



30th National Conference

Pain Management in the New Era:
Embracing Diversity

October 21-23, 2020
Virtual Conference

Program

Target Audience

The target audience for the 30th National Conference includes registered nurses and advanced practice nurses practicing in pain management, as well as nursing faculty and nursing students with an interest in pain management.

Conference Goals

- Discuss clinical options for the treatment of patients who require pain management nursing care.
- Analyze clinical, research, sociocultural, and legal developments in the field of pain management.
- Advocate for the provision of comprehensive, evidence-based, quality care of individuals and their families experiencing problems related to persistent pain conditions.
- Network with nurses and other health care professionals who focus on pain management in their practice.

Program Objectives

Learning objectives for each session will be posted on the ASPMN® Conference webpage at a later date.

ASPMN® Conference Planning Committee

Program Chair

Laurie Holmes, RN-BC, BSN

Committee Members

Kathy Baule, DNP, RN, APN-ACNS-BC, CCRN, CNRN, RNFA, Co-Chair

Sandra Davis, RN-BC

Brandi O'Brien, RN-BC, CPNP-AC, AGPCNP

Cindy Garlesky, MSN, ARNP, CEN, RN-BC

Tamara Wilkins, DNP, APN, FNP-BC

Danielle Dunwoody, PhD

Pamela Bolyanatz, RN, MSN, FNP, APRN-BC

Michelle Lavelle-Henry, APRN

Megan Filoramo, RN, MSN, APN-C

Jenine Graham, MSN, AGNP, BC

Debra Bruene, RN, MA

Michelle Czarnecki, MSN, RN-BC, CPNP

Madalyn Pelky, MSN, RN-BC, CPNP-AC

Jennifer Creekmur, BSN, RN

Sharon Wrona, DNP, PNP, PMHS, AP-PMN, FAAN

Marsha Stanton, PhD, RN

Cassie Snyder, MS, RN-BC

Accreditation

The Greater Kansas City Chapter of the American Society for Pain Management Nursing is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering has been submitted for contact hours applicable for RN, LPN, LMHT relicensure and pharmacology hours for APN relicensure. Kansas State Board of Nursing provider number LT0279-0412.

Wednesday, October 21, 2020

All education content will be recorded. You may watch the sessions on-demand if you are unable to participate in the live sessions.

Time (EASTERN)	Presentation/Event	Presenter(s)
3:30 p.m. – 4:00 p.m.	New Member Orientation (invitation only)	
4:30 p.m. – 5:00 p.m.	Welcome & Opening Remarks	Ann Quinlan-Colwell, PhD, RN-BC, DAAPM, ASPMN President; Laurie Holmes, RN-BC, BSN, Conference Program Chair
5:00 p.m. – 9:30 p.m.	Poster Viewing/Committee Sign-ups/Exhibit Hall Open	
5:00 p.m. – 5:20 p.m.	ASPMN® 30-Year Celebration Kick-Off	ASPMN® Past Presidents
5:20 p.m. – 6:20 p.m. <i>1.0 Contact Hour</i>	Opening Keynote Address Jean Guveyan Lecture: Making a Difference – Intentional Actions Creating a Meaningful Impact	April Hazard Vallerand, PhD, RN, FAAN, Director, PhD Program Distinguished Professor, Wayne State University College of Nursing, Detroit, MI
6:30 p.m. – 7:20 p.m. <i>1.0 Contact Hour</i>	Initiatives for Preventing Opioid Misuse & Abuse from Starting in the Post-Operative Setting Opioid Misuse and Abuse can start in any setting, including with surgical patients. This presentation will review findings data on opioid misuse in this population and results from two surveys regarding opioid safety education in the perioperative setting from nurses, practitioners, and patients. ASPMN® and International Collaboration of PeriAnesthesia Nurses are part of a taskforce, The Surgical Taskforce Organized to Prevent Opioid Abuse (STOP-OA). Advocacy work that is being done and resources have been developed to help nurses and other healthcare providers to education their patients and minimizing risks for opioid misuse in this setting perioperative setting will be shared.	Sharon Wrona, DNP, RN-BC, PNP, PMHS, AP-PMN, FAAN, Director, Comprehensive Pain and Palliative Care Services, Nationwide Children's Hospital, Columbus, OH; Jan Odom-Forren, PhD, RN, CPAN, FASPAN, FAAN, Associate Professor, University of Kentucky, College of Nursing, Lexington, KY; Joni Brady, DNP, RN-BC, CAPA, Chair, Board of Directors, International Collaboration of PeriAnesthesia Nurses, Inc., Alexandria, VA
7:30 p.m. – 8:20 p.m. <i>1.0 Contact Hour</i>	POWER SESSION 1. How to "MOOOve" Forward with Assessing the COWS Before and After Buprenorphine Induction RNs and providers are often asked to assess and document COWS score for individuals who are being started on sublingual or buccal buprenorphine or buprenorphine/naloxone products for opioid use disorder. This lecture will review a case of buprenorphine induction and how the RN or provider may appropriately utilize the COWs score. 2. Pain Interference Influences Hyperbaric Oxygen Treatment Response during Opioid Dose Tapering This session describes research using hyperbaric oxygen therapy to assist opioid withdrawal symptoms in adults undergoing a methadone dose taper. Findings indicate that pain interference is important to outcomes. The presenter will discuss how this project among adults with opioid use disorder can inform future trials of non-pharmacological approaches to opioid dose tapering in chronic pain populations.	1. Christina Wiekamp, RN-BC, APRN, CNS, CNP, ACHPN, Pain Specialist, M Health Fairview, Maplewood, MN 2. Marian Wilson, MPH, PhD, RN-BC, Associate Professor, Washington State University, Spokane, WA
8:30 p.m. – 9:30 p.m.	Virtual Meet-ups; Visit the Exhibit Hall; Review Posters	

