misuse Prevention (STOP) Act in 2017 an increased emphasis has been placed on safe prescribing practices and reducing opioid prescriptions. This livestreamed presentation will review the latest in national and state-based prescribing guidelines, as well as best practices from an office-based policy perspective to mitigate risk and ensure appropriate prescribing. In addition, this session will focus on the prevention and management of pain through non-pharmacological interventions.

Target Audience

Physicians, Physician Assistants, Nurse Practitioners, Pharmacists, and other interested healthcare professionals.

[Register Here](#)

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Faculty

Kim Thrasher, PharmD, BCACP,FCCP, CPP

Since 2011, Kim has been a Clinical Pharmacist with Community Care of the Lower Cape Fear (CCLCF), part of Community Care of North Carolina, an organization that is contracted with NC Medicaid to provide coordinated care for its beneficiaries. She has also been an Adjunct Associate Professor with UNC Eshelman School of Pharmacy, teaching and precepting Doctor of Pharmacy students since 1991. Prior to position with CCLCF, she established and ran for ~25 years the Antithrombosis Clinic at New Hanover Regional Medical Center and University Physicians, and collaborated with the Internal Medicine, General Surgery, and Obstetrics-Gynecology Residency programs. She is recognized as a Clinical Pharmacist Practitioner (CPP) by NC Medical Board and NC Board of Pharmacy since 2005. She is a Board-Certified Ambulatory Care Pharmacist (BCACP) and Fellow with the American College of Clinical Pharmacy (FCCP). She has held leadership positions on the Board of Regents with the American College of Clinical Pharmacy (ACCP), the 3rd largest national pharmacy organization. She was appointed to the New Hanover County Board of Health in 2012, served as Chair in 2016 and now is serving a four-year term on the Health and Human Services Board. Since joining CCLCF, many of her professional activities have focused on best practices for opioid prescribing, alternative pain management options, and increasing awareness of Opioid Use Disorder and its treatment. Other of her activities within CCLCF include steps to increase awareness of the Community Pharmacy Enhanced Services Network (CPESN) within NC. Her professional work is tolerated by my husband, two teenage children and two rescued dogs.

Ann Quinlan-Colwell, PhD, AHNC, RN-BC,

is a clinical nurse specialist in pain management at New Hanover Regional Medical Center; adjunct faculty at the University of North Carolina Wilmington, and independent educator/consultant in pain management in Wilmington, North Carolina. During the last 20 years working in pain management she has worked at Duke University Medical Center as CNS and Pain Program Coordinator and with the hospices at UNC Chapel Hill and Duke. She earned a PhD in nursing at the University of North Carolina Greensboro where her doctoral research explored the relationships among chronic low back pain, anger and gender and received the Sigma Theta Tau Doctoral Student Award for Excellence. She is a North Carolina Great 100 Nurse and is certified in pain management nursing, advanced holistic nursing, holistic stress management education, and a credentialed Therapeutic Touch practitioner and educator. Dr. Quinlan-Colwell is a member of numerous professional societies including immediate past president of the American Society for Pain Management Nursing; Nu Omega Chapter of Sigma Theta Tau and president of the Southern Pain Society. She has published book chapters, journal manuscripts; to books: the Compact Clinical Guide to Geriatric Pain Management, and most recently Pain Assessment and Multimodal Management an Integrative Approach. She has presented to a variety of audiences nationally and internationally and is honored to be the 2019 recipient of the Hugh L. and Renee S. Rosomoff Award for Excellence in Pain.

Learning Objectives

At the conclusion of this livestreamed, knowledge-based activity, participants should be able to:

- ▶ Explain national and state-based regulations, as well as office-based policies, relevant to safe and appropriate prescribing of opioids and other modalities for the treatment of pain
- ▶ Describe interdisciplinary approaches to risk mitigation and harm reduction when prescribing opioids
- ▶ Summarize the evidence and current legality for medical cannabis and CBD products used for relief of pain
- ▶ Describe how pain can be managed from a primary, secondary and tertiary approach
- ▶ Identify at least 3 non-pharmacological interventions that can be taught or recommended to patients to control pain
- ▶ Identify at least 3 non-pharmacological interventions for which patients can be referred to other health care providers

Credit

CME Credit: 3.0 Hours

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society through the joint providership of South East Area Health Education Center and Governor's Institute on Substance Abuse. SEAHEC is accredited by the NCMS to provide continuing medical education for physicians. SEAHEC designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credits™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

ANCC and the North Carolina Board of Nursing accepts
AMA PRA Category I credits™
from the organizations accredited by the Accreditation Council for Continuing Medical Education (ACCME).

Pharmacy Credit: 3.0 Hours

The University Of North Carolina Eshelman School Of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. ACPE program 0046-9999-20-378-L08-P provides 3.0 contact hours of continuing pharmacy education credit. To receive CE credit, participants must verify attendance, and complete the evaluation form(s) of this program. Participants must provide their name, email address, NABP e-Profile ID, and date of birth (MMDD) to receive credit. Statements of credit can be viewed and printed in CPE Monitor in approximately 2 to 3 weeks. It is the participant's responsibility to check CPE Monitor to verify credit has been uploaded. If credit is not shown please contact the provider within 60 days of the program date. No partial session credit will be given



Contact Hours: 3.0

Cancellation Policy

Registrants cancelling between weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.

No refunds or credits will be given for cancellations received less than two full business days prior to the event.

Cancellations greater than 2 weeks prior to the event will receive 100% refund.

No vouchers will be issued in lieu of a refund.

Transfers/substitute(s) are welcome (notify us of this in advance of the program)

Cancellations must be in writing (fax or email)

Agenda

TIME	TITLE
5:30pm-6:30pm	Safe Prescribing Best Practices
6:30pm-6:35pm	Break
6:35pm-8:05pm	Integrative Pain Management and Prevention
8:05pm-8:30pm	Open Discussion and Q &A with Presenters