

Venue

Red Lion Columbia Center

1101 N Columbia Center Blvd,
Kennewick, WA 99336

Hotel rate: \$129 - mention your attending conference | 509-783-0611

Conference will also be available streamed live on Zoom or a recording for those who can't make the date.

Accreditation



- ◆ This live activity is accredited for 14 AMA PRA Category 1 Credits.^{TM*}
- ◆ 14 MOC points for the ABIM MOC Program
- ◆ Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- ◆ Approved for a total of 3 NP Pharmacology hours. (Fri.-2 & Sat. - 1)
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ 14 pharmacy ACPE credits applied for
- ◆ ANCC accepts these credits as equivalent credits for recertification.
- ◆ 14 CE contact hours for Washington State Nursing Commission.
- ◆ Physical Therapy- WA board of PT accepts these credits if the provider thinks the course is relevant to their practice
- ◆ Chiropractors- WA board of Chiropractics accepts these credits if the provider thinks the course is relevant to their practice

Questions

Diane Russo russocme1@gmail.com or 509-989-9800

Melissa Neighbors russocme@gmail.com or 509-431-0718

Faculty Speakers

Kyle Bonin, PT, DPT
Board Cert: Physical Therapy,
Therapeutic pain Specialist Certificate
Therapeutic Associates
Kennewick and Pasco, WA

**Srini R Chandra, BDS MD FDSRCS
FIBCSOMS (Onc Recon) FACS**
Board Cert: OMFS and Head
Neck Surgeon
Oregon Health and Sciences
Portland, OR

Amber Charoen, MD
Board Cert: Internal Medicine and
Gastroenterology by American Board of
Internal Medicine (ABIM)
Gastro Health - Tri-Cities
Kennewick, WA

Juno Choe, M.D., PhD
Board Cert: Radiation Oncologist
Northwest Cancer Clinic
Kennewick, WA

Michael Kolczynski, M.D.
Board Cert: Anesthesiologist
Board Cert: Pain Management
Specialist
Precision Interventional Pain Center
Kennewick, WA.

Ralph Laraiso, MD
Board Cert: PM&R
Prosser Memorial Health
Richland, WA

Nathan Spencer DO
Physical Medicine and Rehabilitation,
ABPMR Certified
Kadlec Neuroscience Center
Richland, WA

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Physical Medicine and Rehabilitation,
ABPMR Certified
Kadlec Neuroscience Center
Richland, WA

Raymond M. Quock, Ph.D.
Specialty: Psychopharmacology
Pullman, Washington

Lisa Rootvik, ARNP, AOCNP
Northwest Cancer Clinic
Kennewick, WA

Eric Varley, DO
Board Cert: General Surgery and
Orthopaedic Surgery
Virginia Mason Franciscan Health
Seattle, Washington

Kyle Varner, MD
Board Cert: Internal Medicine
Inclusa Health and Wellness
Liberty Lake, WA

Holly Watson, PhD, ANP-BC
Certified nurse practitioner by ANCC
(American Nurses Credentialing Center)
Seattle, WA

Michael Watson, MD
Board Cert: Family Medicine
Franciscan Family Medicine Residency
Bremerton, WA

Noel Ybarra, DPT
Board Cert: Orthopedic
Clinical Specialist
Certified Manual Physical Therapist
ConnectTherapy Series Graduate
Lourdes Medical Center
Pasco, WA

* This live activity has been planned and implemented in accordance with accreditation requirements and policies of the Colorado State Medical Society through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the Colorado State Medical Society to provide Continuing Medical Education for physicians. This educational activity is designated for a maximum of 14 hours of AMA PRA Category 1 Credits.