Thursday, October 22, 2020

Time (EASTERN)	Presentation/Event	Presenter(s)
All Day	Exhibit Hall Open/Poster Viewing/Committee Sign-ups	
9:30 a.m. – 10:00 a.m.	Start Your Day with a Little Exercise! You are encouraged to post photos of your run/walk/view from your favorite route to the conference platform.	
10:10 a.m. – 11:00 a.m. <i>1.0 Contact Hour</i>	American Anxieties: A Safe-Space Discussion of Pain, Drug Abuse, and Health Care Policy As November's election nears, a recent study shows that the two issues Americans see as our biggest problems are drug addiction (70%) and health care affordability (67%). Pain management nurses are on the front lines of both of these issues. As such, it is essential that we stay abreast of trends in practice, as well as policy that influences practice. With the U.S. political system itself coming in third (52%) on the list of America's biggest problems, policy's dependence on politics can make staying informed a dreaded, if not triggering, task. In this session, ASPMN® Past President Marsha Stanton, PhD, RN, will create a safe space for discussion of pain care policy and the politics surrounding it. Wade Delk, ASPMN®'s Director of Governmental Affairs; and Michael Barnes, the managing partner of a Washington, D.C.-based health law and policy firm, will provide matter-of-fact, nonpartisan analyses of recent and proposed policy changes that could affect people with pain and the professionals who treat them. Topics will include the Patient Protection and Affordable Care Act, Medicare expansion, drug pricing, overdose response efforts, the Food and Drug Administration's acute pain guideline, and CBD regulation. Additionally, without picking sides, the speakers will provide an overview of the presidential candidates' positions on health care and drug policy issues and discuss potential impacts on the treatment of people with pain.	Michael Barnes, JD, Managing Partner, DCBA Law & Policy, Washington, D.C.; Marsha Stanton, PhD, RN, ASPMN Past President, Los Alamitos, CA; Wade Delk, Director of Governmental Affairs, ASPMN, McLean, VA
11:00 a.m. – 11:30 a.m.	Coffee Break on Whova – Meet up with old friends and make new ones! Join a "meet-up" on the conference platform or peruse the exhibits or posters	
11:30 a.m. – 12:20 p.m. <i>1.0 Contact Hour</i>	Pain Management Then and Now	Miles Belgrade, MD, Neurologist, Comprehensive Pain Center, Minneapolis VA Medical Center; Associate Professor, Department of Rehabilitation Medicine, University of Minnesota, Minneapolis, MN
12:20 p.m. – 1:00 p.m.	Lunch Break – View Posters, Visit Exhibitors, Check Out the Silent Auction	
1:00 p.m. – 1:30 p.m.	ASPMN® Awards Presentations	

1:30 p.m. – 2:20 p.m.
1.0 Contact Hour

Impact of Nurses in Local and National Efforts to Minimize the Opioid Crisis

This presentation describes how nurses working in clinical practice, academics and research can powerfully influence the interplay between practice and policy to deliver effective pain management while minimizing the risk of substance abuse disorder. Pain management nurses have unique insights to and appreciation for the complex interplay between pain management, pain medication use, and substance use disorder in the people they serve. As the most trusted professionals, nurses are in the best position to influence public perception and responsible usage of medication, as well as public policy on pain management and pain medication use and abuse. The discussion describes the many ways that pain management nurses can be important players in creating large (and small) victories over the various aspects of the opioid crisis, nationally and locally. The increased scrutiny of controlled substance prescriptions, quantities, and usage, shows nurses occupy an even greater degree of importance. Pain management nurses are instrumental in ensuring that patients utilize medications responsibly, and that they secure excess quantities within their homes to prevent use or abuse by others. The presentation will emphasize new and novel methods of securing and tracking the destruction of any excess pain medicine inventories, either through take back or other programs and processes, to reduce subsequent pain management misuse, abuse and diversion. The discussion also includes the importance of creating systems and scenarios that minimize the risk of medication diversion by healthcare personnel.

Marla Weston, Transformative Executive Leader, Nursing, Health, Leadership, and Growth, former CEO, American Nurses Association, Washington, DC; Jeffrey Wahl, Jeffrey R. Wahl Co., L.P.A., Cleveland, OH

2:30 p.m. – 3:20 p.m.
1.0 Contact Hour

Diversity of Evidence Translated into Practice: Non-Pharmacologic Pain Planning (NPPP) in Primary Care

Where do we go from here considering everything that has happen with opioids? This session reviews a nurse-driven quality improvement project to develop and implement a non-pharmacologic pain plan (NPPP) protocol in primary care. The majority of pain is management in primary care. Most primary care settings are not equipped to introduce non-pharmacologic options as first line pain interventions or how to support people to make evidence-based choices. This session will present the three components of the protocol and supporting tools.

Tara Nichols, DNP, APRN, RN-BC, CCNS, ACNS-BC, AGCNS-BC, Program Director, RN-BSN Programs, Waldorf University, Forest City, IA

3:30 p.m. – 4:30 p.m.
1.0 Contact Hours*

Discussion Sessions

Topics may include alternative/integrative care; chronic pain; persistent pain; palliative care; health disparity; oncology; geriatrics; pediatrics; advanced practice; interventional; telehealth; opioid misuse; mental health/psychology; ambulatory

7:30 p.m. – 8:30 p.m.

