Virtual Program

Target Audience
The target audience for the 31st 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
Kathy Baule, DNP, RN, APN-ACNS-BC, CCRN, CNRN, RNFA

Committee Members
Debra Bruene, RN, MA, Co-Chair
Laurie Holmes, RN-BC, BSN
Tamara Wilkins, DNP, APN, FNP-BC
Pamela Bolyanatz, RN, MSN, FNP, APRN-BC
Michelle Lavelle-Henry, APRN
Megan Filoramo, RN, MSN, APN-C
Jenine Graham, MSN, AGNP, BC
Michelle Czarnecki, MSN, RN-BC, CPNP
Sharon Wrona, DNP, PNP, PMHS, AP-PMN, FAAN
Ann Schreier, PhD

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.

Networking
The opportunity to develop and continue relationships with your colleagues through networking is one of the key benefits of attending the ASPMN® National Conference. Networking offers many tangible benefits to conference participants, including, but not limited to, validating your experience in providing nursing care and developing a better understanding of your practice and your role in care delivery by learning from others who are dealing with similar circumstances, solving the same problems, and confronting the same issues. Take advantage of this national gathering of pain management nurses to learn more about national issues and trends.
# Wednesday, September 29, 2021

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<tr>
<th>Time (CENTRAL)</th>
<th>Presentation/Event</th>
<th>Presenter(s)</th>
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| 8:00 a.m. - 5:15 p.m. | Workshop 1 (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/](https://www.nursingworld.org/our-certifications/pain-management/). | Mary Milano Carter, MS, ANP-BC, RN-BC, Nurse Practitioner, North Shore University Hospital, Glen Cove, NY; Renee Manworren, PhD, APRN, PMGT-BC, AP-PMN, FAAN, Director, Research and Professional Practice, Lurie Children’s Hospital, Northwestern University, Chicago, IL; Helen Turner, DNP, APRN, PCNS-BC, Pediatric Pain Management Clinical Nurse Specialist, Doernbecher Children’s Hospital, Portland, OR |
| 8:00 a.m. - 5:15 p.m. | Workshop 2 (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. | Linda Vanni, MSN, RN-BC, ACNS-BC, NP, Nurse Practitioner, Pain Management, Professional Pain Education and consulting, LLC, Troy, MI; June Oliver, MSN, APN/CNS, Swedish Covenant Hospital, River Forest, IL; Deborah Matteliano, PhD, FNP-BC, University at Buffalo, Colden, NY |
| 1:00 p.m. - 5:00 p.m. | Workshop 3 (additional fee applies) **Welcome to Self-Care 99: An Experiential Workshop Designed for YOU!**  
Following an initial discussion of self-care and transforming stress, attendees will actively participate in this four-hour EXPERIENTIAL workshop. They will explore and identify the challenges, threats and barriers to caring for self. They will then explore and identify REASONABLE and FEASIBLE self-care activities and strategies. They will be able to develop a personalized plan through which they can commit to caring for self. | Ann Quinlan-Colwell, PhD, RN-PMGT, AHNBC, Integrative Pain Management Educator and Consultant, AQC Integrative Pain Management Education & Consultation, Wilmington, NC |
| 5:30 p.m. - 6:00 p.m. | New Member/First Time Attendee Orientation | |
### Thursday, September 30, 2021

