Pain and Palliative Care Overview

If your schedule won’t allow you to stay for the whole meeting, maximize your time in Los Angeles and get the most out of a shorter trip with this Pain and Palliative Care specialty track, with core programming taking place Sunday to Tuesday. Look for education and science covering a variety of pain and palliative care-related topics, including scientific platform sessions taking place in the dynamic, interactive experiential learning areas.

Saturday, April 21
9:30 a.m.–11:30 a.m.
C10  More than Medicine: How to Access Home Care, Support Caregivers, and Discuss Complex Situations in Advanced Neurologic Disease
12:45 p.m.–1:45 p.m.
 располагаем экспертный совет: экспертов по головной боли и боли

Sunday, April 22
3:30 p.m.–4:10 p.m.
S6  Pain and Palliative Care Platform Session

Monday, April 23
1:00 p.m.–3:00 p.m.
C75  Safe and Appropriate Opioid Prescribing in Neurology
3:30 p.m.–5:30 p.m.
C88  Core Concepts in Pain Management: Refractory Neuropathic Pain Practical Pharmacologics, Advances in Neuromodulation, and a Balanced Look at Cannabinoids

Tuesday, April 24
1:00 p.m.–3:00 p.m.
C111  Enhancing Your Career and Practice Through Neuropalliative Care
3:30 p.m.–5:30 p.m.
C120  Lumbar Radiculopathy, Lumbar Spinal Stenosis, Low Back Pain, and Failed Back Syndrome

Wednesday, April 25
7:00 a.m.–9:00 a.m.
C124  The Palliative Care Guide in Neurology: Best Practice in Communication, Advance Care Planning, and End-of-life Care of Patients with Brain Tumors and Other Life-limiting Neurological Disorders
3:30 p.m.–5:30 p.m.
N4  Neuroscience in the Clinic: Opioid Use and Abuse: The Overlapping Neurobiology of Pain and Addiction, and the Path Toward Better Treatments

Thursday, April 26
1:00 p.m.–1:45 p.m.
 располагаем экспертный совет: эксперты по хроническим больным
1:00 p.m.–3:00 p.m.
C195  Practical Training in Injection Techniques in the Treatment of Headache Disorders Skills Workshop

Friday, April 27
3:30 p.m.–5:30 p.m.
C235  Neck Pain, Cervical Spinal Stenosis, Cervical Radiculopathy, and Cervical Spondylotic Myelopathy
**Course**

**Saturday, April 21, 2018  9:30 a.m.–11:30 a.m.**

**C10 More than Medicine: How to Access Home Care, Support Caregivers, and Discuss Complex Situations in Advanced Neurologic Disease**

**Topics:** Pain and Palliative Care; Aging, Dementia, Cognitive, and Behavioral Neurology

**Director:** Farrah N. Daly, MD, MBA, Leesburg, VA

**Program Description:**
Despite excellent medical management, in progressive neurologic disease disability accumulates and caregivers experience greater strain. Neurologists can feel frustrated or disheartened by the feeling that they are no longer making a difference. However, neurologists can always make a difference! By connecting patients with appropriate home-based resources, identifying caregiver strain, and facilitating goals of care discussions, neurologists can continue to do excellent work for their patients as disease progresses.

This program will provide practical strategies to coordinate care and support patients and families in the context of advanced illness. Through case-driven discussion, personal experience, and literature review, faculty will review challenges and resources for care of patients with neurologic disease in the home and long-term care settings, methods of screening for caregiver stress, and communication tools useful for effective advance care planning.

**Upon Completion:**
Participants should be able to list features of progressive neurologic disease that should trigger a palliative care or hospice referral, name at least two situations that are associated with high risk of caregiver strain, and discuss strategies for effective communication regarding transitions of care and advance care planning.

**Lecture/Faculty:**
- Home Care Resources, Palliative Medicine, and Hospice—When, Why, and How
  Mara Lugassy, MD, New York, NY
- Identifying and Responding to Strain in Care Givers and Care Partners
  Julie H. Carter, Portland, OR
- Exploring and Translating: Turning Goals into an Individualized Plan of Care
  Farrah N. Daly, MD, MBA, Leesburg, VA

**Core Competencies:** Interpersonal and Communication Skills, Patient Care, Professionalism, Systems-Based Practice

**Teaching Style:** Audience Participation, Case-Based, Didactic, Interactive

**CME Credits:** 2

**Recommended Audience:** General Neurologist, Neurohospitalist, Non-Neurologist, Specialist Neurologist, Trainee, Advanced Practice Provider

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**Experiential Learning Area**

**Saturday, April 21, 2018  12:45 p.m.–1:45 p.m.**

**Ask Us Anything: Expert Panel on Headache and Pain**

**Topic:** Headache; Pain and Palliative Care

**Speakers:** Todd D. Rozen, MD, FAAN, Jacksonville, FL
Peter Goadsby, MD, PhD, San Francisco, CA

**Experiential Learning Area:** HeadTalks

See complete course description on page 94 »