Virtual Dance Party

Friday, October 23, 2020

Time	Presentation/Event	Presenter(s)
All Day	Exhibit Hall Open/Poster Viewing/Silent Auction/Committee Sign-ups	
8:00 a.m. – 9:00 a.m. <i>1.0 Contact Hour</i>	Poster Viewing	Poster Presenters
9:00 a.m. – 10:00 a.m. <i>1.0 Contact Hour</i>	Symposium The PRODIGY Study and the PRODIGY Risk Prediction Tool: First Step toward Improving Outcomes and Reducing Costs Dr. Jungquist will discuss normal respiratory physiology, pathophysiology of an OIRD, tool used to screen for risk of OIRD and best practices for monitoring of OIRD in the hospitalized patient.	Carla Jungquist, PhD, ANP-BC, FAAN, Associate Professor, University at Buffalo, Buffalo, NY
	Educational Grant Provided by Medtronic	
10:00 a.m. – 10:30 a.m.	Virtual Yoga Session	
10:40 a.m. – 11:10 a.m.	Incoming Presidential Address	Maureen F. Cooney, DNP, FNP, RN-BC, Pain Management Nurse Practitioner, Westchester Medical Center, Valhalla, NY
11:15 a.m. – 12:30 p.m. <i>1.0 Contact Hour</i>	Pain Management in the Era of COVID-19 and Its Effect on the Future This year the world has realized what epidemiologists have long feared and few could fathom. It seems impossible that just months ago COVID-19 had not yet infected a single human. There are now millions of cases, and the number of fatalities from this disease is growing. Today much of our lives is affected by this pandemic—our personal lives, certainly, but also our professional lives. The way nurses deliver care and education has changed dramatically, and we, as practitioners, have had to adjust quickly and dramatically. This panel discussion will focus on ways nurses from different practice domains have changed their practice models in order to provide patient care in the era of COVID-19. These front-line providers of care have adapted to the rapidly changing environment, with solutions such as the use of telemedicine and other Internet-based innovations; the design and implementation of education programs for those in isolation; and new approaches to nursing education among a population—Native Americans—that has suffered disproportionately more amidst the pandemic.	Maureen F. Cooney, DNP, FNP, RN-BC, Pain Management Nurse Practitioner, Westchester Medical Center, Valhalla, NY; Lisa Harmon, PhD, RN, CNE, Associate Professor of Nursing, Salish Kootenai College, Polson, MT; Jane Pelosi-Kelly, RN-BC, ANP-BC, ACHPN, Palliative Care Nurse Practitioner, CNS Home Health & Hospice, Plainfield, IL; Alicia Harding, RN, FNP-C, Nurse Practitioner, Children's Medical Center, Dallas, TX
12:45 p.m. – 1:45 p.m. <i>1.0 Contact Hour</i>	Interactive Lunch: Small-Group Case Study Discussions Roulette	
2:00 p.m. – 2:50 p.m. <i>1.0 Contact Hour</i>	Nurse Initiated Collaboration and Innovation Lead to Positive Patient Outcomes Nurses are capable of making great change! Recently, the need to improve pain control for patients having pectus repair surgery has garnered substantial attention in the literature. Nurses at Children's Wisconsin formed a multidisciplinary team and revolutionized our pectus patients' experience from the pre-op visit through the post-op period. We will share our process, our successes as well as areas of continued challenge, and compare patient outcomes. Perhaps most importantly, the contributions of nursing in making this change happen will be highlighted so attendees can use these techniques to improve care for their own challenging patient populations.	Michelle Czarnecki, MSN, RN-BC, CPNP, AP-PMN, Pediatric Pain Management Advanced Practice Nurse, Children's Wisconsin, Wauwatosa, WI

3:00 p.m. – 3:50 p.m.
1.0 Contact Hour

Pain Control in the Time of Epidemics

Judith A. Paice, PhD, RN, FAAN, Director, Cancer Pain Program, Division of Hematology-Oncology; Research Professor of Medicine, Northwestern University; Feinberg School of Medicine, Chicago, IL

3:50 p.m. – 4:00 p.m.

Celebrating the Year of the Nurse & Closing Remarks

Maureen F. Cooney, DNP, FNP, RN-BC, Pain Management Nurse Practitioner, Westchester Medical Center, Valhalla, NY

LIVE WORKSHOPS

Workshops will be recorded if you aren't able to participate at the scheduled time.

Two four-hour sessions

1:00 p.m. – 5:00 p.m.

Eastern Saturday,

October 24 and

Wednesday, October 28

Eight-Hour Workshop (additional fee applies)

ASPMN® Pain Management Certification Course™

This course will cover basic physiology of pain, assessment of pain, pharmacologic, non-pharmacologic and interventional management of pain across the lifespan. The information in this course follows the exam content outline created by the Content Expert Panel for ANCC and was compiled by members of the ASPMN®. For more information on the exam, visit: <https://www.nursingworld.org/our-certifications/pain-management/>.

ASPMN Master Faculty

Renee C.B. Manworren, PhD, PCNS-BC, RN-BC, Director of Nursing Research, Lurie Children's Hospital of Chicago, Chicago, IL; Helen Turner, DNP, APRN, PCNS-BC, Pediatric Pain Management, Clinical Nurse Specialist, Doernbecher Children's Hospital, Portland, OR; Ann Quinlan-Colwell, PhD, RNBC, AHNBC, Pain Management CNS, New Hanover Regional Medical Center, Wilmington, NC; Mary Milano Carter, MS, APRN-BC, RN-BC, Nurse Practitioner, North Shore University Hospital, Manhasset, NY

Two four-hour sessions

1:00 p.m. – 5:00 p.m.

Eastern Saturday,

October 24 and

Wednesday, October 28

Eight-Hour Workshop (additional fee applies)

Advanced Pharmacology

Pain management nursing has advanced its practice by leaps and bounds. We no longer assume that pain management is simple, algorithmic, nor anecdotal. We now advance into evidence-based practice that is based on neurophysiological research. In order to continue to move pain management nursing forward, we must think in terms of advanced pharmacology that incorporates pain pathways and multi-modal approaches. Mastering the use of multi-modal therapies allows for opioid sparing. This workshop is focused for the seasoned nurse in pain management who is thinking about the depth of a person's individualized pain and how best to treat the etiology of pain while focusing on safety.