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

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<th>Time (CENTRAL)</th>
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<th>Presenter(s)</th>
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<tr>
<td>9:00 a.m. – 9:30 a.m.</td>
<td>Welcome &amp; Opening Remarks</td>
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<tr>
<td>9:30 a.m. – 10:30 a.m.</td>
<td><strong>KEYNOTE ADDRESS - Pain Management - Appreciating the Past and Peering into the Future</strong>&lt;br&gt;This presentation will cover the following aspects of pain management:&lt;br&gt;  - Brief history of Pain Management&lt;br&gt;  - Examples of Major Changes in Pain Management&lt;br&gt;     - Introduction of imaging for procedures&lt;br&gt;     - The Role of Opioids in Pain Management&lt;br&gt;  - Lessons Learned during My Career in Pain Management&lt;br&gt;     - The Issue of Treatment Expectations&lt;br&gt;  - Barriers to be Overcome in Pain Management&lt;br&gt;     - Objective Measures of Pain&lt;br&gt;     - Acceptance of Behavioral Therapy in Pain Management&lt;br&gt;  - Key Tools for the Future of Pain Management</td>
<td>Benjamin Johnson, MD, MBA, DABPM, FIPP, CIME, Medical Director, Spine and Orthopedic Specialists of Tennessee, Nashville, TN</td>
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<tr>
<td>10:45 a.m. - 12:15 p.m.</td>
<td><strong>When Pain and Substance Use Disorder Coexist: Pearls for Improving Pain Management</strong>&lt;br&gt;Treatment of pain in patients of all ages with substance use disorders is complex and challenging. This jam-packed session will feature three outstanding speakers who will provide clarification around commonly misunderstood terms such as opioid use disorder, substance misuse and addiction, will provide pearls for management of acute pain in patients undergoing therapy for substance misuse and will discuss management of pain in patients admitted after trauma who have misused substances. This session will provide valuable information for the novice to experienced clinicians.</td>
<td>Barbara St. Marie, PhD, AGPCNP, FAANP, FAAN, Assistant Professor, College of Nursing, University of Iowa; Kathleen Broglio, DNP, ANP-BC, ACHPN, CPE, FPCN, Palliative Care Nurse Practitioner, Associate Professor of Medicine, Dartmouth-Hitchcock, Lebanon, NH; Jason Sawyer, RN-EC, NP-C, BSc.N, MN, (BC), AP-PMN, Nurse Practitioner, Acute Pain Service, Sunnybrook Health Sciences Center, Toronto, ON Canada</td>
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<td>Time (CENTRAL)</td>
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<tr>
<td>12:15 p.m. – 12:45 p.m.</td>
<td>Break/Visit Exhibits</td>
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<tr>
<td>12:45 p.m. – 1:45 p.m.</td>
<td><strong>When Pain and Substance Use Disorder Coexist: Ethics, Stigma, and Compassion</strong></td>
<td>Esther I. Bernhofer, PhD, MA, RN, PMGT-BC, Associate Professor, Frances Payne Bolton School of Nursing, Case Western Reserve University, Cleveland, OH; Ann Quinlan-Colwell, PhD, RN, PMGT-BC, Independent Pain Educator &amp; Consultant, AQC Integrative Pain Management Education and Consultation, Wilmington, NC</td>
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<tr>
<td>2:00 p.m. - 3:00 p.m.</td>
<td><strong>Jean Guveyan Lecture: Bridging Pain Science and Care - Is Your Practice Evidence-Based?</strong></td>
<td>Rosemary Polomano, PhD, RN, FAAN, Associate Dean for Practice, Professor of Pain Practice, School of Nursing; Professor of Anesthesiology and Critical Care, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA</td>
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<tr>
<td>3:15 p.m. – 4:15 p.m.</td>
<td><strong>Nurses as the Patients and Burnout as the Condition: Self Care to Improve Patient Care</strong></td>
<td>Megan Filoramo, APN-C, AP-PMN, APHN, Nurse Practitioner, New Jersey Pain Consultants/Altair Health, Hillsborough, NJ</td>
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<tr>
<td>4:30 p.m. – 5:30 p.m.</td>
<td><strong>Lassoing Your Top Pain Management Topics - Case Studies</strong></td>
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<tr>
