



**Perspectives, Concerns and  
Options for Managing Pain**  
November 13-15, 2020

This conference will address the complex landscape of chronic pain treatment across the continuum of primary and specialty care including education on pharmacological and non-pharmacological options.

The curriculum is intended for participants with fundamental as well as advanced knowledge of chronic pain. The focus of the meeting is on clinical topics of ethical prescribing for pain patients, interventional pain treatments, options and advances, palliative care, pain related sleep issues and provider burnout.

#### AUDIENCE

Physicians, nurse practitioners, psychologists and any other interested healthcare professionals.

#### CONFERENCE OBJECTIVES

- At the conclusion of this program, healthcare providers will be able to:
- Discuss new pharmacologic options for managing chronic pain including neuropathic pain, and osteoarthritis.
  - Review the relationship between sleep and chronic pain.
  - Discuss the best practices for interventional spinal cord stimulation and intrathecal drug delivery systems.
  - Present and discuss case histories using various therapeutic approaches and techniques.
  - Discuss the use of acupuncture and Chinese herbal medicine in the management of chronic pain.
  - Recognize the basis of burnout, identify the signs of burnout and review mitigation strategies for minimizing the adverse effects.

#### THE SOUTHERN PAIN SOCIETY

The Southern Pain Society (SPS) was established in 1986. The Southern Pain Society's mission is to serve people with pain by advancing research and treatment and to increase the knowledge and skill of the regional professional community.

Visit [www.southernpainsociety.org](http://www.southernpainsociety.org) to join and take advantage of the discounted registration fee.

#### POSTER PRESENTATIONS

Each year, we host a poster session where professionals and learners can showcase their research and projects. Posters can be clinically or research oriented. Please see the SPS website at [www.southernpainsociety.org](http://www.southernpainsociety.org) for details on submission.



# Southern Pain Society 34th Annual Meeting

## Perspectives, Concerns and Options for Managing Pain

**MOVED TO**  
**November 13 – 15, 2020**

Astor Crowne Plaza Hotel  
**New Orleans**

Jointly provided by



## PROGRAM AGENDA

### FRIDAY

- 1:00 – 1:15 Welcome and Course Overview
- 1:15 – 2:15 The HHS Pain Task Force Report: The Back Story  
Rollin M. Gallagher, MD, MPH
- 2:15 – 3:15 All the Uses for Buprenorphine  
George Singletary, MD
- 3:15 – 3:45 Break
- 3:45 – 4:45 Burnout and Resiliency  
Jay Kaplan, MD
- 4:45 – 5:00 Q & A

### SATURDAY

- 7:00 – 8:00 Continental Breakfast
- 8:00 – 8:15 Welcome and Agenda Review
- 8:15 – 9:15 Palliative Care: Lessons Learned, Current Needs and Future Opportunities  
Perry G. Fine, MD
- 9:15 – 10:15 New Pharmacologic Options for Managing Neuropathic Pain.  
Miroslav Backonja, MD
- 10:15 – 10:45 Break
- 10:45 – 11:45 Updates on Guidelines and Regulations for Opioid Prescribing  
Scott M. Fishman, MD
- 12:00– 1:00 Networking Lunch
- 1:00 – 2:00 Best Practices for Spinal Cord Stimulation and Intrathecal Drug Delivery  
Eric I. Royster, MD
- 2:00 – 3:00 Contemporary Management of Osteoarthritis of the Knee: Pharmacologic and Interventional Therapies  
B. Todd Sitzman, MD, MPH
- 3:00 – 3:30 Break
- 3:30 – 4:30 Case Presentation  
Panel: Drs. Fishman, Royster, Sitzman
- 4:30 – 5:00 Business Meeting
- 5:00 – 6:00 Reception with Poster Presentations

### SUNDAY

- 7:00 – 8:00 Continental Breakfast
- 8:00 – 8:15 Welcome and Agenda Review
- 8:15 – 9:15 The Reciprocal Relationship Between Sleep and Pain  
Jonathan D. Cole, PhD
- 9:15 – 10:15 Ethics in Managing Pain Today: You Really Can Do the Right Thing!  
Esther I. Bernhofer, PhD, RN-BC
- 10:15 – 10:30 Break
- 10:30 – 11:30 The Use of Acupuncture and Chinese Herbal Medicine in the Management of Chronic Pain.  
Arnauad Versluys, PhD, MD (China), LAc
- 11:30 – 12:15 Case Presentation  
Panel: Drs. Versluys, Bernhofer and Cole
- 12:15 – 12:30 Wrap-up
- 1:00 – 3:00 Optional “Historical, Architectural Walking Tour of the French Quarter.”  
Randy Roig, MD

## CREDITS

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of Mountain Area Health Education Center (MAHEC) and Southern Pain Society. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

**Credit Designation:** MAHEC designates this live educational activity for a maximum of 15.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

**Continuing Nursing Education (CNE) Contact Hour:** Mountain Area Health Education Center (MAHEC) is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. The program is approved for 15.0 CNE contact hours. Participants must attend 80% of the activity to receive credit.

**Contact Hours and Continuing Education Units (CEU):** MAHEC designates this live continuing education activity as meeting the criteria for 15.0 contact hours.

MAHEC designates this live continuing education activity as meeting the criteria for 1.5 CEUs as established by the National Task Force on the Continuing Education Unit.

