Expanding the Boundaries of Pain Management Nursing: The Next 20 Years

September 22-25, 2010

Hyatt Regency Minneapolis

Minneapolis, MN
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The American Society for Pain Management Nursing (ASPMN®) is pleased to announce its 20th National Conference, September 22-25, 2010, at the Hyatt Regency Minneapolis in Minneapolis, Minnesota.

THE GOALS OF THE 20TH NATIONAL CONFERENCE ARE TO:

- Offer information to increase the knowledge of clinicians whose skill levels range from basic to advanced on a variety of pain management topics.
- Investigate the multiple disciplines that offer clinicians opportunities to develop new skills to meet the needs of patients with pain.
- Provide contemporary information that augments existing evidence-based pain management strategies.
- Explore current nursing research as it relates to the pain process and management.
- Encourage pain management nurses to become certified through preparation and testing.
- Promote a comfortable learning environment that meets learner needs.

THE NATIONAL CONFERENCE WILL INCLUDE:

- Nationally recognized speakers and leaders in the field of pain management
- Pre-conference educational opportunities for additional learning
- Innovative educational sessions
- Incorporation of technology and human touch in pain management practice
- Networking opportunities
- Potential to gain new peers and partners
Hotel Information

Hyatt Regency Minneapolis
1300 Nicollet Mall
Minneapolis, MN 55403
Tel: (612) 370-1234

Experience the premier luxury of the Hyatt Regency Minneapolis. A Four Diamond convention center hotel in downtown Minneapolis, its extensive business facilities, renowned dining, and exciting new health club offer all you need for a memorable stay. Relax in its large guestrooms, with enchanting views of the city and sights. Sample some of the finest cuisine in town. The hotel’s prime location on Nicollet Mall lets you easily explore an incredible array of the Twin Cities’ attractions, from shopping to sports and anything in between. You’ll discover the Hyatt is the outstanding choice among Minneapolis, Minnesota, hotels.

ASPMN® has negotiated a special sleeping room rate of $169 single/double occupancy, plus tax for the ASPMN® National Conference. Hotel reservations can be made through the ASPMN® web site at www.aspmn.org by clicking on the link located on the National Conference page. You can also make reservations by calling (800) 233-1234 or (612) 370-1234. If you make your reservations by phone, please mention that you are with ASPMN® to ensure that you receive the special meeting hotel rate. The deadline date for making hotel reservations is August 23, 2010. Be sure to make your reservations as soon as possible as rooms may sell out prior to the deadline.

Transportation Information

Flights
Travel and Transport is ASPMN®’s preferred travel agency and is available to assist you with your travel to the National Conference. Please contact Travel and Transport at (866) 517-9389 or amp@tapdnt.com to make travel arrangements.

Ground Transportation
From the Minneapolis/St. Paul International Airport
Super Shuttle Service:
$16.00 One way
$28.00 round trip cash or pre-pay with credit card

From airport to hotel: Runs every 15 minutes between 4:30 a.m. and 11:00 p.m. After 11:00 p.m. and before 4:30 a.m. please call Super Shuttle at (800) 258-3826 to arrange pick up. Follow the signs for Hotel Shuttles and Scheduled Vans to the Ground Transportation Atrium. The Super Shuttle guest service desk is located near the center of the shuttle area. Service is available 24 hours a day.

From hotel to airport: Reservations must be made at least 1.5 to 2 hours in advance. Reservations can be made by calling Super Shuttle at (800) 258-3826.

Cab Fare from airport to hotel: Approximately $40.00

Metro Transit Bus/Light Rail from hotel to airport:
At the bus stop directly across the street from the Hyatt, take any north-bound bus on Nicollet Mall for $1.75 (or $2.25 depending on time of day). Be sure to ask the driver for a transfer to the Light Rail as you pay your fare. Depart the bus at 5th street and take the Light Rail to the airport. Keep your transfer handy in case you are asked to present it.

