

# The Science of Pain and the Art of Healing

ELEVENTH ANNUAL INTERPROFESSIONAL SPRING SYMPOSIUM

APRIL 4, 2013 HAROLD ALFOND FORUM BIDEFORD CAMPUS

Jenn Shifflet, Fire I

## These sessions are offered twice

### Alfond Center for Health Sciences Lecture Hall 106

#### The Maine Predicament of Prescription Drug Overdoses:

##### Myths and realities

*Kenneth L. McCall III, BSPHarm, PharmD, President, Maine Pharmacy Association, Chair and Associate Professor Department of Pharmacy Practice, UNE*

Findings from an epidemiological analysis of the Main Prescription Monitoring Program are presented. Controlled substance prescribing trends, physician and pharmacy utilization patterns, and predictors of prescription overdose death among 1007 decedents are explored.

### Alfond Center for Health Sciences Multipurpose Labs, Room 119

#### A Community in Pain

*Lindsay St. Louis, Senior Undergraduate Neuroscience Major, Kristen Brusky Anatomy/OMM Fellow, et al, UNE*

UNE Students present video case narratives from the Chronic Pain Support Group of Southern Maine. These local subjects and their case presentations are designed to promote further discussion amongst health professional students, aid in identifying missing pieces of a clinical case, and learn to integrate resources in an interprofessional group setting.

### Alfond Small Group Room 139 A/B

#### Cervicogenic Headache and the Counter-Strain Approach

*Garrett Edwards DO, UNE and Stephen Goldbas DO, UNE*

Explore working with other professionals to identify Cervicogenic headache pain and treatment. This hands on session will explore anatomical causes in the cervical spine as potential headache generators and apply the counterstrain technique as a modality to improve pain.

### Alfond Small Group Room 128

#### Enthesopathy and Prolotherapy

*Jessica Bell DO, UNE and Alicia Smilowicz DO FFAO, UNE*

Explore working with other professionals to identify Enthesopathy, the disorder of tendinous attachments of muscle to bone (at the enthuses) which can cause widespread pain and disability. Discover what enthesopathy is, employ a hands on segment looking for enthesopathy and ligamentous laxity and discuss approaches and medications used to treat this condition.

### Alfond Small Group Room 127

#### Myofascial pain and trigger points

*Joshua Iannetta DO, UNE and John Pellittier DO, UNE*

Explore working with other professionals to find and treat Myofascial pain trigger points. In this hands on

session, learn what trigger points are, experience how to look for them, and learn modalities of how they can be treated. Trigger point injection therapy will be outlined and explored as a treatment modality.

## Session I – 1:15 p.m.

### Harold Alfond Forum HAF 230

#### The Elephant in the Room: How one family learned to cope with chronic pain

*Susan and John Gold, Samuel Morrison and Maribeth Leigh Massie, CRNA, MS Program Director, Assistant Clinical Professor, UNE*

Explore ways in which health care professionals can help family members deal with the stress of living with chronic pain by focusing on how chronic pain intrudes on family life and relationships and examining the steps one family took to cope with its impact. Three family members will share their experiences of life with chronic pain from different perspectives (patient, spouse, and child) and discuss the effect it had on each person and on the family as a whole.

### Harold Alfond Forum HAF 231

#### PAINTing: artistic insights into the lives of chronic pain patients

*Karen Musick, Artist and Sarah Gorham, MFA, MAT Assistant Professor, Art Department, UNE*

Artists from several disciplines will talk about their art: their inspiration, thought process, current perspectives on their work, and how art is a form of therapy for pain.

### Alfond Center for Health Sciences Lecture Hall 304

#### Painkiller Addiction: Impact, prevention, treatment

*Kerry Dunn, JD, PhD, Assistant Professor, School of Social Work, UNE*

What are the impacts of painkiller addiction on patients and communities? Learn to recognize, work interprofessionally to prevent and treat, and identify resources for people with painkiller addiction, with a focus on prison populations.

### Alfond Center for Health Sciences Gross Anatomy Lab, 2nd floor

#### Unveiling the Mystery: What is manual therapy (Part 1)

*Geoffrey Bove, DC, PhD, UNE and Adrienne McAuley, PT, DPT, MEd, OCS, FAAOMPT, UNE*

Anatomy: manual therapy is non-pharmacologic, hands-on intervention that is often the first-used treatment for persons with pain. This two-part session will

provide an introduction to manual therapy, including anatomy, physiology, and evidence regarding a variety of manual therapies. The first session will be held in a human anatomy laboratory, with cadaveric specimens. Participants should wear comfortable clothing and must attend the first session in order to participate in the second session.