<td>5:30 p.m. – 6:30 p.m.</td>
<td><strong>Getting to Know You: Cocktails &amp; Conversation/Networking Time</strong></td>
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<td>Time (CENTRAL)</td>
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<td>8:30 a.m. – 9:00 a.m.</td>
<td>Mindfulness</td>
<td>Danielle Dunwoody, BSc, BScN, MS, PhD, RN, Assistant Professor, York University, Burlington, ON, Canada; Carla Jungquist, PhD, ANP-BC, FAAN, Associate Professor, University at Buffalo, Buffalo, NY</td>
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<tr>
<td>9:00 a.m. - 10:00 a.m.</td>
<td><strong>Pain Management Practices Around Opioids: Finding the Safe Patients in Practice, Myth or Legend?</strong></td>
<td>The presenters will examine the evidence regarding identifying &quot;safe&quot; opioid responses within the area of acute care nursing. The presenters will highlight patients at risk for adverse effects beyond the published stratification and questions the notion that a “safe response” to an opioid analgesic is possible. Embracing the reality that all responses to opioids are not created equal and diversity in patient primary responses to opioids needs to be acknowledged, this presentation serves to integrate bodies of research such as the guidelines, adverse event data, opioid risk stratification, and experiences of expert clinicians in practice.</td>
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<tr>
<td>10:00 a.m. – 10:30 a.m.</td>
<td>Break/Visit Exhibits</td>
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<tr>
<td>10:30 a.m. - 11:30 a.m.</td>
<td><strong>Developing a Post COVID Care Clinic at an Academic Medical Center</strong></td>
<td>This presentation describes the development of the Post COVID Care Clinic (PCOCC), rapidly developed at a large medical center to provide treatment for patients experiencing post-COVID syndrome. Given the impact of PCS, an expert interdisciplinary health care team within General Internal Medicine convened to meet the needs of this population. Patients who were &gt;6 weeks out from COVID-19 diagnosis were referred to the PCOCC for treatment of their post-COVID pain, fatigue, and orthostatic intolerance, among other symptoms. PCOCC includes telehealth rehabilitation program for those impacted by PCS. We will share lessons learned as well as future plans and global implications.</td>
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<tr>
<td>11:30 a.m. - 12:15 p.m.</td>
<td><strong>Awards Ceremony</strong></td>
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<tr>
<td>12:15 p.m. – 12:45 p.m.</td>
<td><strong>Lunch Break</strong></td>
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<tr>
<td>12:45 p.m. - 1:45 p.m.</td>
<td><strong>Music for Management of Pain and Promotion of Sleep and Relaxation</strong></td>
<td>The purpose of this fun and interactive presentation is to provide nurses with information that will allow them to feel confident providing and teaching patients how to self-administer music for the management of pain, sleep and to promote relaxation. All information is based upon a current review of the research evidence available on this easy to use and inexpensive intervention that has the potential to pay big dividends for patients.</td>
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<tr>
<td>2:00 p.m. - 3:00 p.m.</td>
<td><strong>Celebrating Progress and Advocating for the Future: Federal and State Policy</strong></td>
<td>The presenters will examine recent policy activity that could affect people with pain and the professionals who treat them, assess how COVID-19 has affected pain care policy, and specify changes in federal policy that could occur over the next 12 months.</td>
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<tr>
<td>3:15 p.m. - 4:15 p.m.</td>
<td><strong>Roundtable Discussions</strong></td>
<td>Roundtable Discussion Leaders</td>
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<tr>
<td>5:00 p.m. – 6:30 p.m.</td>
<td><strong>ASPMN Happy Hours</strong></td>
<td>Show off your best Texas attire!</td>
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### Saturday, October 2, 2021