ASPMN Master Faculty

Linda Vanni, MSN, RN-BC, ACNS-BC, NP, Nurse Practitioner - Pain Management, Professional Pain Education & Consulting LLC, Troy, MI; June Oliver, MSN, CCNS, APRN-BC, RN-BC, Advanced Practice Nurse, Pain Management Services, Swedish Covenant Hospital, Chicago, IL; Deborah Matteliano, PhD, RN-BC, FNP-C, Clinical Associate Professor of Nursing, University at Buffalo, Buffalo, NY

ON-DEMAND CONTENT (INCLUDED WITH REGISTRATION FEE)

Clinical, Acute Pain,
Pediatric, Competent
1.0 Contact Hour

Let's Give Them Nussin' to Talk About!

An expert pain specialized nurse panel will share their experiences when treating the post-operative pain associated with pectus excavatum Nuss bar surgery. A variety of protocols and interventions will be discussed, including peripheral catheters, epidural catheters, PCA, and cryoablation. Successes and challenges will be explored.

Teri Reyburn-Orne, MSN, RN-BC, PPCNP-BC/CPNP-AC, AP-PMN, Advanced Practice Provider/Instructor, University of Colorado, School of Medicine, Anschutz Campus, Aurora, CO; Michelle Czarnecki, MSN, CPNP, AP-PMN, Pediatric Pain Management Advanced Practice Nurse, Children's Wisconsin, Wauwatosa, WI; Molly M. Matthews, APRN, MSN, CPNP-AC/PC; Jennifer Fanelli, MSN, APRN, CPNP-PC

Clinical, CAM, All
Patients, Advanced
Beginner
1.0 Contact Hour

CAM Therapies Are No Longer Complementary or Alternative: Yoga, Acupuncture, and Mind-Body Medicine

This panel will review the neuroscience of yoga and acupuncture. Speakers will discuss how they have developed and incorporated programs for both yoga and acupuncture within the western medical systems to meet the needs of patients with chronic pain. Attendees will leave with a firm understanding of what types of chronic pain these integrative therapies are most useful for and how they can create longer term benefits.

Sara Hall, MS, RN-BC, APRN, CNS, Clinical Nurse Specialist, HealthPartners, St. Paul, MN; Miles Belgrade, MD, Neurologist, Comprehensive Pain Center, Minneapolis VA Medical Center; Associate Professor, Department of Rehabilitation Medicine, University of Minnesota, Minneapolis, MN

This course on CAM meets 50% (1 hour) of the licensing requirements for the Minnesota Board of Nursing for Advance Practice Providers that hold a current DEA and prescribe controlled substance. Refer to the Minnesota Board of nursing at <https://mn.gov/boards/nursing/practice/opioid-practice-resources/opioid-ce-requirement.jsp> for other courses on best practice for the implantable devices opioid and controlled substance prescribing.

Clinical, Misc., All
Patients, Competent
1.0 Contact Hour

Become a Journal Reviewer: Benefits and Guidelines

Journal reviewers play an important role in the decision-making process as they help the editor decide whether to publish submitted manuscripts. Reviewer input on the strengths and weaknesses of manuscripts significantly contributes to the improvement of submissions and their applicability to practice. The presenters will describe the multiple benefits in becoming a journal reviewer, such as developing one's own writing and critical thinking skills, career advancement, and contributing to the dissemination of high quality publications. Guidelines to evaluate the major types of manuscripts and illustrations of good versus inadequate reviews will also be discussed.

Elaine Miller, PhD, RN, CRRN, FAAN, FAHA, Professor of Nursing/Editor, Pain Management Nursing, University of Cincinnati, College of Nursing, Cincinnati, OH; Patricia Bruckenthal, PhD, APRN-BC, FAAN, Associate Professor, Associate Dean for Research and Innovation, Stony Brook University, School of Nursing, Stony Brook, NY

Clinical, Persistent Pain,
All Patients, Competent
1.0 Contact Hour

Implementing the Use of Non-Opioid Medications for Treating Pain in the Hospital Setting

Non-opioid medications are showing promise in treating both acute and persistent pain. The presenters will share the journey to implementation of non-opioid analgesics such as gabapentin, ketamine, and lidocaine in a pediatric setting. They will describe how the implementation was made possible by first looking at current evidence and literature then collaborating with key stakeholders throughout the organization. Examples of how these non-opioid analgesics have been utilized in certain pediatric patient populations, procedures, and medical conditions will be described. Tips and lessons learned from implementation will be discussed.

Sharon K. Wrona, DNP, RN-BC, PNP, PMHS, AP-PMN, FAAN, Director, Comprehensive Pain and Palliative Care Services, Nationwide Children's Hospital, Columbus, OH; Lauren Renner, MS, RN-BC, PNP, Clinical Leader, Comprehensive Pain Services, Nationwide Children's Hospital, Columbus, OH

Clinical, Persistent Pain,
Pediatric, Proficient
1.0 Contact Hour

A Healthcare Improvement Initiative to Increase Pain Management Referrals of Youth with Sickle Cell Disease

Chronic pain treatment guidelines for youth with sickle cell disease (SCD) are unsatisfactory. Youth with SCD often experience chronic pain in addition to unpredictable, recurrent episodes of acute pain. New treatment paradigms are being investigated. The presenter will review the background, methodology and outcomes of a healthcare improvement initiative aimed to increase the number of multidisciplinary pain management referrals for youth with SCD.

Rae Ann Kingsley, DNP, APRN, CPNP-AC/PC, Nurse Practitioner, Children's Mercy Hospital, Kansas City, MO

Clinical, Misc., All
Patients, Advanced
Beginner
1.0 Contact Hour

Your Career...Own It! LinkedIn and Other Essential Tools to Build Your Personal Brand

Your career is your responsibility. You are your personal brand! What are you doing to maximize your brand? This session will provide you with practical information on using LinkedIn and other social media to develop, establish, and maximize your brand effectiveness and network. We will review what makes an effective LinkedIn profile, how to set a strategy to develop a network that will bring you closer to your "next" career step, and answer your questions around personal branding! Bring your laptop so that you can immediately apply what you learn!

