

MK Medical Communications, LLC.  
501 Fifth Avenue, Suite 2003 | New York, NY 10017

Join us for a CE Lunch Symposium held in conjunction  
with the ASPMN 19th National Conference 2009

# Pain in WOMEN

Contemporary Perspectives  
and Management Strategies

Sunday, September 13, 2009

12:30 PM to 2:00 PM

Grand Ballrooms 1-4, Second Floor  
Hyatt Regency Jacksonville Riverfront  
Jacksonville, Florida

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This educational activity is jointly sponsored  
by Postgraduate Institute for Medicine and  
MK Medical Communications, LLC.



Postgraduate Institute  
for Medicine



Medical  
Communications, LLC.

This activity is supported by an educational  
grant from Endo Pharmaceuticals Inc.



*Target Audience*

This activity has been designed to meet the educational needs of registered nurses involved in the management of patients in pain.

*Purpose Statement*

The goal of this educational symposium is to provide an overview of gender differences in pain, as well as the management of chronic pelvic pain and pain associated with menstrual migraine and osteoarthritis.

*Program Overview*

While biomedical researchers have long recognized the role of gender differences in response to pain and to analgesics, the translation of their work to clinical decision making is still lacking. Women generally report experiencing more recurrent pain, more severe pain, and longer-lasting pain than men. Symptomatic osteoarthritis, which affects as many as 40% of people over age 65, is one example of a disease that disproportionately affects women. Furthermore, there are many painful

conditions that are female-specific, including menstrual migraine, which affects 60% of women with migraine, and chronic pelvic pain from all causes, which one large US study found to have a prevalence of approximately 15% among women of reproductive age. This educational symposium will provide an evidence-based overview of the epidemiology of pain in women and then focus on 3 common conditions: chronic pelvic pain, menstrual migraine, and osteoarthritis.

*Educational Objectives*

After completing this activity, the participant should be better able to:

- Review evidence for gender differences in pain, including pain experience and prevalence of painful conditions
- Discuss strategies to diagnose and manage chronic pelvic pain conditions
- Explain practical approaches to manage menstrual migraine
- Review new evidence-based guidelines for the management of hip and knee osteoarthritis

# faculty

## *Yvonne D'Arcy, MS, CRNP, CNS (Program Chair)*

*Pain and Palliative Care Outcomes Manager*

*Pain Management and Palliative Care Nurse Practitioner*

Suburban Hospital

Bethesda, Maryland

## *Patricia Bruckenthal, PhD, RN, ANP-C*

*Clinical Associate Professor*

Stony Brook University

School of Nursing

Stony Brook, New York

## *Pamela Davies, MS, ARNP*

*Nurse Practitioner*

Seattle Cancer Care Alliance

Seattle, Washington

# program

12:15 PM

*Lunch Will Be Served*

12:30 PM – 12:40 PM

*Program Overview*

Yvonne D'Arcy, MS, CRNP, CNS

12:40 PM – 1:05 PM

*Chronic Pelvic Pain: Approaches to Diagnosis and Treatment*

Patricia Bruckenthal, PhD, RN, ANP-C

1:05 PM – 1:25 PM

*Prophylaxis and Treatment of Menstrual Migraine*

Yvonne D'Arcy, MS, CRNP, CNS

1:25 PM – 1:45 PM

*What Is New in the Treatment of Osteoarthritis*

Pamela Davies, MS, ARNP

1:45 PM – 2:00 PM

*Q & A*

### *Physician Continuing Medical Education Accreditation Statement*

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Postgraduate Institute for Medicine (PIM) and MK Medical Communications. PIM is accredited by the ACCME to provide continuing medical education for physicians.

### *Credit Designation*

Postgraduate Institute for Medicine designates this educational activity for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### *Nursing Continuing Education Accreditation Statements*

Postgraduate Institute for Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

A statement of credit will be issued only upon receipt of a completed activity

evaluation form and will be mailed to you within 3 weeks.

### *Credit Designation*

This educational activity for 1.5 contact hours is provided by Postgraduate Institute for Medicine.

### *Fee Information*

There is no fee for this educational activity.

### *Disclosure of Conflicts of Interest*

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by PIM for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations.

### *Americans With Disabilities Act*

Event staff will be glad to assist you with any special needs (ie, physical, dietary, etc). Please contact Edi Johnson prior to the live event at 212-661-7400, ext. 0.