Parking
VALET PARKING: $28 per day – includes in/out privileges
SELF PARKING: $17 per day – includes in/out privileges
Parking is in a covered parking garage with 6’6” clearance. No RV’s or motorcycles are permitted. Most vans will not clear. Vans over 6’6” can be accommodated directly across the street from the hotel.

Climate
September
Average Rainfall 2.69 inches
Average Temperature 51-71 degrees

Continuing Education
ASPMN® provides contact hours for participants who attend the National Conference. ASPMN® will obtain credits for nurses and advanced practice nurses (including pharmacology credit, if applicable). We will request 19.5 contact hours for this conference (additional credits are provided for attending pre-conference workshops).

ASPMN® is an approved provider of continuing nursing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

This program is pending approval by the American Academy of Nurse Practitioners.

Cancellations & Transfers
Cancellations and transfers must be requested in writing and postmarked or faxed by September 1, 2010. Refunds will be issued following the National Conference. A $50.00 administrative fee will be assessed. If you transfer your registration to another person, please include a completed registration form for that person with your written request. Requests for cancellation postmarked or faxed after September 1, 2010, are not refundable.

THANK YOU TO OUR SUPPORTERS

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Purdue Pharma, L.P.
St. Jude Medical
Jean Guveyan Lecturer
Barbara J. St. Marie, PhDc, MA, RN-BC, CS, ANP, GNP

Barbara St. Marie is a certified adult and gerontology nurse practitioner and certified in pain management nursing through the American Nurses Credentialing Center (ANCC). Barbara is also CENAPS-certified in addiction-free pain management. She is a graduate of Gustavus Adolphus College in St. Peter, Minnesota. Barbara has a Master's degree in education from the University of St. Thomas in St. Paul, a Master's degree in nursing from the College of St. Catherine's in St. Paul and is a PhD candidate in nursing at the University of Wisconsin, Milwaukee. She has worked in pain management nursing for 31 years and has extensively published in the areas of coexisting chemical dependency and pain, pain assessment, pain management in the geriatric patient, and epidural and intrathecal analgesia. She is the editor of the first and second editions of the Core Curriculum for Pain Management Nursing. She recently served as reviewer of a treatment improvement protocol entitled, “Managing Chronic Pain in People with or in Recovery from Substance Use Disorders” requested by the Federal Center for Substance Abuse Treatment, and produced by the Substance Abuse and Mental Health Services Administration (SAMHSA). She speaks throughout the world on issues of pain management nursing.

Keynote Speaker
Greg Risburg, CSP, MSW

Greg Risburg is a warm, funny motivational speaker whose presentations have been described as “hilariously informative.” In this work, Greg has addressed hundreds of health care groups, ranging from nurses and radiologists to hospice workers and cancer survivors. A past president of the AMA said: “Everyone in health care needs to hear Greg Risburg!”

Greg has traveled to 48 states, as well as Canada, Great Britain and Australia, with his “humor with a message” programs. The National Speakers Association has recognized Greg as a Certified Speaking Professional. Greg has a BA degree in Psychology and a Master’s Degree in Social Work from the University of Illinois. He is the author of “Humor, Hugs, and Hope!” – a chapter in Humor Me! Greg is also the author of the recently published 52 Bright Ideas to Bring More Humor, Hugs and Hope into Your Life.

Keynote Speaker
Hob Osterlund, MS, RN-BC, CNS

Hob Osterlund has several major avocations. She is a clinical nurse specialist in pain/palliative care at The Queen’s Medical Center in Honolulu, where she is the founder of Hawaii’s first acute pain management program. Hob also produces, writes, performs and studies comedy. She serves as a Principal Investigator in the COMIC study (comedy in chemotherapy), a randomized trial that has examined the impact of comedy on symptoms of cancer and chemotherapy. As the President of Health, Humor & Hospitals, Inc., Hob also produces Chuckle Channel programming for hospital closed-circuit televisions. Her comedy character Ivy Push, RN stars in two films and happily performed for ASPMN® at the 10th anniversary celebration. Hob is an award-winning freelance journalist and photographer; her camera focused primarily on the glory of birds. For the past three years she’s been studying a colony of Laysan albatross on Kauai. Frankly, you may not want to get her started on the topic, since she can’t shut up about how smart and sweet they are. She’s delighted to be back among her astounding ASPMN® colleagues.