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<td>9:30 a.m. – 10:00 a.m.</td>
<td>Yoga Session</td>
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<tr>
<td>10:00 a.m. - 11:00 a.m.</td>
<td>Pharmacology and Pain Management</td>
<td>Jennifer Hiemenz, PharmD, Centracare Neurosciences Pain Center, St. Cloud, MN</td>
</tr>
<tr>
<td>11:15 a.m. - 12:15 p.m.</td>
<td>The Unlikely Addict: One Nurse’s Story through Addiction and Into Recovery</td>
<td>Kristin Waite-Labott, RN, BSN, CARN</td>
</tr>
<tr>
<td>12:15 p.m. - 12:30 p.m.</td>
<td>Closing Remarks / Adjourn</td>
<td>Maureen Cooney, DNP, FNP-BC, PMGT-BC, AP-PMN, ACHPN, Westchester Medical Center, Valhalla, NY, ASPMN President</td>
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ON-DEMAND CONTENT (INCLUDED WITH REGISTRATION FEE)

1.0 Contact Hours*

**Poster Presentations**

**Pain Management in Burn Patients**
This session will begin by describing the pathophysiology behind pain and burn injuries, differentiating pain types, and highlighting the effects of mismanaged pain. After establishing a foundation, the most recent literature regarding pain management in burn populations will be discussed while summarizing general pharmacology principles pertaining to various pain medications. By the end of this session, attendees will be equipped with knowledge to recognize safe and effective treatment regimens for managing burn pain and understand the need for further research.

**Poster Presenters**

Lacey Brinegar, PharmD, MPH, Pharmacist, Bradenton, FL

**Implementing a Risk-Based Approach to Capnography Monitoring for Patients Admitted to Medical Surgical Units**
This EBP translation project sought to identify solutions to known barriers related to continuous capnography monitoring for patients at risk for opioid induced hypoventilation on medical surgical units. The project involved 3 steps including: creation of a best practice advisory harnessing patient level risk factors from the electronic medical record to trigger orders, pilot of capnography monitoring on two units and system-wide deployment of the process.

**Poster Presenters**

Mary Beth Chambers, DNP, RN, ACNS, PMGT-BC, Pain Management CNS, UCLA Health, Santa Clarita, CA

**ASPMN® Position Paper Update: RNs Caring for Patients Receiving Analgesia by Catheter - Ascertaining Standard of Practice**
The Task Force reviewing and updating the ASPMN® “Registered Nurse Management and Monitoring of Analgesia by Catheter Techniques: Position Paper” (2007) will present survey results designed to ascertain if there is a standard of care of patients receiving medications via catheter. Literature and statements from state Boards of Nursing will be reviewed and recommended updates to the ASPMN position paper will be discussed.

**Poster Presenters**

Teresa Reyburn-Orme, MSN, PMGT-BC, PPCNP-BC/CPNP-AC, AP-PMN, Advanced Practice Nurse-Instructor, University of Colorado, School of Medicine, Department of Anesthesia, Aurora, CO; Margaret Fischer, MSN, PMGT-BC, ANP-BC, Nurse Practitioner, Stony Brook University Hospital, Stony Brook, NY; Ann Quinlan-Colwell, PhD, RN, PMGT-BC, Consultant and Educator, AQC Pain Management Consultation and Education, Wilmington, NC; Janette E. Elliott, RN-BC, MSN, AOCN, Clinical Nurse Specialist, Sunnyvale, CA; Kathy Meloche, BSN, RN, PMGT-BC, Pain Management Coordinator, Detroit Medical Center Harper University Hospital, Detroit, MI

**Procedural Sedation: Moderate and Deep Sedation Medications**
This presentation is Part 1 of a 2 part presentation regarding procedural sedation. This session will review the medications required for procedural sedation: moderate and deep sedation. Mechanism of action, dosing, adjuvant medications and reversal agents will be reviewed.

**Poster Presenters**

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

**Procedural Sedation: Standards, Assessment, and Quality Improvement**
This is Part 2 of a two part session regarding procedural sedation. This session will review various standards of care, the assessment and implementation of a quality improvement plan for moderate and deep sedation.

**Poster Presenters**

Laura Habighorst, BSN, RN, CAPA, CGRN, Surgical Services Clinical Nurse Educator, North Kansas City Hospital, Kansas City, MO
**ON-DEMAND CONTENT continued**

**Acute Pain, Pediatric, Competent**  
*1.0 Contact Hours*

**When Too Much Is Too Much: Reducing Opioid Use through Multimodal Pain Management for Children with Sickle Cell Disease**  
Presenter will discuss alternative modality options for patients with sickle cell disease, discuss the possible etiologies in this unique disease population, and how different modalities often lead to optimizing functionality.

