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MEDICAL CENTER  
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Moscow, ID 83843

Spokane Pain Conference

15 AMA PRA Category 1 Credits  
Continuing Medical Education

# Spokane Pain Conference

15 AMA PRA Category 1 Credits™  
Continuing Medical Education



November 9 & 10, 2018  
Spokane, WA

Regular Registration: October 31  
[www.RussoCME.com](http://www.RussoCME.com)

Early Registration  
Savings! Oct. 12

## Spokane Pain Conference

November 9-10, 2018

The Centennial Hotel Spokane  
(Formerly Hotel RL Spokane at the Park)  
300 West River Drive  
Spokane, WA 99201

### Accreditation

- ◆ This live activity is accredited for 15 AMA PRA Category 1 Credits™.\*
- ◆ Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- ◆ Approved for a total of 7 NP Pharmacology hours. (Fri.-2 & Sat. - 5)
- ◆ Approved by Washington State Board of Pharmacy for 15 Pharmacist CE Hours.
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ ANCC accepts these credits as equivalent credits for recertification.
- ◆ Credits will count towards RN & LPN CE Competency Compliance for Washington State.

### Accommodations

Attendees are responsible for reserving rooms. The following prices have been quoted for conference attendees.

- ◆ The Centennial Hotel Spokane - \$120/night  
Phone: (509) 326-8000

### Questions

General Questions:  
Diane Russo 509-989-9800 [russocme1@gmail.com](mailto:russocme1@gmail.com)  
Accreditation Questions:  
Melissa Neighbors 509-431-0718 [russocme@gmail.com](mailto:russocme@gmail.com)

## Faculty Speakers

Daniel Blizzard, MD  
Board Eligible: Orthopedic Surgery  
Axis Spine Center  
Spokane, WA

Roland Kent, MD  
Board Certification: Orthopedics  
Axis Spine Center  
Spokane, WA

Patty Bullick, LCSW  
Retired Riverwood Counseling  
Spokane, WA

Russell Legg, MD  
Board Cert: Anesthesiology  
Spokane Spine Center  
Spokane, WA

Gregory Carter, MD  
Board Cert: PM&R  
St. Luke's Physiatry Practice  
Spokane, WA

Jamie Lewis, MD  
Board Cert: PM & R and Pain Medicine  
Northwest Spine and Pain Medicine  
Spokane, WA

Patricia Fernandez, PSY.D  
Northwest Spine and Pain Medicine  
Spokane, WA

Scott Magnuson, MD  
Board Cert: Anesthesiology,  
Pain Medicine  
Sub-specialty: Pain Management  
Pain Management of North Idaho  
Coeur D'Alene, Idaho

Johanna Golke, PA-C  
Northwest Spine and Pain Medicine  
Spokane, WA

Steven Goodman, MD  
Board Cert: PM & R,  
Electrodiagnostic Medicine  
LearnIMS Continuing Education  
Spokane, WA

Angelie Melzer, PMA-CPT, BS  
Owner, Team Pilates  
Spokane, WA

Jessica Jameson, MD  
Board Cert: Anesthesia and  
Pain Medicine  
Axis Spine Center  
Spokane, WA

Shawn Needham, BS Pharm  
Moses Lake Professional Pharmacy  
Moses Lake, WA

Juan Jaramillo, DPT  
Cornerstone Physical Therapy  
Spokane, WA

Sean Smitham, PhD  
Northwest Spine and Pain Medicine  
Spokane, WA

Marian Wilson, MPH, PhD, RN-BC  
Board Cert: Pain management  
Washington State University  
Spokane, WA

\* This live activity has been planned and implemented in accordance with accreditation requirements and policies of the ACCME through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the ACCME to provide Continuing Medical Education for physicians.