People Serving People provides services to people in Hennepin County and is located in downtown Minneapolis. Their mission is to serve homeless children and their families by providing programs and emergency housing assistance with efforts to help every individual, move them toward self-sufficiency and provide new opportunities for healthy, stable family lives.

Since families come to People Serving People with few or no personal items, they are in need of diapers, formula and personal care products. In addition, they will welcome any warm hand-knit items for infants, children and adults that ASPMN® members are willing to make and donate. Monetary donations also are welcome! Donations will be collected at the conference.
ASPMN® 20th National Conference

Program At A Glance

TUESDAY, SEPTEMBER 21, 2010
3:00 p.m. – 7:00 p.m.  Registration

WEDNESDAY, SEPTEMBER 22, 2010
7:00 a.m. – 6:00 p.m.  Registration
7:00 p.m. – 8:00 a.m.  Continental Breakfast
8:00 a.m. – 5:00 p.m.  Workshop I: ASPMN® Pain Management Certification Preparation Course™
8:00 a.m. – 5:00 p.m.  Workshop II: Geriatric Pain Management Course
8:00 a.m. – 5:00 p.m.  Workshop III: Neonatal & Pediatric Pain Assessment & Approaches to Pain Management
8:00 a.m. – 5:00 p.m.  Workshop IV: Advanced Pharmacology
8:00 a.m. – 5:00 p.m.  Workshop V: “Blocking” the Pain
8:00 a.m. – 12:30 p.m.  Workshop VI: Caging the Beast! Opioid Calculations: Conversions, Titrations & Breakthrough, Oh My!
12:00 p.m. – 1:00 p.m.  Lunch on Your Own
1:00 p.m. – 5:00 p.m.  Workshop VII: When the Going Gets Tough, the Tough Get Going in Pain Management!
8:00 a.m. – 12:00 p.m.  Workshop VIII: Pain Management 101
1:00 p.m. – 5:00 p.m.  Workshop IX: Is Your Patient at Risk for Addiction?
8:00 a.m. – 12:30 p.m.  Workshop X: Designing & Using Computer Software to Monitor Daily Pain Practice & Produce Positive Outcomes
1:00 p.m. – 5:00 p.m.  Workshop XI: Evidence-Based Practice: Back to the Future for Pain Management Nursing
5:00 p.m. – 5:30 p.m.  New Member/Attendee Reception
5:30 p.m. – 7:00 p.m.  Dinner on Your Own
7:00 p.m. – 8:30 p.m.  Opening Remarks/Keynote Address: What Does Laugh Have to Do with It?

THURSDAY, SEPTEMBER 23, 2010
7:00 a.m. – 5:00 p.m.  Registration
7:00 a.m. – 8:30 a.m.  Breakfast Symposium
8:45 a.m. – 9:45 a.m.  Jean Guveyan Lecture: Pain & Chemical Dependency as a Complex Human Experience
9:25 a.m. – 9:55 a.m.  Incoming Presidential Address
10:15 a.m. – 11:15 a.m.  Concurrent Session IV
11:45 a.m. – 1:15 p.m.  Non-CE Lunch Symposium: Presented by PriCara®, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
12:30 p.m. – 2:00 p.m.  Non-CE Lunch Symposium: Supported by King Pharmaceuticals, Inc.
2:30 p.m. – 3:15 p.m.  Break in Exhibit Hall/Visit with Exhibitors
3:25 p.m. – 4:25 p.m.  Business Meeting – Everyone Is Invited!
4:30 p.m. – 5:30 p.m.  Poster Session in Exhibit Hall/Break in Exhibit Hall/Visit with Exhibitors
5:00 p.m. – 5:30 p.m.  Chapter Meetings
5:30 p.m. – 6:15 p.m.  Certification Reception
6:30 p.m. – 8:30 p.m.  Dinner Symposium: Supported by an educational grant from PriCara®, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
7:00 a.m. – 8:30 p.m.  Registration
8:45 a.m. – 9:45 a.m.  Concurrent Session I
9:45 a.m. – 10:45 a.m.  Break in Exhibit Hall/Visit with Exhibitors/Poster Abstract Viewing
10:45 a.m.–11:45 a.m.  Concurrent Session II
11:45 a.m. – 1:15 p.m.  Concurrent Session III
1:20 p.m. – 2:20 p.m.  Break in Exhibit Hall/Visit with Exhibitors/Poster Abstract Viewing
3:15 p.m. – 4:00 p.m.  Committee Meetings
4:00 p.m.  Free Time/Shopping at the Mall of America/Other planned events with the Upper Midwest Chapter