### Alfond Center for Health Sciences OMM Lab, 3rd floor

#### Beyond the VAS: Experience and measurement of pain states

*Katy Rudolph, PT, PhD, UNE and KEYNOTE Katherine Sluka, PT, PhD*

Through hands-on experience, participants will have the opportunity to experience the multiple dimensions of pain (including neurophysiologic factors that can facilitate or inhibit pain) and practice various methods of assessment.

### Alfond Center for Health Sciences Small Group Room 138 AB

#### Interventions for Older Adults with Chronic Pain

*Sheila H. Szafran, MS, OTR/L*

Cognitive behavior therapy (CBT), mindfulness and results from performance based measures are discussed as appropriate interventions for older adult clients accessing treatment for their chronic pain. Learn to overcome barriers and apply current research to client and family centered treatment planning and delivery.

### Art Department

#### What Can Health Professionals Learn from Patient Narratives?

##### A humanistic approach to health care

*Cally Gurley, MLIS, Director, Special Collections, UNE, Jennifer Lunden, LCSW, LADC, CCS; founder and director, The Center for Creative Healing*

Read and examine first-person accounts from diaries, hand-made books, and other unique sources in UNE's Maine Women Writers Collection, housed in the UNE Libraries. Discuss responses to these narratives of pain and illness and determine how professionals in the humanities and health-related fields can work together to improve the effectiveness of care. A special focus of this session will be the work of Orrs Island Artist Martha A. Hall, illuminating a 13-year period of 4 recurrences of breast cancer.



Center for Excellence in Interprofessional Education

[www.une.edu/wchp/ipec](http://www.une.edu/wchp/ipec)

## George and Barbara Bush Center Board Room

### How pain affects clinical decisionmaking and communication

Nananda Col, MD, MPP, MPH, FACP, UNE

Patient-provider interactions are influenced by many factors that affect how health care providers estimate a patient's level of pain and how they treat it, including race, gender and attractiveness. Using vignettes and case studies, explore differences in expectations and attributions of pain, attitudes about pain, and differences in its treatment among patients and across different health professions. Discuss how these differences affect treatment decisions, and strategize ways to improve communication.

#### KEYNOTE

### Pickus Center for Biomedical Research Room 214

#### Implementing Interprofessional Pain Education Initiatives: Challenges and opportunities

Judy Watt-Watson RN MSc PhD

Health care professionals must understand each other's roles and expertise to collaboratively provide effective pain management for patients. This interactive workshop will demonstrate how the IASP core and uniprofessional pain curricula help students develop a shared understanding of the unique contribution of each profession.

#### KEYNOTE

### Jack Ketchum Library St. Francis Room

#### Existential Suffering in Special Populations

Kandyce Powell, RN, MSN

Look beyond the diagnosis of physical pain, and learn to identify special populations potentially at risk for existential suffering, specifically Veterans, prisoners and refugees. Use life-review and story-telling as powerful tools to identify this suffering and assess/address pain from an interdisciplinary perspective.

### Campus Center Gymnasium

#### Soma System of Self-Bodywork: Scalable approach to manual therapy and pain prevention and treatment

Roman Torgovitsky, PhD, Sophia Chan DPT, MAOM, Lic. Ac., ATC, CSCS, all UNE

An interprofessional discussion and demonstration of the value self-bodywork can bring to clinical settings both as a self-care method for clinicians as well as patient-centered adjunct manual therapy treatment. An evidence-based presentation of the effect myofascial tightness has on physical and mental health followed by a hands-on demonstration of techniques to mindfully reduce restriction, dissolve adhesions, and reintroduce blood and nutrients to regions that are tense or in spasm.

### Session II— 2:30 p.m.

### Harold Alfond Forum HAF 230

#### The promise and limitations of medical marijuana for chronic pain treatment

Ian D. Meng, PhD, Professor, Department of Biomedical Sciences, Director of the Center of Biomedical Research Excellence (COBRE) for the Study of Pain and Sensory Function, UNE

Anecdotes abound on the therapeutic effects of cannabis and 18 states, including Maine, have legalized its use for medicinal purposes, yet the role of cannabis in pain management is extremely controversial. Research over the past decade has examined the potential analgesic effect of cannabis in both experimental pain models and in chronic pain conditions in people. This session will fo-

cus on the science of cannabis and explore its potential utility in the treatment of chronic pain.

### Harold Alfond Forum HAF 231

#### Patient Illness Narratives: Improving patient agency and health care provider empathy

Sarah Gurley-Green, doctoral candidate Lesley University, Robert F. Alegre, PhD, Assistant Professor of History, UNE, and Tyler R. Vunk, Writer, BA Music, BS/BA Candidate Neuroscience/English, UNE

The patient centered care model is based on patient-provider dialogue. Using narrative medicine is an effective means of improving this exchange. Discuss the potential improvement of patient agency through the creation of narrative and examine the role of empathy and communication as part of the shared-care element of patient centered care.