James DeMasi, APRN, CPNP-AC/PC, Anesthesia for Children, Children’s Health of Dallas, Dallas, TX

**CAM, All Patients, Advanced Beginner**  
*1.0 Contact Hours*

**Trance-forming Pain: The Power of Hypnotic Relief**  
Clinical hypnosis is a powerful complementary modality that can be a valuable addition to your nonpharmacological pain management toolbox! Hypnosis can influence the mind/body connection to facilitate healing, decrease pain, and enhance medical care compliance. Join our speaker, a pain management nurse practitioner and certified clinical hypnotherapist as she shares current and relevant research on this exciting topic. Explore the process and experience a group hypnotic session to enhance your own well-being and walk away with a brief and powerful intervention you can share with your patients when you return to your practice setting on Monday!

Marie O’Brien, DNP, ANP-C, PMGT-BC, CCRN, Mather Hospital Northwell Health, Port Jefferson, NY

**CAM, Adult, Proficient**  
*0.5 Contact Hours*

**Qualitative Content Analysis of a Virtually Delivered Auricular Point Acupressure Intervention for Self-Managing Chronic Pain**  
This is part of a larger pilot study supported by grants (Dr. Chao Hsing Yeh) from the National Institute on Aging (Award Number R01AG056587), Sigma Theta Tau International, Under Armour Women’s Health & Breast Cancer Innovation Grant, and Johns Hopkins Medicine. Funding sources were not involved in the preparation of this abstract. This study involved an interdisciplinary collaborative team, led by nursing, engaging students toward building research capacity in advancing pain science. Findings are valuable in working toward improving pain management. An opportunity to present study findings in an oral venue is well appreciated and significant in pain care.

Jennifer Kawi, PhD, MSN, APRN, FNP-BC, CNE, Associate Professor, University of Nevada, Las Vegas, School of Nursing, Las Vegas, NV; Chao Hsing Yeh, PhD, MSN, RN, FAAN, Associate Professor, Johns Hopkins School of Nursing, Baltimore, MD

**CAM, Adult, Advanced Beginner**  
*0.5 Contact Hours*

**Influences on Non-Pharmacological Pain Management Decision-Making**  
This session reports on interviews with adults prescribed opioids for persistent pain who were asked about their perceptions on a variety of non-pharmacological pain management options.

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

**Cancer Pain, Adult, Competent**  
*1.0 Contact Hours*

**Factors that Affect Adequate Analgesia in African Americans with Cancer Pain**  
A majority of the literature demonstrates disparities between African Americans and Caucasians regarding pain management in cancer, but there is less understanding as to why these disparities exist. This study examined patient factors (age, gender, employment status, education, presence of a caregiver, cancer metastasis, perceived control over pain, pain-related distress, pain intensity) of Africans Americans with cancer pain to see which contributed to receiving adequate analgesia in managing cancer pain.

Navdeep Singh, PhD, AGACNP-BC, CCRN, Nurse Practitioner, Wayne State University, Northville, MI
Talking Pain: Personal Experiences of Older Women with Breast Cancer

Breast cancer is now the predominant form of cancer worldwide, and the majority of its victims are age 65 or older. The population of older adults is predicted to reach 70 million by 2030, making optimization of their quality of life paramount. This study aims to apply the conceptual framework of female self-advocacy in cancer to a cohort of older women treated for breast cancer to identify barriers to optimal pain management, including opioid stigma. Interviews with older women treated for breast cancer are being conducted to determine the barriers these women encounter to self-advocating for optimal pain management.

Karen E. Alsbrook, BSN, RN, OCN, Predoctoral Fellow/PhD Student, University of Pittsburgh, Pittsburgh, PA

Encouraging a Paradigm Shift: Approaching Chronic Pain from an Integrative Public Health Perspective

This innovative presentation will discuss the importance and feasibility of implementing primary, secondary, and tertiary prevention approaches to first avoid the development of chronic pain; optimize function when chronic pain exists and promote comfort as appropriate. Appropriate integrative interventions will be discussed for use throughout the prevention spectrum.

