

Venue

Spokane Valley Event Center
10514 E Sprague Ave
Spokane Valley, WA 99206

Event will also be available streamed live on Zoom and recorded.

Accommodations

Comfort Inn and Suites - \$99 per night call 509.926.7432 and request the Pain Conference rate.

Accreditation



◆ 14 AMA PRA Category 1 Credits™

◆ 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.

◆ 14 CE contact hours for the Washington State Board of Nursing.

◆ Approved for a total of 2 NP Pharmacology hours. (Fri.-1 & Sat. - 1)

◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's

◆ 14 equivalent CE credits for ANCC recertification

◆ Washington DC's - DC can review course and if course is relevant to their practice credits will be accepted.

◆ Washington & Idaho PT's - PT can review course and if course is relevant to their practice, credits will be accepted.

◆ Idaho State DC's - Accepts 14 AMA Category 1 Credits as 14 CE credits

◆ Pharmacists - If you want ACPE credits, please contact me at least 3 weeks in advance to see if available

Questions

General Questions: Diane Russo - 509-989-9800
russocme1@gmail.com

Accreditation Questions/Registration

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

RussoCME.com

Faculty Speakers

Alicia Carrasco, MD, MA
Board Cert: Internal Medicine,
Addiction Medicine
Boise VA Medical Center
Boise, ID

Gregory Crisp, MD
Board Cert: Pain & Anesthesia.
Spine Team Pain and
Surgical Center
Spokane and Spokane Valley, WA

John Gilmer, MD
Board Eligible
Northwest Spine and Pain Medicine
Spokane, WA

David Glassman, MD
Board Cert: Orthopaedic Surgery
Axis Spine Center
Northwest Specialty Hospital
Post Falls & Couer d'Alene, ID

Howard Grattan, MD
Board Cert: Pain Management,
Physical Medicine and Rehabilitation
Northwest Center for
Regenerative Medicine
Vancouver, WA

J. Sorin Ispirescu, MD
Board Cert: Pain Management
and Anesthesiology
Idaho Pain Clinic
Sandpoint, Idaho

Roland S. Kent, MD
Board Cert: Orthopedic Surgery
Axis Spine Center
Northwest Specialty Hospital
Post Falls & Couer d'Alene, ID

Russell Legg, MD
Board Cert: Anesthesia and Pain
Northwest Pain Specialists
Spokane Valley, WA

John Long, DO, FAAPMR
Board Cert: PM & R
Spokane Spine Center
Spokane WA

Jamie Lewis, MD
Board Cert: Physical Medicine
and Rehab, Pain Medicine
Northwest Spine and Pain Medicine
Spokane, WA

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

Vivian Moise, MD
Board Cert: PM&R & Sub-specialty
of Spinal Cord Injury Medicine
St. Luke's Physiatry and Neuromuscular
Clinic at the Providence St. Luke's
Rehabilitation Medical Center
Spokane, WA

Nathan Sneddon MD
Board Cert: Anesthesia & Pain Medicine
Spine Team Pain and Surgical Center
Spokane, WA

Sean Smitham, PhD
Clinical Psychologist
Spokane Veteran Center
Spokane, WA

*This live activity has been planned and implemented in accordance with the 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 Credit(s).

Fall/Winter Conferences

Updates in Medicine - Kennewick, WA
- Live & Virtual - October 18 & 19, 2024
Olympic Peninsula Medical Conference - Port Angeles
- Live & Virtual - November 8 & 9 2024
NW Primary Care Conference - Online
- Virtual - December 6 & 7, 2024
Wenatchee Valley Medical Conference - Wenatchee
-Live & Virtual - Jan. 31 - Feb 1, 2025
Registration at russocme.com