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**Scientific Platform Session**

**Sunday, April 22, 2018  3:30 p.m.–4:10 p.m.**

**S6 Pain and Palliative Care Platform Session**

**Topic:** Pain and Palliative Care

**Director:** Shaheen E. Lakhan, MD, PhD, MEd, FAAN, Roanoke, VA

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**Course**

**Monday, April 23, 2018  1:00 p.m.–3:00 p.m.**

**C75 Safe and Appropriate Opioid Prescribing in Neurology**

**Topics:** Pain and Palliative Care; General Neurology

**Director:** Shaheen E. Lakhan, MD, PhD, MEd, FAAN, Roanoke, VA

**Program Description:**
Chronic pain is one of the most common reasons why patients visit the neurologist. Opioids are often used in the treatment of these patients. Only until the last decade have the medical and public health communities systematically addressed the practice of prescribing opioids for chronic non-cancer pain. In this course, faculty will facilitate learning on the best practices when considering, starting, monitoring, and tapering opioid therapy for chronic pain.

**Upon Completion:**
Participants should be able to describe acute pain, chronic pain, chronic opioid therapy, and opioid misuse, abuse, tolerance, dependency, and addiction; demonstrate the skills of safe opioid prescribing which reflect an understanding of assessing, mitigating, and managing opioid risks in the neurology patient population; interpret the results of a focused history and physical examination, targeted biopsychosocial assessments, and drug panel laboratory testing in the setting of opioid therapy; and demonstrate awareness of opioid misuse, abuse, tolerance, and dependency, and the biopsychosocial impact of addiction on patients and their families and caregivers.
Program Descriptions

Lecture/Faculty:
- Safe and Appropriate Opioid Prescribing: Part One
  Shaheen E. Lakhan, MD, PhD, MEd, FAAN, Roanoke, VA
  Daniel L. Menkes, MD, FAAN, Royal Oak, MI
- Safe and Appropriate Opioid Prescribing: Part Two
  Jennifer L. Ault, DO, PhD, PT, Berkeley, CA
  Shaheen E. Lakhan, MD, PhD, MEd, FAAN, Roanoke, VA

Core Competencies: Interpersonal and Communication Skills, Medical Knowledge, Patient Care, Practice-Based Learning and Improvement, Professionalism, Systems-Based Practice

Teaching Style: Audience Participation, Case-Based, Didactic, Interactive

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Neurohospitalist, Non-Neurologist, Specialist Neurologist, Trainee

C111 Enhancing Your Career and Practice Through Neuropalliative Care

Topics: Pain and Palliative Care; Practice, Policy, and Ethics

Director: Maisha T. Robinson, MD, MS, Jacksonville, FL

Program Description:
Neuropalliative care is important in neurologic practice as the trajectory of many neurologic illnesses is progressive and incurable. Recent national platforms have underscored the need for physicians to be knowledgeable about and competent in basic palliative care. Through the use of personal anecdotes, case presentations, and examples in the literature, faculty will provide strategies to effectively incorporate palliative care into routine neurologic practice from the time of diagnosis throughout the disease course.

Upon Completion:
Participants should be able to incorporate basic palliative care principles into their practice, understand when to consult specialty palliative care, and recognize when patients may need to be transitioned to hospice care.

Lecture/Faculty:
- Incorporation of Palliative Care into Community-based and Academic Neurologic Practice
  Benzi Kluger, MD, FAAN, Aurora, CO
- Challenges in Neuropalliative Care
  Claire Creutzfeldt, MD, Seattle, WA

Core Competencies: Interpersonal and Communication Skills, Medical Knowledge, Patient Care

Teaching Style: Didactic, Interactive, Audience Participation, Case-Based

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Non-Neurologist, Specialist Neurologist, Trainee
### C120 Lumbar Radiculopathy, Lumbar Spinal Stenosis, Low Back Pain, and Failed Back Syndrome

**Topics:** Pain and Palliative Care; Neuro-rehabilitation  
**Director:** Ligia Viorela Onofrei, MD, Salt Lake City, UT

**Program Description:** Neurologists frequently evaluate and treat patients with low back and lower limb pain. In this program, we will focus on common conditions such as lumbar radiculopathy, lumbar stenosis, and axial back pain, but we will also review facet arthropathy and sacroiliac joint dysfunction, which are less commonly discussed but frequent causes of back and limb pain. We will discuss the indications and timing for obtaining imaging and further diagnostic tests, the treatments available and the evidence behind them, as well as surgical options and indications for and against surgery. We will also expand on the role of opioid analgesics in the treatment of acute and chronic pain. This interactive program will use the audience response system to present cases that attendees will be asked to evaluate and treat.