SATURDAY, SEPTEMBER 25, 2010
7:00 a.m. – 5:00 p.m.  Registration
7:00 a.m. – 8:30 a.m.  Breakfast Symposium
8:40 a.m. – 9:25 a.m.  Awards Ceremony
9:25 a.m. – 9:55 a.m.  Incoming Presidential Address
9:55 a.m. – 10:15 a.m.  Break
10:15 a.m. – 11:15 a.m.  Concurrent Session IV
11:25 a.m. – 12:25 p.m.  Concurrent Session V
12:30 p.m. – 2:00 p.m.  Non-CE Lunch Symposium: Supported by King Pharmaceuticals, Inc.
2:10 p.m. – 3:10 p.m.  Non-CE Lunch Symposium: Supported by PriCara®, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
2:10 p.m. – 3:10 p.m.  Around-the-Clock Management of Moderate-to-Severe Chronic Pain: A First-of-Its-Kind Technology
3:25 p.m. – 4:25 p.m.  What, You Thought REMS Was All about Sleep? Ain’t Necessarily So!
4:30 p.m. – 5:30 p.m.  How to Stay Energized in a Changing World
5:30 p.m. – 5:45 p.m.  Closing Remarks
5:45 p.m. – 7:30 p.m.  Dinner on Your Own
7:30 p.m. – 10:00 p.m.  ASPMN® 20th Birthday Party

CE Vs. Non-CE Symposia
The majority of the meals at the ASPMN® National Conference are provided by corporate supporters in the form of either a CE or a non-CE symposium. As the name indicates, you receive contact hours for attendance at the CE symposia. These could be considered general sessions that provide educational content in pain management nursing. Non-CE events are typically “product theaters” in that the supporter has a new product coming out or new uses for an existing product. The purpose is to provide that information to you. Continuing education is NOT provided for these types of presentations.

Pain Management Certification Examination
ANCC is only offering the pain management nursing certification examination electronically, and electronic testing is not available at the ASPMN® National Conference. If you wish to take the exam after you attend the Certification Preparation Course, you may still do so at one of the local testing facilities in Minneapolis. Please visit www.prometric.com/ancc and click on “locations” to find the location closest to the hotel. You may apply for the examination by visiting http://www.nursecredentialing.org/NurseSpecialties/PainManagement.aspx.
### Schedule of Events

**TUESDAY, SEPTEMBER 21, 2010**

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**WEDNESDAY, SEPTEMBER 22, 2010**

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<td>8:00 a.m. – 5:00 p.m.</td>
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<td><strong>PRE-CONFERENCE WORKSHOPS</strong></td>
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#### Workshop I: ASPMN® Pain Management Certification Preparation Course™

8:00 a.m. – 5:00 p.m.

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®.