### Online CME Courses

- ◆ Over 200 Accredited Courses Available

**MorningCME.com**

From Virginia Mason & UW Medicine

November 9, 2018

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Regenerative Medicine: Science or Snake Oil | Jamie Lewis, MD**  
Definition & current theories • Stem cells and platelet products • Cord blood, adipose and bone marrow stem cells • FDA's role
- 9:00AM Pain Psychology to Overcome Barriers Patricia Fernandez ,PSY.D|Sean Smitham, PhD**  
Identify patients who would benefit from pain psychology • Maximize your patient's engagement • Psychological interventions
- 10:00 AM Break/Exhibits**
- 10:20AM Nutraceuticals and The Role They Play in Pain Medicine |Johanna Golke, PA-C**  
Therapeutic benefits of supplements • Supplements into clinical practice • Options for the treatment of chronic pain
- 11:20AM Advances in Interventional Pain Medicine Jessica Jameson, MD**  
New technologies and indications • New treatment paradigms for chronic pain
- 12:20PM Lunch Break/Exhibits**
- 1:15 PM Utilizing the Modalities of Movement Therapy and Neuromuscular Re-education Angelie Melzer, PMA-CPT, BS**  
Case studies: Pediatric Scoliosis, Total Hip Replacement, Breast Cancer/Post Mastectomy and Scar tissue adhesion release Motion Preservation in Spine Surgery
- 2:15 PM Motion Preservation in Spine Surgery Roland Kent, MD**  
Physiologic motion in the spine Importance of maintaining spine motion • Surgical approaches used to preserve spine motion.
- 3:15 PM Afternoon Break/Exhibits**
- 3:30 PM Mindfulness-Based Cognitive Therapy for Chronic Pain | Patty Bullick, LCSW**  
Primary treatment model of MBCT for chronic pain • Psychosocial factors related to the perception of pain • Techniques using MBCT
- 4:30 PM Neuropathic-Myofascial Pain Syndromes & Trigger Point Dry Needling | Steven Goodman, MD**  
Types 1-3 pain & high incidence of type 3 pain • Treatment of neuropathic-myofascial pain syndromes • Therapeutic mechanisms
- 5:30 PM Conference Adjourned**

November 10, 2018

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Update on Opioid Management Scott Magnuson, MD**  
CDC, WA & ID guidelines for opioid management • Opioids and the treatment continuum of chronic pain • Successful management with opioids and how to terminate opioid therapy when necessary
- 9:00AM Innovative Therapies via Compounding Shawn Needham, BS Pharm**  
Low dose naltrexone to help patients stay off opioids • Compounded topical options in place of opioids • Compounded alternatives for opioid induced constipation
- 10:00 AM Break/Exhibits**
- 10:20AM Fascial Planes and Pain | Juan Jaramillo, DPT**  
Identification of Fascial Lines • Fascial Lines and Pain • Myofascial referral sites and treatment
- 11:20AM Explaining Pain Management Options to Patients | Russell Legg, MD**  
Patient self management • Rehabilitation options • When to prescribe medication or refer for an interventional pain consult
- 12:20 PM Lunch Break/Exhibits**
- 1:15 PM The Sport Investigation: Impacts on Treatment and Spine | Daniel Blizzard, MD**  
Purpose and methods of the sport trial study design • Various conditions studied in the trial • Outcomes and how this applies to your patients
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Medicinal Cannabis and Its Role in Chronic Pain Management | Gregory Carter, MD**  
Identify the key components of the endocannabinoid system • Key active components in cannabis Appropriate medical uses of cannabis for pain
- 3:30 PM Cannabis Use Patterns and Pain Symptoms Marian Wilson, MPH, PhD, RN-BC**  
Cannabis use patterns and pain symptom burdens for adults prescribed opioids in the Inland Northwest. • Prescribed opioids for pain verses prescribed opioids for opioid use disorder •Confidence in self-management of pain and emotional symptoms
- 4:30 PM Conference Ends**

Registration Information

- ✉ Complete and mail in the attached registration form or
- 🖱 Register online at [www.russocme.com](http://www.russocme.com)

- **Early Registration** must be post marked by October 12
- **Regular Registration** must be post marked by October 31
- **Walk-in Registration** available. Additional \$20 for registration at door or postmarked after October 31.

**Cancellations:** All cancellations need to be emailed to Melissa at [russocme@gmail.com](mailto:russocme@gmail.com) on or before November 3rd. There will be a \$50 administration fee withheld. Cancellations between November 4th-November 8th: You can send someone in your place or transfer to another conference with in 12 months with an added \$50 transfer fee. No refunds once the conference begins.



N O R T H W E S T  
SPINE & PAIN MEDICINE



SPOKANE  
**SPINE CENTER**  
YOUR RECOVERY BEGINS HERE!

Registration Form

Spokane Pain Conference

Please print legibly. Receipts will be e-mailed.

Name: \_\_\_\_\_

Degree: \_\_\_\_\_ Specialty: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Clinic City: \_\_\_\_\_

**Walk in registration available. An Additional \$20 will be charged if post marked after Oct. 31, 2018.**

**Regular Registration Due: Oct. 31, 2018**

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$405	\$380	\$255
Friday Only	\$265	\$235	\$165
Saturday Only	\$265	\$235	\$165

\*PT, DC, OD, PharmD, ND, Other \*\*Students \$70 a day

**Early Registration Due: Oct. 12, 2018**

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$390	\$365	\$240
Friday Only	\$250	\$220	\$150
Saturday Only	\$250	\$220	\$150

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

**Melissa Neighbors**  
225 NW Thomas Street  
Pullman, WA 99163

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