

# Understanding How to Explain Pain

2019 OPAT Preconference Workshop  
Wednesday, May 29, 2019  
8:00 a.m. – 12:00 p.m.

## ***Reconceptualizing Pain and the Brain***

### **Presenters:**

Kevin Cuccaro, DO, Pain Specialist & Independent Consultant

Sharna Prasad, PT, TPS, MBSR, Lebanon Community  
Hospital, Samaritan Health Services

Misty Hull, Patient

## ***Understanding the Five Key Domains of Best Practice Pain Care and Making Your Job Easier: New Pain Education Tools for Oregon Providers and Patients***

### **Presenters**

Nora Stern, PT, MSPT, Clinical Program Manager,  
Comprehensive Pain Service, Providence St. Joseph  
Health and Services

Catriona Buist, PsyD, Assistant Professor, Department  
of Anesthesiology and Perioperative Medicine and  
Psychiatry

Sara Love, ND, Sr. Project Manager/Sr. Improvement  
Facilitator, HealthInsight-Oregon

Kevin Novak, MS, Research Assistant, HealthInsight-  
Oregon

### **Learning Objectives:**

- Demonstrate an understanding of pain science and best practice pain care
- Apply resources and tools to more effectively educate, screen and provide care for patients with persistent pain
- Learn communication strategies to better navigate difficult conversations
- Increase understanding about the role of trauma and its relationship to persistent pain

**Target Audience:** Primary care physicians, social workers, rehabilitation specialists, clinic staff, specialists, other clinicians

### **Description:**

Patients and providers often lack adequate education and resources to discuss pain, safer pain care strategies and opioid tapering. Because persistent pain is complex and requires a multi-disciplinary approach, providers and patients need a better understanding of the science of pain to address common misconceptions. This includes understanding the components of best practice pain care and recognizing the role of early life stress on central nervous system and its important relationship to persistent pain.

This workshop will explore how education plays an important role in transforming lives. Participants will learn tools and messaging to move patients from fear to understanding and increase confidence that change is possible. This includes demonstrating an understanding the 5 key domains of best practice pain care outlined in the Oregon Pain Management Commission's Pain Education Module: understanding pain, sleep, mood, activity and nutrition and examining other tools and resources to help navigate difficult conversations.

**Accreditation:** 3.5 AMA PRA Category 1 Credits™

**Cost:** \$125