

The Science of Pain and the Art of Healing

ELEVENTH ANNUAL INTERPROFESSIONAL SPRING SYMPOSIUM

APRIL 4, 2013 HAROLD ALFOND FORUM BIDDEFORD CAMPUS

On April 4, the University of New England's Eleventh Annual Interprofessional Spring Symposium:

The Science of Pain and the Art of Healing

will bring together over 900 health professions students, 100 faculty and a wide variety of distinguished guests for a day of intensive immersion in the subject of pain, and the skills necessary to respond effectively, safely and empathetically to those living with chronic pain. Seventy-five million people in the United States live with chronic pain. It significantly impacts individuals, families, the workplace and is a growing public health concern.

The Science of Pain and the Art of Healing offers participants the following:

- Learning opportunities throughout the day to explore the many facets of pain including evidence-based research, patient narratives, family stories, and artistry that translates pain in vivid and powerful ways.
- Keynotes by four nationally recognized pain experts during the morning session.
 - David A. Thomas, PhD, National Institute on Drug Abuse, National Institutes of Health
 - Judy Watt-Watson, RN, MSc PhD, President of the Canadian Pain Society
 - Kathleen A Sluka, PT, PhD, Professor of Physical Therapy and Rehabilitation Science at the University of Iowa, Director of the Neurophysiology of Pain Laboratory
 - Kandyce Powell, RN, M.S.N., Executive Director of the Maine Hospice Council and Center for End of Life Care
- A powerful student-made video that tells stories of living with pain and its effects. (A video trailer will be available in advance to prepare students and other participants for the day's events).
- Kim Block, WGME News anchor, will emcee a panel discussion with keynote speakers and people whose lives are affected by chronic pain conditions.

April 4, 2013 | 7:45 a.m.–4 p.m.

Harold Alfond Forum | Biddeford Campus

- Paula Esmee Orecklin, a young woman living with Complex Regional Pain Syndrome (CRPS) will share her experiences.
- Round Table discussions among participants from across health disciplines focusing on the interprofessional healthcare challenges of caring for individuals with CRPS and other chronic pain disorders.
- A full roster of breakout sessions will be offered in the afternoon. Examples include:
 - The four keynote speakers present in depth workshops
 - Art installations including a pain garden
 - An interprofessional team of graduate and undergraduate students shares narratives from members of the Chronic Pain Support Group of Southern Maine using video and written case materials to illustrate the variety and intensely personal impact a chronic pain diagnosis can have on individuals and families.
 - Hands-on explanation and exploration of Graded Motor Imagery—an emerging new rehabilitation strategy for chronic pain states.
 - Feldenkrais–Awareness through Movement® lesson

UNE educates the highest number of health-care professionals in Maine, and is a national leader in Interprofessional Education—defined as two or more professions learning about, from and with each other to improve patient-centered care. The symposium includes University of New England students from 13 different health professions as well as those from the College of Arts and Sciences who are currently in pre-professional training.



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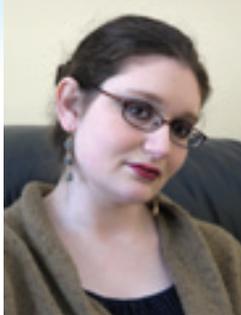
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CASE STUDY



Paula Esmee Orecklin is our featured patient, a 26 year old woman from Winnipeg, Canada who lives with Complex Regional Pain Syndrome. As a child, Paula was an actress and athlete, she starred in a number of TV commercials and on stage with the Manitoba Theatre for Young People in addition

to competing on her school cross country team. It was cross-country that inadvertently changed her life. In 2001, when she was 13, in grade 8, she twisted her ankle at an event. The pain continued, and she bounced from one referral to another. It took eighteen months of confusion, fear, misunderstanding, and increasing pain, until CRPS was even suggested as a potential diagnosis and Paula could begin the long journey of understanding, treating, and eventually, accepting, the new diagnosis of chronic pain. Paula has subsequently been seen by a spectrum of health, mental health, and health-related professionals.

Despite this, Paula entered the University of Winnipeg in 2005. For a while, she was able to maintain a 4.0 average, but due to her chronic pain she was forced to take fewer and fewer courses each year, until one course a year was all she could do. Paula was forced to choose between dealing with her pain or going to school, and had to choose in favor of her health. Although it is excruciating for Paula to travel, she hopes that some good can come out of having this terrible medical problem, by educating the people who make decisions for those in pain. Participating in the Symposium will allow her to share her experiences with others and try to explain what it is like to live with severe, unremitting pain for what has now been a dozen years. Paula's full story and medical case will be translated into a case study available to students and instructors in advance of the symposium.