Ann Quinlan-Colwell, PhD, PMGT-BC, Independent Pain Educator & Consultant, AQC Integrative Pain Management Education and Consultation, Wilmington, NC

The Interaction between Sleep and Pain: How Nurses Can Improve Patient Outcomes

There is a close inter-dependent relationship between sleep and pain. Patients in pain are more likely to have fragmented sleep and altered breathing during sleep. Patients with sleep disorders are more likely to have decreased tolerance to pain and increased incidence of negative outcomes related to interventions for pain. This presentation will include the most recent research on the underlying physiologic reasons for the relationship, the potential negative patient outcomes, and ways that nurses can assess and manage sleep problems in patients with acute and chronic pain.

Carla R. Jungquist, PhD, ANP-BC, FAAN, Adult/Gerontology Program Coordinator; Associate Professor, School of Nursing, University at Buffalo, Buffalo, NY

Reviewer Pearls: A Presentation to Enhance Skills in the Peer Review Process

The purpose of this presentation is to increase the knowledge, skill, and expertise of nurses who are current or future peer-reviewers for Pain Management Nursing (PMN). This presentation is appropriate for all levels of reviewers.

Objectives:

- To become familiar with the online resources for reviewers provided by our Publisher, Elsevier.
- To gain an understanding of the process to write a comprehensive peer review.
- To gain an understanding of the essential elements of an excellent peer review.

Cecile B. Evans, PhD, RN, Board Member, McCall College, Boise, ID; Elaine T. Miller, PhD, RN, CRNN, FAAN, Professor of Nursing and Editor, PMN, University of Cincinnati, Cincinnati, OH

Avoiding Love Notes from Your Biller: Matching Charting to Billing

Billing is not covered in advanced practice RN training and can be a daunting task. It is difficult to understand and do correctly without some direct education on the topic. Pain management is not well reimbursed and so to keep pain management programs viable, correct billing must be implemented. In our inpatient practice we have implemented documentation templates which have improved our billing and receivables. Inpatient billing and outpatient billing are similar but different and both will be covered in this session.

Teresa Reyburn-Orne, MSN, PMGT-BC, PPCNP-BC/CPNP-AC, AP-PMN, Advanced Practice Nurse-Instructor, University of Colorado, School of Medicine, Department of Anesthesia, Aurora, CO; Janet Pennella-Vaughan, MS, NP, Senior Nurse Practitioner, Pain Services, University of Rochester Medical Center, Rochester, NY
ON-DEMAND CONTENT continued

Showcase Your APRN Expertise: Steps to Achieve Advanced Practice Pain Management Nurse (AP-PMN) Recognition
Pamela Bolyanatz, MS, APRN, FNP-BC, AP-PMN, PMGT-BC, Oncology Nurse Practitioner, University of California San Francisco, San Francisco, CA; Mary Lyons, MSN, APRN, AGCNS-BC, AP-PMN, PMGT-BC, Inpatient Palliative Care PARN, Edward Hospital, Naperville, IL

Managing Pain from the Head and Heart
Victoria Boyce, MSN, RN, AHN-BC, Caritas Coach®, Clinical Nurse Specialist, Ascension St. John Hospital, Detroit, MI

Behavioral Intent to Employ Empathy in Pain Management Nursing
Theresa Grimes, PhDc, FNP-BC, PMGT-RN, CCRN, Nurse Practitioner, Mather Hospital Northwell Health, Coram, NY

The Missing Link in Chronic Pain Management: A Pain Nurse Navigator
Lisa M. Gale, RN, BSN, OCN, PMGT-BC, Pain Nurse Navigator, OSF Health Central Illinois Pain Center, Peoria, IL