**Speakers:**
- Mary Milano Carter, MSN, RN-BC, APRN-BC, Director of Clinical Services, North American Partners in Pain Management, Glen Head, NY; Renée Manwarren, MS, RN-BC, CNS, Director, Clinical Practice Development, Texas Scottish Rite Hospital for Children, Dallas, TX; Janette Elliott, MSN, RN-BC, AOCN, CNS, Pain Management Clinical Nurse Specialist, DVAHCS Palo Alto, Sunnyvale, CA; Michelle Czarnecki, MSN, RN-BC, CPNP, Advanced Practice Nurse, Pain Service, Children’s Hospital of Wisconsin, Milwaukee, WI; Lora McGuire, MS, RN-BC, NSG Pain Consultant and Nursing Professor, Joliet Junior College, Joliet, IL; Carol Curtiss, MSN, RN-BC, Clinical Nurse Specialist, Consultant, Curtiss Consulting, Greenfield, MA

#### Workshop II: Geriatric Pain Management Course

8:00 a.m. – 5:00 p.m.

This course provides the learner with an in-depth review of concepts relevant to effective nursing management of the older adult who is experiencing or may experience pain. The workshop addresses the epidemiology of pain, common painful conditions, assessment of pain and treatment of pain in the older adult. Barriers to effective pain management and advocacy for the older adult with pain are included in this workshop.

**Speakers:**
- Ann Schreier, PhD, RN, Associate Professor, ECU School of Nursing, Greenville, NC; Paul Arinstein, PhD, RN-BC, APRN-BC, Assistant Professor and Clinical Nurse Specialist for Pain Relief, Massachusetts General Hospital, Boston, MA; Patricia Bruckenthal, PhD, RN, ANP, Clinical Nurse Specialist, Stony Brook University School of Nursing, North Port, NY; Susan Pendergrass, MSN, Med, FNP-BC, Independent Consultant/Educator, Columbia, MO

#### Workshop III: Neonatal & Pediatric Pain Assessment & Approaches to Pain Management

8:00 a.m. – 5:00 p.m.

This pre-conference workshop offers a variety of neonatal and pediatric pain assessments and approaches to pain management by experts in pediatric pain management. The topics include evidence-based information on the assessment of and intervention in neonatal pain, exploration of the impact of poorly-controlled neonatal pain as these infants grow and mature to adulthood, insight into the effectiveness of a hospital-based guideline for the treatment of pediatric iatrogenic opioid dependence, review of the development of an intensive pain rehabilitation program for children and adolescents with Complex Regional Pain and discussion of the integration of medical management and alternative/complementary therapies in pediatric pain management.

**Speakers:**
- Mary Puchalski, MS, RNC-NIC, APN, CNS, NNP-BC, Neonatal Nurse Practitioner, Neonatal Intensive Care Unit, Instructor, Neonatal Nurse Practitioner Program, Rush University, Chicago, IL; Helen Turner, DNP, RN-BC, PCNS-BC, Pediatric Pain Management/Clinical Nurse Specialist, Doernbecher Children’s Hospital, Portland, OR; Teri Reyburn-Orne, RN, PNP-BCAC, Pediatric Nurse Practitioner, Pediatric Pain Team Program Manager, Banner Children’s Hospital, Phoenix, AZ; Veronica ‘Judy’ Gaughan, MSN, RN, Clinical Coordinator, Children’s Hospital Boston, Boston, MA; Dorothy Stratman-Lucey, MSN, RN-BC, BC, PNP, Pain Management Coordinator and Anesthesia Pediatric Nurse Practitioner, Shriner’s Hospital for Children, St. Louis, MO; Michelle Czarnecki, MSN, RN-BC, CPNP, Advanced Practice Nurse, Pain Service, Children’s Hospital of Wisconsin, Milwaukee, WI

#### Workshop IV: Advanced Pharmacology

8:00 a.m. – 5:00 p.m.

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 bring pain management nursing into the 21st century, we must think in terms of pain pathway and multi-modal approaches to pain. 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 the pain rather than placing a mask over it.

**Speakers:**
- Barbara St. Marie, PhDc, MA, RN-BC, CS, ANP, GNP, Supervisor, Pain and Palliative Care, Fairview Ridges Hospital, Burnsville, MN; Linda Vanni, MSN, RN, ACNS-BC, NP, Nurse Practitioner, Pain Management, Karmanos Cancer Center, Huntington Woods, MI

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For the purposes of this meeting, advanced and basic sessions are defined below to help you decide which sessions are most appropriate for you.