Dentistry and CRPS

"In 2010, Paula had to have eight molars, the wisdom teeth and the teeth next to them, removed. The pain clinic doctor, an anesthesiologist, took the time to speak to the oral surgeon and the hospital anesthesiologist, so everyone knew about the medical problems that could arise. Paula was given a full anesthetic as well as local freezing. Ketamine and an anti-nausea drug were part of the mix. She stayed overnight in the hospital for what is generally an outpatient procedure. This was done in case there were to be an escalation in pain, we would not have to rush back to the ER in the middle of the night. We were allowed to bring our own soft bedsheets from home, and I stayed with her in her hospital room. They put her in a private room to cut down on the possibility of having the bed bumped or jostled. One of the things we handed out to everyone at the hospital was the printed information sheet from the American RSDS Society—an excellent organization. Paula does a "virtual run" every June for them in their Central Park fundraising event. One of the important parts of this successful hospital event was the fact that everyone, from orderlies to surgeon, was geared up for CRPS and knew what to do. Thankfully, Paula came through the surgery with flying colors, and no problems at all."

—Judy Herscovitch, Paula's Mother



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KEYNOTE SPEAKERS

Four intensive 20-minute Keynote presentations from experts across the spectrum of care and healing will explore the issue of interprofessional approaches to chronic pain from the challenge of enhancing pain curriculum through collaboration among health professions educators and students, to musculoskeletal pain, and to pain management at the end of life.

David A. Thomas, PhD

The NIH Pain Consortium's Centers of Excellence in Pain Education: Enhancing Interprofessional Pain Education in Medical, Nursing, Dental and Pharmacy Schools



Dr. Thomas began his career at the National Institutes of Health (NIH) in 1984, working in the intramural pain research program at the then National Institute on Dental Research studying opioids, pain and analgesia in monkeys and rats, using behavioral, pharmacological and electrophysiological approaches. He joined the National Institute on Drug Abuse (NIDA) in 1995. Thomas is currently a program official in the Division of Basic Neuroscience and Behavioral Research (DBNBR) where his program areas include pain and analgesia, opioids, virtual reality technologies and the abuse liability of analgesics. He is co-chair of NIDA Prescription Opioids and Pain workgroup, which fosters pain and opioid research and education. He is an original and current member of the NIH Pain Consortium, which promotes and pain research across the NIH, and he leads the NIH Pain Consortium's Centers of Excellence in Pain Education program.

Judy Watt-Watson, RN MSc PhD

Knocking Down Silos: Interprofessional Pain Education



Dr. Judy Watt-Watson is a Professor Emerita at the University of Toronto Lawrence S. Bloomberg Faculty of Nursing and was Inaugural Executive Director of their Centre for Professional Development. She is currently the President of the Canadian Pain Society, a member of the IASP Education Initiatives Working Group, and a member of the US Mayday-funded Project Executive Committee developing interprofessional pain competencies. She was the inaugural chair of the University of Toronto Centre for the Study of Pain Interfaculty Pain Curriculum involving six Health Science Faculties. Her research has focused on establishing pain prevalence and related risk factors, particularly for cardiac surgical patients and interventions involving health professionals and patients with funding from the Canadian Institutes of Health Research and The Heart and Stroke Foundation.

Kathleen A Sluka, PT, PhD

Physical Activity Prevents Chronic Pain



Dr. Sluka is a Professor in the Graduate Program in Physical Therapy and Rehabilitation Science at the University of Iowa. She is also the director of the Neurophysiology of pain laboratory that studies the peripheral and central mechanisms of chronic musculoskeletal pain. These studies primarily involve the use of animal models of muscle pain developed and characterized in Dr. Sluka's laboratory. Current projects are aimed at deciphering the role of descending facilitation from the medulla in initiating and maintaining chronic muscle pain. These studies are examining the neurotransmitters and receptors that mediate the hyperalgesia associated with musculoskeletal pain using behavioral pharmacology, immunohistochemistry, and in vivo microdialysis.

Kandyce Powell, R.N., M.S.N.

Many Faces of Pain: Existential Suffering at End of Life

Kandyce has 30 years professional experience working with end-of-life issues. Since 1992, she has been the Executive Director of the Maine Hospice Council and Center for End of Life Care in Augusta where her primary responsibilities include educational, technical and advocacy assistance for educators, health care professionals, and policy-makers who are interested in improving the quality of life for the dying and bereaved. She has been instrumental in developing partnerships to address these issues, and has been a tireless advocate for the underserved. She is a frequent speaker on topics related to end-of-life care and has been a mentor to many graduate students interested in end of life issues. Kandyce has received many honors, most recently the Dr. Mary Chandler Lowell Distinguished Alumni Award for her personal and professional achievements.

BREAKOUT SESSIONS

Keynote speakers from the morning will offer breakout sessions in the afternoon, giving students a chance to pursue aspects of pain that appeal to their individual interests. Breakout sessions will also be offered by local, national, and university based presenters.