Pamela Bennett, RN, BSN, CCE, Founder and CEO,
Joytrek153 Enterprises LLC, Queen Creek, AZ

Clinical, Acute Pain,
Adult, Advanced
Beginner
1.0 Contact Hour

When Medications Can't Be Avoided: Pharmacology for Pain Management

Caring for patients with chronic pain impacts nurses in every specialty. This can be frustrating as pain is often a secondary diagnosis that the nurse is managing along with other medical conditions, and referral to pain management is not always an option. The presenter will review the pharmacological options available in the pain management tool box, including NSAIDs, neuropathic medications, topical agents, and opioids. In addition to understanding the evidence supporting each of these medication classes, clinical tips on how to effectively communicate with patients to maximize great patient outcomes will be reviewed.

Megan Filoramo, RN, MSN, APN-C, AP-PMN, Nurse
Practitioner, New Jersey Pain Consultants, Altair Health,
Hillsborough, NJ

Clinical, Persistent Pain,
Adult, Competent
1.0 Contact Hour

Challenges in the Management of Veterans with Chronic Pain

Chronic pain management in veterans can be particularly challenging. Veterans suffer from multiple sources of pain, including injuries in training and combat. Many veterans' pain is complicated by the effects of PTSD. The presenter will focus on the challenges in pain management for veterans with chronic pain. She will address the causes of pain, the effects of PTSD on chronic pain, and many ways that are offered by the Veterans Health Administration to safely manage chronic pain so that the veteran can achieve a mutually agreed upon positive quality of life.

Renee Holleran, FNP-BC, PhD, RN-BC, FAEN, APRN
Integrative Pain Medicine, Veterans Health Administration
Salt Lake City, Salt Lake City, UT

Research, Misc.,
Pediatric, Competent
0.5 Contact Hour

ASPMN® 2018 RESEARCH GRANT RECIPIENT: Leveraging Parent Pain Perspectives to Improve Pain Practices for School Children with Intellectual Disability

There is a critical need to leverage the perspectives of parents of children with intellectual disability to improve pain identification and assessment practices. During this session, attendees will be informed of the process and results of a study aiming to: (1) ascertain parents' perceived characteristics of child pain experiences (i.e., pain antecedents, behaviors, frequency, relief measures), (2) determine the extent to which parents feel that caregivers adequately address pain, and (3) identify ways in which pain collaboration between parents and caregivers may be improved.

Brenna Morse, PhD, RN-BC, NCSN, CNE, Assistant
Professor, University of Massachusetts Lowell, Lowell, MA

Research, Cancer Pain,
Pediatric, Competent
0.5 Contact Hour

Gut Microbiome Associated with Abdominal Pain in Children with Solid Tumors Post-Chemotherapy and Healthy Controls

This study aimed to examine associations between GM and abdominal pain in children with solid tumors post-chemotherapy and healthy controls.

Jinbing Bai, PhD, RN, FAAN, Assistant Professor, Emory
University School of Nursing, Atlanta, GA

Clinical, Misc., All
Patients, Proficient
1.0 Contact Hour

A New Era of Pain Management: Finding the Moral Frameworks

Nurses have long ascribed to a moral obligation to treat pain. But which moral frameworks support pain management in an era of opioid abuse, increased patient autonomy, and moral pluralism? Moral clarity in policy and treatment protocols can prevent confusion over what is right for patients with pain, thus preventing nurse moral distress, patient stigma, and suboptimal pain care. Participants will explore how changes in the public and professional moral viewpoint regarding pain contribute to changes in policies and treatment protocols and how nurses who are able to ask clear moral/ethical questions can effectively contribute to more just policies.

Esther Bernhofer, PhD, RN-BC, CPE, Associate Professor,
Case Western Reserve University, Parma, OH

Clinical, Acute Pain, All Patients, Proficient
1.0 Contact Hour

Music Therapy and Post-operative Pain Management: Improved Outcomes

Music therapy may be used to help reduce pain perception and anxiety for patients of all ages in a variety of hospital settings. This presentation will use case studies to describe how music therapy has impacted patient perception of pain and comfort from neonatal to adult age patients. An interdisciplinary research study will further demonstrate positive outcomes in pain and anxiety scores and caregiver satisfaction.

Objectives of presentation:

- Define medical music therapy and identify differences between passive music listening and music therapy intervention
- Discuss the impact of music therapy on pain perception from a bio-psychosocial approach; to relieve physiologic symptoms, anxious thoughts and emotional suffering
- Through case examples, describe music therapy interventions that address multidimensional components of pain in neonates, children & adolescents, and adult inpatients

Kirsten Nelson, MA, MT-BC, Clinical Specialist, Board Certified Music Therapist, University of Iowa Stead Family Children's Hospital, Iowa City, IA; Deb Bruene, MA, RN-BC, Nursing Practice Leader, Pediatric Pain Management, University of Iowa Stead Family Children's Hospital, Iowa City, IA; Mary Adamek, PhD, MT-BC, Undergraduate Music Therapy Program Director, University of Iowa, Iowa City, IA; Katelyn Kooi, MT-BC; Kim Hawkins, MS, MT-BC

Clinical, Acute Pain, Adult, Advanced Beginner
1.0 Contact Hour

Mechanisms and Management of Intractable Spine Pain: A Novel Surgical Approach and Post-Operative Management

Intractable Spinal Pain implies most pain treatment options have been exhausted. Minimally Invasive Oblique Lateral Lumbar Fusion (OLLIF), a novel unique intervertebral approach, is less traumatic to tissue, is sparing to abdominal organs, reduces blood loss and intraoperative time, as well as speeds up recovery. In most cases, patients have reduced their opioid use, demonstrate reduced length of stay, and show improvement in functional status. The immediate post-operative period is critical in functionality. Understanding this novel approach with intractable spinal pain and understanding the mechanisms of pain can assist the nurse in applying an effective comprehensive pain treatment plan.