## PROGRAM FACULTY

### Miroslav Backonja, MD

Senior Medical Director Neuroscience,  
Medical & Scientific Affairs  
Worldwide Clinical Trials  
Seattle Washington

### Esther I. Bernhofer, PhD, RN-BC

Associate Professor School of Nursing  
Case Western Reserve University  
Cleveland, Ohio

### Jonathan D. Cole, PhD

Clinical Health Psychologist  
Blue Grass Health Psychology  
Lexington, Kentucky

### Perry G. Fine, MD

Pain Research Center  
University of Utah Health  
Salt Lake City, Utah

### Scott M. Fishman, MD

Chief, Division of Pain Medicine  
University of California Davis  
Sacramento, California

### Rollin M. Gallagher, MD, MPH

Editor in Chief of Pain Medicine  
Emeritus Investigator  
Crescenz VA Medical Center  
New Haven, Vermont

### Jay Kaplan, MD

Medical Director: Care Transformation  
LCMC Health  
New Orleans, Louisiana

### Eric I. Royster, MD

Founder  
Integrated Pain and Neuroscience  
New Orleans, Louisiana

### George Singletary, MD

Addictions Specialist  
Tulane Department of Psychiatry  
New Orleans, Louisiana

### B. Todd Sitzman, MD, MPH

Medical Director  
Advanced Pain Therapy  
Hattiesburg, Mississippi

### Arnaud Versluys, PhD, MD (China), LAc

Director  
Institute of Classics in East Asian Medicine  
New Orleans, LA

### Program Chair and Medical Director

### Harry J. Gould III, MD, PhD

Professor of Neurology  
LSUHSC School of Medicine  
New Orleans, Louisiana

## OPTIONAL TOUR

An optional "Historical, Architectural Walking Tour" of the French Quarter has been arranged for SPS attendees, and will be conducted by our own board member, Randy Roig, MD on behalf of the Friends of the Cabildo. **The cost is \$15 pp plus \$1.75 in fees for the 2 hour tour leaving at 1pm, Sunday, November 15, 2020.** The tour will leave from the front lobby of the Astor Crowne Plaza and will cover 20 blocks in the French Quarter. *Please use this link to register: <http://bit.ly/southernpaintour>.* Since this is a special tour, refunds cannot be accommodated, however, you may be able to find a substitute from your colleagues at the meeting.



## REGISTRATION & CANCELLATION FEES

Registration fee for the conference includes course materials, continental breakfasts, coffee breaks, lunch and a reception on Saturday, and other amenities involved in creating a comfortable and rewarding learning experience. A maximum enrollment has been set, so early registration is highly recommended.

Written cancellations received by October 23, 2020 will receive a full refund. Cancellations received between three weeks and 72 hours prior to the program date will receive a 70% refund. No refunds will be given for cancellations received within 72 hours of the meeting, although substitutions will be permitted.

Have a question?

Lisa Roy

Lisa.Roy@mahec.net

828-257-4491



Special Services:  
828-257-4491

Registration Information:

828-257-4475

Fax Registration:

828-257-4768

Online Registration:

[www.mahec.net/sps](http://www.mahec.net/sps)

Email:

[registration@mahec.net](mailto:registration@mahec.net)

Mail:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

MAHEC respectfully requests that payment be made at time of registration. This facilitates easy and quick check-in at the conference.

### ADA Statement

If you need any of the auxiliary aids or services identified in the American with Disabilities Act in order to attend this course, Lisa Roy at 828-257-4491.

## LOCATION AND ACCOMMODATIONS

### Astor Crowne Plaza

739 Canal St. at Bourbon

877-270-1393

[www.astorneneworleans.com/](http://www.astorneneworleans.com/)

*A Four Diamond New Orleans Luxury Hotel, Radiating Elegance.* Situated amid one of the country's most exhilarating cities, Astor Crowne Plaza New Orleans features a wealth of lavish conveniences that make it a vacation destination of its own. Indulge in delicious Creole specialties and decadent desserts at Dickie Brennan's Bourbon House and Beyond, conveniently stationed within our ideally-located French Quarter hotel. You may also enjoy a relaxing dip in our sparkling swimming pool.

### Reservations

A limited block of rooms has been reserved at the Astor Crowne Plaza New Orleans for reservations received by October 29, 2020. If you wish to make reservations, please call 877-408-9661 and refer to the Southern Pain Society to receive the special rate of \$159 per night (+ state and local taxes). Room blocks fill quickly; we encourage you to make your reservations as soon as possible.

There is a convenient link to book your hotel room online at [southernpainsociety.org](http://southernpainsociety.org). Day Valet parking is available for \$20 per day.

### Southern Pain Society

[southernpainsociety.org](http://southernpainsociety.org) • [info@southernpainsociety.org](mailto:info@southernpainsociety.org) • 828-575-9275



## REGISTRATION FORM



Perspectives, Concerns and  
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November 13-15, 2020

Updated contact info

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Social Security #      **XXX-XX-** \_\_\_\_\_ (last 4 digits required)

Specialty \_\_\_\_\_

E-mail Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

By registering, you are granting permission for portions of your contact information to be shared with SPS and conference vendors.

## EARLY REGISTRATION BY OCTOBER 23, 2020

### Southern Pain Society Members

- \$395 Doctoral Level
- \$335 Non – Doctoral Level
- \$60 Student/Fellow/Resident

### Non-Southern Pain Society Members

- \$420 Doctoral Level
- \$360 Non – Doctoral Level
- \$100 Student/Fellow/Resident

### Late Registration will be an additional \$50

- Check is enclosed payable to MAHEC       Credit card info provided
- Visa     Mastercard     Discover Card     American Express

Account # \_\_\_\_\_

Exp \_\_\_\_ / \_\_\_\_ Code on back of card \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Send completed registration form to:  
MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803  
Fax to 828-257-4768

**Or register online at [www.mahec.net/sps](http://www.mahec.net/sps) or  
[www.southernpainsociety.org](http://www.southernpainsociety.org)**