



Integrative Medicine:
Non-Pharmacological
Approaches to Chronic Pain

Friday, April 13, 2018

Check-in: 8:30 a.m.

Program: 9 a.m. - 4 p.m.

Location:

Southern Regional AHEC
1601 Owen Drive, Classrooms A and B
Fayetteville, NC 28304

Target Audience

Physicians, physician assistants, nurse practitioners, nurses and other interested members of the healthcare team.

Program Description

The integrative medicine approach to pain can offer hope, adding safe complementary and alternative medical (CAM) therapies to mitigate pain and suffering. Such CAM therapies include nutrition, supplements and herbs, manual medicine, acupuncture, yoga, and mind-body approaches. This program will cover various aspects of complementary medicine that can be used to relieve, pain and stress.

Objectives

- Review the neuroscience of pain.
- Explore the role of evidence-based medicine in the treatment chronic pain.
- Have an experience of mindfulness to better understand the role of mindfulness in pain management.
- Review available literature and clinical evidence of acupuncture and other modalities of Asian Medicine for relieving pain and improving sleep.
- Learn how practicing yoga for pain can cause physical changes in the body to promote healing.
- Gain understanding of the connection between diet and pain.
- Learn nutritional approaches to address pain.
- Address the importance of treating the whole person, mind-body-spirit.

Agenda

9 a.m. – 9:45 a.m.	The Neuroscience of Pain: Why and How Things Hurt <i>Steven Prakken, MD, Chief of Medical Pain Service at Duke University</i>
9:45 a.m. – 10:45 a.m.	Mind-Body Therapy: Mindfulness and Alleviating Suffering <i>Jeff Brantley, PhD, Assistant Consulting Professor, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center</i>
11 a.m. – 12 p.m.	How Acupuncture Can Relieve Pain and Improve Sleep <i>Dr. Jongbae "Jay" Park, KMD, PhD, LAc - Director, Acupuncture & Asian Medicine, Associate Professor, Center for Translational Pain Medicine, Dept. of Anesthesiology, Duke University School of Medicine</i>
12 p.m. – 1 p.m.	Lunch
1 p.m. – 1:45 p.m.	The Science of Yoga and Balancing the Body's Response to Pain <i>Deborah Teasley, PhD, RN, RYT-500, President and CEO, Southern Regional AHEC</i>
1:45 p.m. – 2:30 p.m.	Manipulating the Pain: Osteopathic Manipulation Treatments for Back Pain <i>James Lester, DO, Faculty/Director of Osteopathic Education, Southern Regional AHEC</i>
2:45 p.m. – 3:45 p.m.	The Role of Food in Inflammation and Chronic Pain <i>Monica Gulisano, RDN, LDN - Integrative Dietitian Nutritionist and Health Coach, Duke Integrative Medicine, Duke University Health System</i>

Fee

\$109 through March 30, 2018 then \$125 thereafter.

SR-AHEC requires full payment for all registrations prior to the program date. We no longer accept purchase orders or supervisor's approval signatures in lieu of payment. Access to workshop materials and handouts cannot be released until payment is received. Early and regular rates will be determined by the date of receipt.

Credit

For Physicians:

AMA PRA Category 1 Credit™ – 5.75

Credit Statement: The Southern Regional AHEC designates this live activity for a maximum of 5.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation: The Southern Regional AHEC is accredited by the North Carolina Medical Society to provide continuing medical education for physicians.

Disclosure Statement: The Southern Regional AHEC adheres to ACCME Essential Areas and Policies regarding industry support of continuing medical education. Disclosure of faculty/planning committee members and commercial relationships will be made known at the activity. Speakers are also expected to openly disclose a discussion of any off-label, experimental, or investigational use of drugs or devices in their presentations.

For Non-Physicians (Physician Assistants and Nurse Practitioners):

Additional Credit - Other health professionals will receive Southern Regional AHEC CEU and/or contact hours and a certificate of attendance from an *AMA PRA Category 1™* activity. These certificates are accepted by the NC boards for physician assistants, nurse practitioners, nurses, physical therapists and athletic trainers. License requirements are subject to change. Southern Regional AHEC recommends that participants contact their licensing boards with specific questions. Southern Regional AHEC will provide 0.6 Continuing Education Units (5.75 contact hours) to participants upon completion of this activity.