Michelle Lavelle-Henry, RN-C, APRN, CNP, ACHPN, Adult Nurse Practitioner, Pain and Palliative Care, M Health Fairview Ridges Hospital, Burnsville, MN; Hamid Abassi, MD, PhD, FACS, FAANS, Neurosurgeon, Inspired Spine, Shakopee, MN

Clinical, Misc., All Patients, Expert
1.0 Contact Hour

Where's the Curriculum? APN ALERT (Advanced LEaRner Training)

Expert pain specialized advanced practice nurse panel members will share their experiences and challenges when training advanced practice providers new to pain management. Settings include inpatient acute and outpatient chronic pain clinics for care of both adult and pediatric patients from various academic and private medical centers across the country. Overview discussion about assets of and difficulties in instituting training models, importance of outcome measures, and enhancing career satisfaction will be reviewed. Future opportunities to have standardized curricula will be addressed for audience participation.

Teri Reyburn-Orne, MSN, RN-BC, PPCNP-BC/CPNP-AC, AP-PMN, Advanced Practice Nurse-Instructor, University of Colorado, Anschutz Campus, Aurora, CO; Kimberly Wittmayer, MS, APN, PCNS-BC, AP-PMN, Advanced Practice Nurse, Pediatric Pain Service, Advocate Children's Hospital-Oak Lawn, Oak Lawn, IL; Lauren Renner, CPNP, Clinical Leader, Comprehensive Pain Services, Nationwide Children's Hospital, Columbus, OH; Jennifer Kawi, PhD, MSN, APRN, FNP-BC, CNE, Associate Professor, University of Nevada, Las Vegas, School of Nursing, Las Vegas, NV; Janet Vaughan, MS, NP, Senior Nurse Practitioner, Pain Services, University of Rochester Medical Center, Rochester, NY

Clinical, Persistent Pain, Pediatric, Competent
1.0 Contact Hour

Pediatric Headache Management

Headaches can be a life-long struggle for many people, and many have them start when they are very young. Headaches can range from occasional tension headaches to migraines to chronic daily headaches. Management of headaches is similar to adults, but there are specific considerations when dealing with the pediatric population. The multidisciplinary team approach that is utilized at Children's Wisconsin, which includes both a medical provider and a mental health provider during the visit, works to manage pediatric headaches in what is best for our younger patients.

Madalyn Pelky, MSN, RN-BC, CPNP-AC, Nurse Practitioner, Children's Wisconsin, Milwaukee, WI

Clinical, Misc., All
Patients, Competent
0.5 Contact Hour

Mentorship in Nursing: Influence on Career and Clinical Practice

Mentorship is a process that promotes professional and clinical growth. Whether you have been a mentor or mentee throughout your career you have contributed to our nursing profession. The presenter will review those nurses who have influenced the presenter's career (and maybe yours too!) and created friendships through involvement in professional organizations.

Mary Lyons, AGCNS-BC, AP-PMN, RN-BC, Inpatient
Palliative Care APRN, Edward Hospital, Naperville, IL

Clinical, Misc., All
Patients, Competent
0.5 Contact Hour

WE Are Excited: Coaching and Mentoring the Next Generation of Pain Management Nurses

Listen to the journey of two staff nurses and mentor discuss generating staff nurse engagement to become pain management nurses. Both staff nurses submitted abstracts for posters on practice questions they researched and are studying to obtain their pain certification. Both nurses work at Magnet organizations and will use these professional development experiences as part of their evidence toward exceeding objectives on their yearly evaluation. Great session to learn from front line staff how they want to be coached, mentored, and engaged.

Tara Nichols, DNP, APRN, RN-BC, CCNS, ACNS-BC, AGCNS-BC, Clinical Nurse Specialist, University of Minnesota, Grand Rapids, MI; Kendal Daul, RN, BSN, Staff Nurse, Harper University Hospital, Ferndale, MI

Research, Misc., All
Patients, Advanced
Beginner
1.0 Contact Hour

Grant Writing Doesn't Have to Be a Pain! Tips for Preparation and Dissemination

Developing new knowledge of pain management via research could inform and transform clinical nursing practice and nursing policy. Pain management nurses should be prepared to develop, lead, and participate in research programs. This research session will provide nurses with practical steps in building and conducting research studies, including establishing collaborative relationships with research and practice partners and mentors; preparing, writing, and submitting grant applications; and disseminating the findings from research studies through traditional and emerging engagement platforms.

Timothy Sowicz, PhD, NP-C, Assistant Professor, UNC Greensboro School of Nursing, Greensboro, NC; Staja Booker, PhD, RN, Assistant Professor, University of Florida, College of Nursing, Gainesville, FL; Anitha Sarvanan, PhD, RN, ANP-BC, Marcella Niehoff School of Nursing, Loyola University, Chicago, IL; Jinbing Bai, PhD, RN, FAAN, Assistant Professor, Emory University School of Nursing, Atlanta, GA

Clinical, Acute Pain,
Adult, Proficient
1.0 Contact Hour

A Clinical Practice Guideline for Pain Management in the Post-Anesthesia Care Unit

The presenter will describe an evidence-based clinical practice guideline developed for acute pain in a post-anesthesia care unit. She will also describe proper titration of pain medications through the use on an algorithm. Content includes basic opiate conversions, pharmacodynamics and pharmacokinetics of opiates and how they should be properly utilized based on evidence.

Susan Mogan, DNP, ANP-BC, APM-NP, AHPCN, Hospitalist and Adjunct Faculty Nursing Professor, Vassar Brothers Medical Center, Western Connecticut State University, Lagrangeville, NY

Clinical, Persistent Pain,
Adult, Competent
1.0 Contact Hour

Beyond Epidurals: Minimally Invasive Lumbar Decompression for Lumbar Spinal Stenosis

Lumbar spinal stenosis affects millions of patients nationwide. When conservative treatments and epidural injections fail to manage chronic back and leg pain, there may be other interventions that can manage pain without having to undergo major surgery. Although surgery may be the only option for some, this topic will help you identify what other options exist and when patients are a good candidate for other minimally invasive lumbar decompression treatment options.