Does Skin Still Matter in 2021? An Overview of Topical Treatments for Chronic Neuropathic Pain
John F. Peppin, DO, FACP, Clinical Professor, Pikeville University, College of Osteopathic Medicine, Lexington, KY

Misc., All Patients, Expert
0.5 Contact Hours*

Misc., All Patients, Proficient
1.0 Contact Hours*

Misc., Adult, Proficient
1.0 Contact Hours*

Misc., All Patients, Proficient
0.5 Contact Hours*

Persistent Pain, All Patients,
Proficient
1.0 Contact Hours*
ON-DEMAND CONTENT continued

Persistent Pain, Pediatric, Competent
1.0 Contact Hours*

Making Persistent Pain for Pediatric Patients the Past and Improving Future Function
Persistent pain in children and adolescents impacts 20-35% of children and should be a significant concern for our society. Children and teens with persistent pain have a multitude of adverse outcomes, including physical and mental health problems as well as difficulty in functioning, including school challenges that can drastically impact their future. This presentation will share the current literature for improving the future for children and adolescents with persistent pain, a triage process that was created to help with developing an individualized pain treatment plans for patient, types of programs for treating persistent pain, and outcomes with the triage process.

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

Persistent Pain, All Patients, Competent
1.0 Contact Hours*

Catastrophizing and Pain: The Problem May be Everywhere, but an Answer’s in Your Head
Catastrophizing is a common maladaptive pattern of thinking in pain patients of all ages. These patients are less likely to actively participate in treatment which in turn contributes to poor overall outcomes. In addition to the behavioral effects of catastrophic thinking, neuroplastic changes and changes to the endogenous mechanisms of pain modulation may occur. Through identification of these patients and appropriate treatment with behavioral therapies, the adverse effects of catastrophizing can be minimized and even reversed. Nurses are in a key position to facilitate these behaviors and decrease patient suffering through patient identification, education in self-management techniques, support and coaching.

Megan Filoramo, RN, APN-C, AP-PMN, APHN-BC,
Nurse Practitioner, Altair Health/New Jersey Pain Consultants, Morristown, NJ

Persistent Pain, Adult, Advanced Beginner
1.0 Contact Hours*
Pain Coping Skills Training: A Nurse Practitioner Delivered Telehealth Intervention to Enhance Self-Efficacy
The COVID-19 pandemic has impeded the epidemic of chronic pain and its associated management. Current guidelines and evidence-based literature continue to endorse nonpharmacologic biopsychosocial approaches that have historically been provided in-person. The COVID pandemic resulted in limited access to care due to social isolation and procedure cancellation. Join our speaker as she shares her Doctor of Nursing Practice EBP project results that addressed this disparity via a telehealth pain coping skills training program. This presentation will explore implementing this intervention and provide an overview of the supportive data and positive patient outcome measures that validated the project’s success.

Marie O’Brien, DNP, ANP-C, PMGT-BC, CCRN,
Integrative Pain Management Coordinator,
Mather Hospital Northwell Health, Port Jefferson, NY

Persistent Pain, Adult, Proficient
0.5 Contact Hours*

Self-efficacy Is Inversely Associated with Pain Rumination and Pain Severity in Chronic Low Back Pain
Self-efficacy is an important element of self-management of chronic pain and our study revealed that self-efficacy is associated with lower pain severity, lower rumination, and greater resilience in patients with chronic low back pain. Assessing a patient’s level of self-efficacy and reducing pain rumination as part of a comprehensive pain management program may benefit patients with chronic low back pain. Strengthening self-efficacy through interventions such as education, mind-body therapies, and building social support systems may improve pain management, reduce symptom burden, and enhance quality of life.