Non Profit
US Postage Paid
Spokane, WA
Permit 28



700 S Main St
Moscow, ID 83843

Tri Cities Pain Conference
14 AMA Category 1 Credits

Available in person, streamed live
and recording available

Tri-Cities Pain Conference

14 AMA PRA Category 1 CreditsTM
Continuing Medical Education



April 25-26, 2025
Kennewick, WA

Early Registration : March 28, 2025
Regular Registration: April 16, 2025

www.RussoCME.com

Friday April 25, 2025

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Minimizing Time for Treatment of the Chronic Pain Patient | Michael Kolczynski, MD**
 - Clinical Presentation of Common Pain Complaints
 - Workup and Navigating through the Insurance Landscape
- 9:00AM Obesity Treatment and Chronic Pain: New Tools and Strategies - Klye Varner, MD**
 - Identify chronic pain patients whose pain is a result of or worsened by obesity • Discuss the mechanisms by which obesity causes and worsens chronic pain
 - Discuss currently available medical and surgical options
- 10:00 AM Break/Exhibits**
- 10:20AM Nonpharmacologic Support for People with Chronic Pain | Holly Watson, PhD, ANP-BC**
 - Review gaps in nonpharmacologic pain care access
 - Examine three psychoeducational approaches to chronic pain management
 - Understand how people with pain can access psychoeducational skills training
- 11:20AM Opioid Dependence & Treatment | Raymond Quock, PhD**
 - Differentiate between the three classes of opioids
 - Discuss drug diversion of prescription painkillers and the emergence of fentanyl.
 - Review different approaches to treatment of opioid use disorder.
- 12:20PM Lunch Break/Exhibits**
- 1:15 PM Treating Low Back Pain by Focusing on Function Kyle Bonin, PT**
 - Stress of low back on the population
 - Components of a Physical Therapy evaluation
 - Traditional treatment vs a pain neuroscience approach
 - Ways to focus on function for improved outcomes and to reduce healthcare costs.
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Update Clinical Guideline: Management of Irritable Bowel Syndrome Amber Charoen, MD**
 - Understand an updated pathophysiology of IBS
 - Delineate diagnostic criteria used in clinical practice for accurate diagnosis
 - Discuss the latest data and levels of evidence for current and emerging treatments
- 3:30 PM Spine Surgery in 2025 - What's Next Eric Varley, MD**
 - Review of common degenerative pathology
 - Current treatment options
 - Discuss cutting edge technologies
- 4:30 PM Conference Adjourned**

Saturday April 26, 2025

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Low Back Pain: A Comprehensive Physical Therapy Approach | Noel Ybarra, DPT**
 - Recognize that Clinical Reasoning, Biomechanics and Pain Mechanism Classification are essential in developing a successful treatment plan
 - Classify Non-Optimal movement (Lumbar Extension Syndrome and Contralateral pelvis thorax translation, etc.) patterns that critical in rehabilitating low back pain.
- 9:00AM Cryoneurolysis, A New Way to Freeze Knee Pain Nathan Spencer, DO**
 - Review the pathophysiology of diabetic polyneuropathy
 - Discuss the potential differential diagnosis and diagnostic workup • Review current management options for peripheral neuropathy
- 10:00 AM Break/Exhibits**
- 10:20AM Diabetic polyneuropathy, a very insensitive pain in the foot | Nathan Spencer, DO**
 - Pain theories • The pain experience
 - Educate patients on basic PNE concepts to: promote self care, decrease unnecessary fear of movement, minimize treatment cost
- 11:20AM Jaw, Head and Neck -Pain and Therapies Srinivasa Chandra, MD, BDS**
 - Common Head and Neck Issues including Facial pain, TMJ, Oral Cancer, Radiation related pain, Trigeminal Neuralgia- Acute and Chronic Pain issues
- 12:20 PM Lunch Break/Exhibits**
- 1:15 PM Primary Care Medication Assisted Treatment for Opiate Use Disorder Michael Watson, MD**
 - Identify the 3 primary medications for treatment
 - Describe the induction process using Buprenorphine to treat Opiate Use Disorder
 - Identify adjunctive treatment medications for use with Buprenorphine.
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Radiation Therapy for Cancer Pain Control and Common Foot problems | Juno Choe, MD**
 - Review treatment options and therapies for the cancer pain patient
- The Role of Palliative Care Lisa Rootvik, ARNP, AOCNP**
 - Review Palliative Care therapies and treatment options
- 3:30 PM Chronic Pain Medicine - Whats New Whats Not Ralph Laraiso, DO**
 - Review current control substance recommendations
 - Review new medications and treatment options
 - What appears to be working and what appears to not work.
- 4:30 PM Conference Ends**

Gold Educational Support



Registration Information

- Complete and mail in the attached registration form or
- Register online at www.russocme.com

- **Early Registration** must be post marked by March 28, 2025
- **Regular Registration** must be post marked by April 16, 2025
- **Day of Registration available.** Additional \$20 for registration day of or after April 16. Just walk in and register or you can register online and a link to the conference page will be at russocme.com
- **Recording** - Conference will be recorded and accredited with AMA Category 1 Credits. You can register for the recording and a copy will be sent to you 1 week later. We also send a copy out to all participants just for future reference.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before April 19. There will be a \$50 administration fee withheld. Cancellations between April 18 and April 24, you can send someone in your place or transfer to another conference with in 12 months. Course is planned to be recorded and accredited, option to watch course after the live event for credits. No refunds once the conference begins.

Registration Form

Tri-Cities Pain Conference

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Clinic Name: _____

Clinic City: _____

- Please indicate what format you will be attending
- In person Stream live Recording

Walk in registration available. An Additional \$20 will be charged if post marked after April 17, 2024.

Regular Registration Due: April 16, 2025

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$430	\$405	\$280
Friday Only	\$285	\$255	\$185
Saturday Only	\$285	\$255	\$185

*PT, DC, OD, PharmD, ND, Other **Students \$75 a day

Early Registration Due: March 28, 2025

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$415	\$390	\$265
Friday Only	\$270	\$240	\$170
Saturday Only	\$270	\$240	\$170

Please make checks payable to RussoCME
Mail completed form with your check to:

Melissa Neighbors
Box 1773
East Sound, WA 98245