Zohra Hussaini, MSN, FNP-BC, MBA, APRN, University of Kansas Health System, Kansas City, KS

Clinical, CAM, All
Patients, Competent
1.0 Contact Hour

Use of Auricular Acupressure in Pain Management

Diverse and holistic pain management treatments have always been at the core of nursing practice. With a federal initiative in finding more non-pharmacological pain management treatments, nurses are well positioned to lead this endeavor. Auricular acupressure has been shown to be safe and effective for improving pain. The presenter will describe auricular acupressure, review the current evidence showing its efficacy, share how auricular acupressure became implemented at an academic children's hospital by a nurse, review case studies in adult and pediatric patients, and share pending/proposed research and clinical initiatives for auricular acupressure in the pediatric population.

Molly Bauer, ARNP, CPNP, CHPPN, Pediatric Nurse Practitioner, University of Iowa Stead Family Children's Hospital, Iowa City, IA; Barbara St. Marie, PhD, AGPCNP, FAANP, Assistant Professor, University of Iowa College of Nursing, Iowa City, IA

Research, Persistent Pain, Adult, Advanced Beginner
1.0 Contact Hour

Interprofessional Education on Pain and Opioid Use Meets Team-based Learning Needs

Attendees will learn how to deliver a team-based interprofessional education (IPE) program to improve care for patients prescribed opioids. Program evaluation results will be shared along with curricular materials that nurses can bring back to their practice or educational settings to address stigmatization of persistent pain and opioid use disorder. Case-based scenarios and active learning strategies will be used to demonstrate how interdisciplinary learning needs can be integrated into clinical settings.

Marian Wilson, PhD, MPH, RN-BC, Associate Professor, Washington State University, Spokane, WA

Clinical, Misc., All Patients, Advanced Beginner
1.0 Contact Hour

Let Us Introduce You to Ways Clinical Nurse Specialists Impact Pain Management in Healthcare Systems

The aim of this session is to highlight the CNS role in pain management within the three distinct spheres of impact: Patient/family, nursing, and systems. Each of the presenters will highlight CNS-led outcomes related to quality improvement or research projects.

Marilyn Ann Bazinski, DNP/AGCNS, RN-BC, Pain Management CNS, UW Health, Madison, WI; Ann Quinlan-Colwell, PhD, RNBC, AHNBC, Pain Management CNS, New Hanover Regional Medical Center, Wilmington, NC; Lydia Booher, PhDc, APRN, ACNS-BC, ONC, Coordinator APN PA/Clinical Nurse Specialist, Cleveland Clinic, Cleveland, OH; Debra Drew, MS, ACNS, BC, Pain Management Clinical Nurse Specialist, Maplewood, MN

Research, Acute Pain, Adult, Proficient
1.0 Contact Hour

Incidence of Respiratory Depression and Derivation of a Novel Opioid-Induced Respiratory Depression Risk Prediction Tool

Despite the serious consequences of opioid-induced respiratory depression, it is difficult to identify patients at risk of respiratory depression (RD) on the general care floor (GCF). The PRODIGY trial examined the incidence of respiratory depression among 1,355 medical-surgical patients receiving parenteral opioids on the GCF, and derived a novel respiratory depression risk prediction tool based on continuous capnography and pulse oximetry monitoring. This tool, which will be presented in detail during this session, can be used to identify patients receiving opioids on the GCF who are at risk for RD, and may help prevent respiratory compromise with appropriate monitoring strategies.

Susan Dempsey, MN, CNS, RN-BC, Clinical Nurse Specialist, University of California, Los Angeles, Madera, CA

Clinical, Misc., All Patients, Advanced Beginner
1.0 Contact Hour

The Relationship between ACEs, Trauma, and Pain

Adverse childhood experiences (ACEs) and other types of trauma affect the body both physically and mentally. Traumatic experiences are related to chronic illness, lower life expectancy, an increase in pain experiences, and a decrease in quality of life. This session will help you learn how to identify trauma and understand the neurobiological connection between trauma and pain. The presenters will help you examine how to assess for ACEs, which will better inform care planning, improve treatment outcomes, and identify potential referral needs. Finally, we will analyze how using a trauma-informed approach can enhance pain management practices.

Brenda Nordstrom, DNP, BS, RN-BC, CHPN, Adjunct Nursing Faculty, South College, School of Nursing/Muskegon Community College, Nursing Department, Twin Lake, MI

Clinical, Misc., All Patients, Expert
1.0 Contact Hour

Chaplaincy: Spiritual Care as an Integral Part of the Pain Management Team

The inclusion of a professional chaplain as part of the interdisciplinary medical team can enhance the team's understanding of a patient's reaction to their medical condition. Contrary to the typically accepted belief on the part of medical professionals as well as the patients themselves, the role and function of the chaplain is not limited to providing prayer for patients in crisis. Even as a chaplain's ability to provide therapeutic prayer is helpful for patients who value prayer as an important part of their spiritual or religious life, chaplains also have the training and skill to explore with the patient how a patient's religious and/or spiritual beliefs can affect their response to treatment, which can include the management of pain. Studies have shown an existential crisis brought on by a serious diagnosis or medical crisis can often be experienced through the framework of a foundational religious or spiritual belief. A chaplain's training in deep listening, reflective questions, and use of self, allows for a patient to explore their beliefs in a way that permits the patient to experience wholeness of self while undergoing medical treatment. It has been found that patients who feel supported in their existential pain often feel more in control of their physical pain.