For Dental Credit:

Credit Hours: 5.75; participants must attend 100% of program time to receive credit.

For more information on North Carolina Dental CE requirements visit the North Carolina State Board of Dental Examiners (NCSBDE) at: <http://www.ncdentalboard.org>



The North Carolina Area Health Education Centers are an ADA CER-P Recognized Provider. ADA CER-P is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CER-P does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

The North Carolina Area Health Education Centers designates this activity for up to 5.75 hours of continuing education credits.

Disclaimer - Dental Institutions providing dental education have an obligation to disseminate new knowledge related to dental practice. In doing so, some information or presentations may include controversial materials or commercial references. The Southern Regional AHEC office acknowledges that there is potential risk to participants using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence. Sponsorship of continuing education courses by the Southern Regional AHEC office does not imply endorsement of a particular philosophy, product or procedure by this institution.

Disclosure - In accordance with the ADA CER-P Standard V., everyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interests and this information will be made available to participants at the start of the activity. As a continuing education provider, the Southern Regional AHEC office is responsible for ensuring the content, quality and scientific integrity of all continuing dental education activities for which credit is provided. The Southern Regional AHEC office is also responsible for taking steps to protect against and/or disclose any conflict of interest of the faculty/instructors presenting those courses.

For Pharmacy Credit:

ACPE 5.75 hours

Disclosure: Southern Regional AHEC adheres to the ACPE policies regarding commercial support. Disclosure of faculty/planning committee members and commercial relationships will be made known of the activity. Speakers are expected to openly disclose a discussion of any off-label, experimental or investigational use of drugs or devices in their presentations.

ACPE# 0046-9999-18-142-L01-P/T

Participants must attend 100% of program time to receive credit. Partial credit will not be rewarded.

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

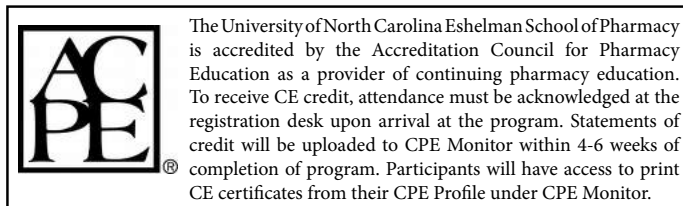
- Send a substitute;
- Cancel two (2) business days (Monday-Friday), before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel two business days (Monday-Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Contact

Jennifer Bigger, Administrator of Pharmacy, CME & Quality Initiatives
(910) 678-0138 / jennifer.bigger@sr-ahec.org

In collaboration with UNC Eshelman School of Pharmacy.



The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. To receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Statements of credit will be uploaded to CPE Monitor within 4-6 weeks of completion of program. Participants will have access to print CE certificates from their CPE Profile under CPE Monitor.

Registration Form

Form may be duplicated.

**Integrative Medicine: Non-Pharmacological
Approaches to Chronic Pain**
CASCE # 54943 / CME180413

Phone: 910-678-7226 **Fax:** 910-323-0674

Online: <https://www.southernregionalahec.org/courses-and-events/54943>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name		Last 4 digits of SS#	
Certifications/Degrees	Specialty Area	Are you an NCC?	
Employer	Job Title		
Work Address	City	State	Zip Code
Home Address	City	State	Zip Code
Phone (work)	(home)		

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary)	(secondary)
-----------------	-------------

Do not send email announcements of upcoming SR-AHEC programs. Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies

Payment Information

Check (Make payable to SR-AHEC)

<input type="checkbox"/> Mastercard / Visa #	Expiration Date (mm/yy)
--	-------------------------

Name on Card	Signature
--------------	-----------

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to:

https://www.southernregionalahec.org/?page_id=6196

Office Use Only: Check Auth # _____ Date _____ From _____ Amount \$ _____

SR-AHEC.org
1601 Owen Drive • Fayetteville, NC 28304
(910) 678-7226

Southern Regional
AHEC | Area Health
Education Center