### Alfond Center

#### Escape Fire and Complementary Therapies

Denise Bisailon, EdD, Associate Professor, Director Graduate Programs of Public Health, UNE, and Maribeth Leigh Massie, CRNA, MS Program Director, Assistant Clinical Professor, UNE An injured war veteran from Afghanistan receives highly specialized care and complementary medical techniques upon entering Walter Reed Hospital; he has also been heavily medicated for pain and trauma. Clips from the documentary, Escape Fire: The Fight to Rescue American Healthcare, tell his story, and suggest ways to improve the American healthcare system. Discussion will center on the patient's overmedication and the use of complementary therapy.

### Alfond Center for Health Sciences Gross Anatomy Lab, 2nd floor

#### Implementing Interprofessional Pain Education Initiatives: Challenges and opportunities

Todd W. Vanderah, PhD, UNE and Frank Daly PhD, UNE

For health professionals to provide effective pain management for patients they must understand what causes pain, the anatomy of pain pathways and how the nervous system may modulate pain. This session will cover basic concepts in pain fiber activation, the transmission of pain from the peripheral to central nervous system as well as what brain structures are involved in the perception of pain. This session will also discuss how current pain therapies are used to inhibit pain.

### Alfond Center for Health Sciences OMM Lab, 3rd floor

#### Unveiling the Mystery: What is manual therapy (Part 2)

Geoffrey Bove, DC, PhD, UNE and Adrienne McAuley, PT, DPT, Med, OCS, FAAOMPT, UNE

Techniques: manual therapy is a non-pharmacologic, hands-on intervention that is often the first-used treatment for persons with pain. This is the second part of the two-part session and provides a hands-on introduction to manual therapy, including anatomy, physiology, and evidence regarding a variety of manual therapies. Our target audience is individuals who are unfamiliar with manual therapy. Participants should wear comfortable clothing and must attend the first session in order to participate in the second session.

### Alfond Center for Health Sciences Small Group Room 138 AB

#### Feldenkrais: Awareness through movement

Rusty Groh, GCFP

A verbally guided movement session designed to enhance awareness and efficiency of movement while providing a positive, non-painful experience for one's

mind and body. Although individual outcomes may vary, participants usually notice improvements in posture, balance and flexibility. Participants are encouraged to wear comfortable clothing, and to bring a yoga mat if possible. (If you are unable to lie down, you are still welcome to participate while sitting in chair and visualizing movements).

### George and Barbara Bush Center Board Room

#### Graded Motor Imagery: Focus on mirror therapy

Shelley Coull, PT, Thomas Mc Osker CCC SLP

Explore the neuroscience and application of Graded Motor Imagery (GMI) for persons with chronic pain conditions, including those with phantom limb pain and chronic regional pain syndrome. An emerging rehabilitation strategy for chronic pain states, GMI comprises a sequence of strategies including laterality restoration (being able to identify left and right limbs, or movement to the left or right), motor imagery and mirror therapy via use of a mirror box.

#### KEYNOTE

### Pickus Center for Biomedical Research Room 214

#### Development of Strategies to Improve Treatment by Expanding and Enhancing the Impact of the NIH Center's of Excellence in Pain Education

Dave Thomas, PhD

Work with the leader of the National Institutes of Health Pain Consortium's Centers of Excellence in Pain Education program to brainstorm strategies for improving interprofessional pain education across the country. Strategies to enhance pain education within the Centers for Excellence, develop resources for and to encourage pain education in other teaching institutions will be discussed. Conclusions from this meeting will be taken to the NIH Pain Consortium for possible implementation.

### Jack Ketchum Library St. Francis Room

#### Mind Body Medicine: An adjunct to chronic pain management

Darshan Mehta, MD, MPH Medical Director, Director of Medical Education Benson-Henry Institute for Mind Body Medicine Massachusetts General Hospital

Participants will learn about the research advances in Mind Body Medicine as it pertains to chronic pain management. The session will also include an introduction to experiential exercises that are used in clinical settings.

### Campus Center Gymnasium

#### Introduction to soft tissue technique and exercise prescription

Stacey Pierce-Talsma DO MS, Larissa Calka DO, Jeffrey Groesbeck DO, all UNE and the UNECOM OMM/Anatomy Fellows

Learn with other professionals about the use of manual medicine to decrease pain and improve function. Experience hands-on soft tissue osteopathic manipulative medicine techniques while identifying muscle imbalance and how it can affect patients with chronic pain. Learners will gain an understanding of how stretching and strengthening may improve pain and allow for decreased medication use.