Lorraine Cenicerros, M.Div., Associate Conference Minister, United Church of Christ, Madison, WI

Clinical, Misc., Adult,
Advanced Beginner
0.5 Contact Hour

Pain Management Education Initiative: Creating S.T.A.R.S. (Specialized Treatment Approach Requires a Skill-set)

A pain management program for acute care surgical nurses improves clinicians' knowledge, confidence, assessment and documentation compliance, and use of non-pharmacological interventions. The program also had a positive impact on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) pain communication scores.

Bernadette Bingham, BSN, RN-BC, Registered Nurse, Northwell Health-Long Island Jewish Medical Center, Queens, NY; Maria Buquicchio, MSN, RN, PCCN, CCRN-K, Nurse Manager, Northwell Health-Long Island Jewish Medical Center, Queens, NY

Clinical, Misc., All
Patients, Proficient
0.5 Contact Hour

Preparing the Next Generation of Pain Management Nurses

The presenters will present up-to-date research on best practice in developing on-boarding and orienting processes of the next generation of pain management nurses and advanced practice nurses. The presenters will provide a number of ways to differentiate and personalize the on-boarding experience in order to make the on-boarding process as efficient and effective as possible.

Kathy Baule, DNP, APRN, ACNS-BC, CCRN, CNRN, Advanced Practice Nurse, Mayo Clinic, Rochester, MN; Steven Baule, PhD, Assistant Professor, University of Wisconsin, Superior, WI

Clinical, Misc., All
Patients, Competent
1.0 Contact Hour

Nurse's Perception of Caring: As Diverse As Our Patients

Providing care to chronic pain patients can be rewarding and disappointing all at the same time. A competency developed to explore nurse's thoughts and stories regarding the provision of chronic pain care will be reviewed. Key words and thoughts will be explored.

Laura Habighorst, BSN, RN, CAPA, CGRN, Clinical Nurse Educator, North Kansas City Hospital, Kansas City, MO

Clinical, Persistent Pain,
Adult, Proficient
0.5 Contact Hour

Treating Acute and Chronic Pain in Post-operative Patients: Best Practices

The presenters will discuss a staff nurse's journey to creating a post-operative pain management presentation on people with chronic pain. Are surgical patients with a history of chronic pain at an increased risk of uncontrolled post-operative pain as compared to patients without a history of chronic pain? Using the PICO question method and mentorship from an experienced pain nurse, the question was explored which enhanced the staff nurses' accountability and professional development.

Kendal Daul, RN, BSN, Staff Nurse, Harper University Hospital, Ferndale, MI; Tara Nichols, DNPc, APRN, RN-BC, CCRN, CCNS, ACNS-BC, AGCNS-BC, DNP Student, University of Minnesota, Grand Rapids, MI

Research, Persistent
Pain, Adult, Proficient
0.5 Contact Hour

Women with Chronic Low Back Pain and Low Socio-economic Status: Self-efficacy and Multi-site Pain Predictors

Due to the higher prevalence of pain among adult women and those belonging to the low socio-economic status (SES), it is important to evaluate the predictors of self-efficacy and multisite pain in this population. One in four of those with chronic low back pain (CLBP) go on to develop multi-site pain, and this is common among women and those with low SES. Without adequate self-management through self-efficacy, these individuals experience greater disability and more challenges in management. Targeting significant predictors can facilitate better pain care and minimize disparities.

Jennifer Kawi, PhD, MSN, APRN, FNP-BC, CNE, Associate Professor, University of Nevada, Las Vegas, Las Vegas, NV

Clinical, CAM, Adult,
Competent
1.0 Contact Hour

Using Healing Touch in a Hospital Setting to Relieve Pain, Anxiety, and Assist with Sleep

The presenter will describe how a 150-bed community hospital has been able to utilize Healing Touch to assist the Pain and Palliative Consult Service as well as the staff nurses with patients experiencing pain, anxiety, and sleep issues. The presenter, working the night shift, performs Healing Touch per the request of consult service and the nursing staff. Examples of patients who have benefited from Healing Touch will be explored and questions answered. After this question session, volunteers will be available to provide demonstrations of Healing Touch.

Gregory Falvey, BSN, RN-BC, HNB-BC, HTP, Registered Nurse, M Health Fairview Ridges Hospital, Burnsville, MN

Research, Persistent
Pain, Geriatric,
Competent
1.0 Contact Hour

Toward a New Pain Assessment Paradigm: Measuring Pain during Movement

Pain with movement is a significant problem in older adults with chronic musculoskeletal pain, such as osteoarthritis. However, pain assessments often do not account for the variation in pain that occurs during movement in contrast to at rest. Furthermore, the new Joint Commission requirements state to consider the impact of pain on function. The presenters will offer new insight into (1) research-based evidence on

Staja Booker, PhD, RN, Assistant Professor, University of Florida, College of Nursing, Gainesville, FL

movement-evoked pain and function in racially diverse older adults, (2) self-report tools to facilitate pain assessment that emphasizes interference with function, and (3) practical strategies for nurses to re-tool their pain assessment approach.

Spinal Cord Stimulation: Is It for My Patient?

Neuromodulation is changing the environment of pain management. As the technology progresses, more and more chronic pain states are being effectively treated with this modality including diabetic and chemo-induced neuropathy, low back pain, cervical radiculitis, and complex regional pain syndrome. By having an understanding of the technology, its appropriate uses, and its risk-to-benefit ratio, the nurse can educate appropriate patients earlier on in the treatment algorithm, before they potentially get started on multiple medications. Spinal cord stimulation is a safe and effective treatment that has very few contraindications. Find out which of your patients it can potentially help, how to set reasonable expectations, and how to adequately prepare the patient to pursue this non-opioid technique.

This session on implantable devices meets 50% (1 hour) of the licensing requirements for the Minnesota Board of Nursing for Advance Practice Providers that hold a current DEA and prescribe controlled substance. Refer to the Minnesota Board of nursing at <https://mn.gov/boards/nursing/practice/opioid-practice-resources/opioid-ce-requirement.jsp> for other courses on best practice for the non-pharmacologic, opioid and controlled substance courses that meets this requirement.