Anitha Saravanan, PhD, RN, ANP-BC, Assistant Professor, Northern Illinois University, DeKalb, IL
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<tr>
<td><strong>Persistent Pain, All Patients, Proficient</strong></td>
<td>When It's Time to Come Down: Weaning Opioids with Compassion</td>
<td>1.0</td>
<td>Megan Filoramo, RN, APN-C, AP-PMN, APHN-BC, Nurse Practitioner, Altair Health/New Jersey Pain Consultants, Morristown, NJ</td>
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<td><strong>Persistent Pain, Adult, Competent</strong></td>
<td>Experiences of Pain in Adults Receiving Methadone for Opioid Use Disorder</td>
<td>0.5</td>
<td>Marian Wilson, PhD, MPH, RN, PMGT-BC, Associate Professor, Washington State University, Careywood, ID</td>
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<td><strong>Persistent Pain, Adult, Proficient</strong></td>
<td>Challenges in Managing Chronic Pain in Veterans</td>
<td>1.0</td>
<td>Renee Holleran, FNP-BC, RN-BC, PhD, FAEN, APRN Anesthesia Chronic Pain, George E. Whalen VHA, Salt Lake City, UT</td>
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<tr>
<td><strong>Persistent Pain, Adult, Proficient</strong></td>
<td>We Did IT Together: Implementing a Strategy to Safely Manage Patients with Implanted Intrathecal Pumps</td>
<td>0.5</td>
<td>Barbara L. Vanderveer, MSN, RN, PGMT-BC, Enterprise Acute Pain Nurse Manager, UKHealthcare, Lexington, KY; Kathryn Ruf, PharmD, MBA, Pharmacy Director Associate, UKHealthcare, Lexington, KY</td>
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<tr>
<td><strong>Persistent Pain, All Patients, Advanced Beginner</strong></td>
<td>Creative Solutions to Pain Management</td>
<td>1.0</td>
<td>Marie O'Brien, DNP, ANP-C, PMGT-BC, CCRN, Nurse Practitioner, Imagine Well, Coram, NY; Jennifer Brown Montgomery, Certified Drama Therapist, Lightkeeper Productions, New York, NY</td>
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<td><strong>Persistent Pain, Adult, Proficient</strong></td>
<td>Development of an Opioid Use Disorder (OUD) Predictive Model</td>
<td>1.0</td>
<td>Tara Nichols, DNP, ARNP, CCNS, AGCNS, PMGT-BC, Program Director, RN-BSN Program, Waldorf University, Forest City, IA; John W. Nelson, PhD, MS, RN, President/Data Scientist, Healthcare Environment, International Association of Human Caring, Grand Rapids, MI</td>
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ON-DEMAND CONTENT continued

1.0 Contact Hours*

**Acupuncture for Pain: A Feasibility Study for the Integrative Pain Service (ASPMN® RESEARCH GRANT RECIPIENT)**


2.0 Contact Hours*

**Therapeutic Competencies for Pain and Comfort Management**

Have you ever wondered what minimal competencies for pain and comfort management are? Have you ever wondered what therapeutic competencies should drive pain and comfort management? Attend this session to engage in an experiential review of the development of minimal competencies for pain and comfort management guided by caritas and mindfulness practices. The analysis discovered a gap in several well-established competencies and led to expanding pain competencies to include the knowledge, skills, and attitudes (KSA) for integration of therapeutic competencies. The presentation will consist of three parts. The first part will be a review of the background on the influence of theories on competency development. The second part will engage the audience in application of the competencies, caritas, and mindfulness practices to a case study. The session will conclude with reflections from participants.

Tara Nichols, DNP, ARNP, CCNS, AGCNS, PMGT-BC, Program Director, RN-BSN Program, Waldorf University, Forest City, IA; Maria Gatto, MA, APRN, ACHPN, HNP, Clinical Nurse Specialist, St. Joseph Mercy Hospital, Ann Arbor, MI; Dan Markos MSN, RN, AGCNS-BC, PMGT-BC, Clinical Nurse Specialist, St. Joseph Mercy Hospital, Ann Arbor, MI

*Subject to change based upon approval

Total number of contact hours applied for is 55.9 (46.6 for the regular conference plus 9.3 for the full-day workshops or 4.5 for a half-day workshop)