Non Profit
US Postage Paid
Spokane, WA
Permit 28



700 S Main St
Moscow, ID 83843

14 AMA PRA Category 1 Credits™
Continuing Medical Education



In person, Streamed live and
Recording Option

Spokane Pain Conference

14 AMA PRA Category 1 Credits™
Continuing Medical Education

October 25 & 26, 2024

Early Registration: Sept. 27, 2024
Regular Registration: Oct. 16, 2024

www.RussoCME.com

Friday, October 25

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Regenerative Medicine for the Treatment of Knee Pain | Jamie Lewis, MD**
 - Review current science and supported techniques
 - Describe regenerative medicine and knee pain
 - Assess surgical treatment of knee pain
- 9:00AM Evidence Based Physical Exam of the Lumbar Spine | John Gilmer, MD**
 - Review pretest probability, likelihood ratios, and post test probability
 - Investigate pertinent physical exam tests of the spine
 - Describe physical examination of the lumbar spine
- 10:00 AM Break/Exhibits**
- 10:20AM Advancing Pain Management: Peripheral Nerve Stimulation | J. Sorin Ispirescu, MD**
 - Mechanism of Peripheral Nerve Stimulation (PNS)
 - Candidates for PNS
 - Integrating PNS into Primary Care Practice
- 11:20AM Interventional Approaches for Pain Management Scott Magnuson, MD**
 - Current interventional options for pain management.
 - When interventional pain management is appropriate.
 - Current evidence for interventional pain management.
- 12:20PM Lunch Break/Exhibits**
- 1:15 PM Patient Specific Spine Surgery Roland Kent, MD**
 - Define patient specific spine surgery
 - Describe the rationale and proposed benefits of patient specific spine surgery
 - Explore the data
- 2:15 PM Between a Rock and a Hard Place: Decreasing Risk in Opioid Prescribing | Alicia Carrasco, MD**
 - Identify patients with chronic pain who may benefit from buprenorphine
 - Accurately interpret results of urine toxicology testing
 - Pros and cons of opioid tapers
- 3:15 PM Afternoon Break/Exhibits**
- 3:30 PM Psychology and Pain Sean Smitham, PhD**
 - Healing chronic pain through Psychology
 - Pain Neuroscience Education (PNE) and Pain Reprocessing Therapy (PRT)
 - Role of trauma in chronic pain
- 4:30 PM Conference Adjourned**

Saturday, October 26

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Spinal Cord Stimulation Howard Grattan, MD**
 - Identify the various types of implanted stimulation
 - Review the indications for each
 - Discuss risks and benefits of stimulators
- 9:00AM Balloon Kyphoplasty - Attaining More than Pain Relief | Gregory Crisp MD**
 - Review evidence supporting Balloon Kyphoplasty
 - Identify etiology of compression fractures and indications for this procedure
 - Review the procedural process, as well as associated risks and benefit tools
- 10:00 AM Break/Exhibits**
- 10:20AM Vertebroprogenic Pain: Identification & Treatment Options Nathan Sneddon MD**
 - What is vertebroprogenic pain?
 - Who is the patient with Vertebroprogenic pain?
 - What are the treatment options for Vertebroprogenic pain?
- 11:20AM Cervical Myelopathy: Evaluation, Diagnosis, and Treatment | David Glassman, MD**
 - Discuss the pathophysiology and related conditions
 - Explore multi-disciplinary team approaches for treatment
 - Review pertinent physical exam and diagnostic studies
 - Explain nonoperative and operative treatment options
- 12:20 PM Lunch Break/Exhibits**
- 1:15 PM Selecting Candidates for Injections Russell Legg, MD**
 - Indications for interventional pain treatments
 - Which patients do well and which tend to fail?
 - Types of interventional treatments
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Electrodiagnostic Studies: What Can They Tell Us? John F. Long, D.O., FAAPMR**
 - Referring patients: who and when
 - Usefulness in clinical practice
 - Review performance and Interpretation of Electrodiagnostic Studies.
- 3:30 PM Pain with Spinal Cord Injury Vivian Moise, MD**
 - Patterns of neuropathic pain with spinal cord injury.
 - Frequency of neuropathic pain for those with spinal cord injury, and it's impact on function and quality of life.
 - Medication: dosing and type, for treating neuropathic pain with spinal cord injury.
- 4:30 PM Conference Ends**

Educational Supporters



Idaho Pain Clinic

Registration Information

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

- **Early Registration** must be post marked by September 27.
- **Regular Registration** must be post marked by October 16.
- **Day of Registration Welcome.** Additional \$20 for registration day of or postmarked after Oct. 16.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before October 23.. There will be a \$50 administration fee withheld. Between October 23 and October 26, you can send someone in your place, sign up for the recording to watch later or transfer with a \$50 admin fee to another conference with in 12 months. No refunds once the conference begins.

Registration Form or Russocme.com

Spokane Pain Conference 2024

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Clinic Name: _____

Clinic City: _____

- Attending in Person Attending Virtually
- Accredited Recording

Walk in or day of registration available. An Additional \$20 will be charged if post marked after Oct. 16.

Regular Registration Due: Oct. 16, 2024

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, ND, residents **Students \$75 a day

Early Registration Due: Sept. 27, 2024

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
PO Box 1773
Eastsound, WA 98245