**Upon Completion:** Participants will become familiar with evidence-based recommendations for diagnostic testing and treatment of common lumbar spine disorders, including when to obtain advanced imaging, when and what kind of spine injections to order, the appropriate use of opioid analgesics for acute and chronic low back and radicular lower limb pain, and when to recommend lumbar spine surgery.

**Lecture/Faculty:**
- Case Presentations and Case Discussion  
  Ligia Viorela Onofrei, MD, Salt Lake City, UT  
- Opioid Analgesic Therapy vs Alternatives for Acute and Chronic Low Back and Radicular Lower Limb Pain  
  Gary M. Franklin, MD, MPH, FAAN, Seattle, WA

**Core Competencies:** Medical Knowledge, Patient Care, Practice-Based Learning and Improvement, Systems-Based Practice

**Teaching Style:** Audience Participation, Case-Based, Didactic, Interactive

**CME Credits:** 2

**Recommended Audience:** Advanced Practice Provider, General Neurologist, Non-Neurologist, Specialist Neurologist, Trainee, Individuals With Low Back Pain

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### C124 The Palliative Care Guide in Neurology: Best Practice in Communication, Advance Care Planning, and End-of-life Care of Patients with Brain Tumors and Other Life-limiting Neurological Disorders

**Topics:** Neuro-oncology; Pain and Palliative Care  
**Director:** Tobias Walbert, MD, PhD, Detroit, MI

**Program Description:**

See complete course description on page 154 »

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### C143 Evaluation and Treatment of Common Spine Disorders

**Topics:** Neuro-rehabilitation; Pain and Palliative Care  
**Director:** J. D. Bartleson, MD, FAAN, Rochester, MN

**Program Description:**

See complete course description on page 166 »

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### Neuroscience in the Clinic: Opioid Use and Abuse: The Overlapping Neurobiology of Pain and Addiction, and the Path Toward Better Treatments

**Topic:** Pain and Palliative Care  
**Directors:** Jessica Robinson Papp, MD, FAAN, New York, NY  
Walter J. Koroshetz, MD, FAAN, Bethesda, MD

**Program Description:** Chronic pain and substance use disorders frequently co-exist and neurologists often feel ill-equipped to treat patients with these complex disorders. In this session we will travel from bench to bedside and beyond, exploring the neurobiology underlying pain and addiction, and the hope it brings for better treatments; hearing the patient’s perspective; and learning about governmental policy designed to improve the care of chronic pain patients while working to ameliorate the U.S. opioid epidemic.
Upon Completion:
Participants will become familiar with central nervous system mechanisms underlying chronic pain and addiction and how knowledge of these mechanisms can inform drug discovery. Participants will also understand changes in public policy which effect neurologists and their patients with chronic pain, with a focus on the U.S. National Pain Strategy.

Lecture/Faculty:
- Patient Presentation: Use of Opioids in Complex Disease
  Elyse J. Singer, MD, Los Angeles, CA
- Neurobiology of Pain and Addiction
  Catherine Cahill, PhD, Los Angeles, CA
- Clinical Follow-up and Discussion of National Pain Strategy Faculty
- Scientific Wrap-up and Link to Therapeutics Faculty
- Abstract Presentations: (Selected in February 2018)
- Panel Discussion, Questions and Answers, and Closing Remarks

Core Competencies: Medical Knowledge, Patient Care

Teaching Style: Case-Based, Didactic, Interactive

CME Credits: 2

Recommended Audience: Non-Neurologist, Specialist Neurologist, Trainee, Neurohospitalist, Advanced Practice Provider, General Neurologist

Experiential Learning Area

Thursday, April 26, 2018 1:00 p.m.–1:45 p.m.

Integrative Approach to the Management of Chronic Pain Syndromes

Topic: Pain and Palliative Care
Speaker: Jessica Robinson Papp, MD, FAAN, New York, NY
Experiential Learning Area: Live Well

Program Description:
Chronic pain has long been understood as a complex biopsychosocial disorder that requires a multimodal treatment approach including pharmacologic, behavioral and physical modalities. The importance of non-pharmacologic treatments for chronic pain is increasingly recognized, as concern about the use of prescription opioids has grown. This presentation will provide a practical and evidence-based review of non-pharmacologic treatments for chronic pain including simple communication strategies, stress reduction techniques, and physical interventions.

Skills Workshop

Thursday, April 26, 2018 1:00 p.m.–3:00 p.m.

C195 Practical Training in Injection Techniques in the Treatment of Headache Disorders Skills Workshop
(registration required)

Topics: Headache; Pain and Palliative Care
Director: Morris Levin, MD, FAAN, San Francisco, CA

See complete course description on page 97 »

Course

Friday, April 27, 2018 3:30 p.m.–5:30 p.m.

C235 Neck Pain, Cervical Spinal Stenosis, Cervical Radiculopathy, and Cervical Spondylotic Myelopathy

Topics: Neuro-rehabilitation; Pain and Palliative Care
Director: John W. Engstrom, MD, FAAN, San Francisco, CA

See complete course description on page 169 »