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ARTS AND NARRATIVE

The Symposium will feature a number of patient narratives—from Paula Orecklin, our primary case under consideration, to interviews with members of the Chronic Pain Support Group of Southern Maine.

Several of these narratives have been selected for illustration in portraiture and prose. Add Verb Productions Cathy Plourde, and UNE Media Specialist Holly Haywood have teamed up to present a series of portraits of Mainers living with chronic pain. These narratives will be featured at an exhibit at The Engine on March 8, and on display in the Forum on the day of the Symposium. Many of the subjects of the portraits will be available on that day to meet Symposium attendees, and answer questions.

Artists who live with chronic pain will also be present, as will their work on the day of the Symposium.

Karen Musick



Karen Musick is a 52 year old mother of two, and self taught artist from Kerrville, Texas, whose work addresses medical negligence and chronic pain. She has lived with Central Pain Syndrome

since the age of 28 (learn more here: www.painonline.com), and is very excited to be able to share her experience with health professions students. Her mother Kirtsy Mitchell told us “It will be so gratifying to have some part in bringing awareness of the ramifications of pain to the medical profession.”

During a visit to the Guggenheim in 1999, upon close inspection of the brush strokes of masters like Dali and Kahlo, Musick recognized something she innately knew—these artists had created detailed, surrealistic views into emotions and sensations that impact and effect us all.

Working in oils, or pen and ink, Karen says she “ignored all that I had been taught about creating art and began to draw my barest emotions. I used shapes combined with colors to describe the turmoil I could find no words for. The impact of what I had created was a powerful view into this devastating time in my life. Drawing became my lifeline to sanity, a way to deal with powerful, and overwhelming feelings. These works became a source of comfort, dialogue, understanding, and inspiration for myself and many of my peers.”

“The goal of my work today is not only to provide a source of therapy and distraction for myself, but to create works of unusual beauty and technical aptitude that will stop this fast paced world in its tracks; and for more than just a moment. I want to mesmerize the participant, bring them into vivid mindscapes, deftly created, that encourage study, reflection, and ultimately healing. I want to bring tears to the eyes, intrigue to the mind, and hope to the soul.”

Jenn Shifflet



Jenn Shifflett lives and works in California. She lives with Neurofibromatosis type 2, and a select few pieces from her large body of works are based on MRI films which were made during efforts

to locate and treat her pain. When created, her “internal landscape” paintings, became a “means...to transform and find meaning in what cannot otherwise be healed through conventional medicine.” She is glad to have her art at UNE for the Symposium—happy that her works will be seen “where they will be appreciated and understood.”

Watch the Symposium website for updates on this project, which will be unveiled in mid February at www.une.edu/wchp/ipec/spsymposium13/index.cfm



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Ernie Merritt

Facilitator of the Chronic Pain Support Group
of Southern Maine.
www.painsupportgroup.org

Student Presenter



"I started volunteering for the Chronic Pain Support Group of Southern Maine this past September and it has been an life-changing experience. Listening to the genuine people that make up the group talk about their experiences with pain and how

they manage it, as well as their encounters with the healthcare system, has motivated me to become a pain patient advocate. Chronic pain is a complex condition and needs interprofessional healthcare attention for the highest quality of treatment and outcomes. As the coordinator of the Interprofessional Education Pain Initiative Student-led Project, I have had the chance to interview several chronic pain patients and work with health professional students in constructing case reports and videos that will be a part of our parallel breakout session, "A Community in Pain", at the UNE Interprofessional Education Spring Symposium in April. This opportunity has given me a great outlook on the changes that are needed to better treat patients with chronic conditions, and I have found a passion for studying pain that I hope to build upon in my future career."

—Lindsay St. Louis, Senior Undergraduate
Neuroscience Major, Old Town, ME



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PAGEVIEWS

for Symposium site, www.une.edu/wchp/ipec/spsymposium13/index.cfm:

Over 1,000 visitors in April of last year and nearly 500 visitors so far this year.

STORY LEADS

- UNE partners with local pain patients to bring the impact of pain home to over 900 students from 11 health professions.
- Graduates and undergraduate students interview local pain patients to put a face on pain for Eleventh Annual Spring Symposium.

POTENTIAL AUDIENCE

- UNE educates the highest number of health-care professionals in Maine, symposium focuses on chronic public health problem.
- Southern Maine Chronic Pain support group is the only one in Maine, a model for patients.

Chronic Pain Support Group



“It’s almost like the chronic pain person feels guilty if they are good the day they go to the doctors because we feel like the doctors not gonna see the real us, the real me, in pain,” “People who have chronic pain can still live a fulfilling life,” “The chronic pain support group is very helpful because it’s hard to relate to people who don’t have chronic pain because they don’t know what you’re going through,” “people living with chronic pain become more accepting and open-minded over time”

—Ernie Merritt, lives with chronic low back pain, and is the facilitator of the Chronic Pain support group of Southern Maine, www.painsupportgroup.org.



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