**Basic sessions** are designed for the less experienced nurse, regardless of educational degree, providing information for entry into or a beginning level of pain management nursing. This does not imply that the information may not be appropriate for a wide variety of interest levels.

**Advanced sessions** contain information on topics that may be considered advanced as the content is from a specialty area, deals with complex information and/or reflects content for the more experienced nurse. This does not imply that these sessions are for advanced practice nurses only and may be suitable for a wide variety of interest levels.
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| 8:00 a.m. – 5:00 p.m. | Advanced | **Workshop V: “Blocking” the Pain**  
Learn from experts who will provide the practical skills and knowledge for the registered nurse to provide comprehensive regional analgesia for safe and effective pain management from the pre-, peri- and post-operative perspectives. Participants gain confidence in their clinical ability to identify effectiveness, risks and complications more effectively. This course is designed to broaden the frontline nurses’ knowledge and understanding of the benefits of Neuraxial, including paravertebral and regional analgesia while minimizing the risks. Get an in-depth understanding of treating pain via an epidural infusion and how to assess correct placement based on patient assessment. Learn about the specific blocks and how to assess the effects based on the nerve distribution. Obtain a clear understanding of the pharmacology of drugs such as opioids, local anesthetics and clonidine. Learn about the latest recommendations for pre- and post-antiocoagulation.  
**Speakers:** John Rowlingson, MD, Cosmo A. DeFazio Chaired Professor, Department of Anesthesiology, Director, Acute Pain Services, University of Virginia, School of Medicine, Charlottesville, VA; Jeffrey Ciucias, MHA, BSN, RN, Administrative Nurse Coordinator, Regional Anesthesia/Analgesia, University of Virginia Hospital, Charlottesville, VA; Stephen P. Morton, BSN, RN, Acute Pain Service Nurse Coordinator, University of Virginia Hospital, Charlottesville, VA; Lynda T. Wells, MBBS, Associate Professor of Anesthesiology and Pediatrics, Department of Anesthesiology, Division of General Anesthesiology, University of Virginia, Charlottesville, VA; Nancy Eksterowicz, MSN, RN, Nurse Pain Consultant, Adult Acute Care Services, University of Virginia Hospital, Charlottesville, VA. |
| 8:00 a.m. – 12:00 p.m. | Advanced | **Workshop VI: Caging the Beast! Opioid Calculations: Conversions, Titrations & Breakthrough, Oh My!**  
Ah…drug math. Those two little words can bring otherwise strong practitioners to their knees! This pre-conference workshop is aimed at helping practitioners increase their skills in dosage calculations involving opioids. Participants learn how to convert between opioids, including routes of administration and dosage formulations. Additionally, participants learn how to treat acute pain in both opioid-naïve and opioid-tolerant patients, including how high the opioid dose can be increased, and how quickly. How to differentiate between incident (both volitional and non-volitional), idiopathic and end-of-dose failure breakthrough pain and rescue dosing strategies are discussed. Importantly, participants learn how to dose methadone in both opioid-naïve and opioid-tolerant patients and can describe how patient-specific variables such as age, comorbid conditions, and other medications influence these calculations.  
**Speakers:** Mary Lynn McPherson, PharmD, BCPS, CPE, Professor and Vice Chair, Department of Pharmacy Practice and Science, University of Maryland School of Pharmacy, Baltimore, MD. |
| 1:00 p.m. – 5:00 p.m. | Basic    | **Workshop VII: When the Going Gets Tough, the Tough Get Going in Pain Management!**  
Practitioners are becoming increasingly comfortable with the use and therapeutics of non-opioids and opioids in commonly used doses. However, patients with more difficult pain syndromes often present a challenge in medication management. Participants in this pre-conference workshop learn how to craft a rational pharmacotherapeutic regimen for a patient, using strategies that include complimentary mechanisms of action. Participants also learn about the role of more complicated pain therapies such as ketamine, parenteral lidocaine, neuraxial ziconotide and others. The data on efficacy and potential toxicity regarding commercially available and compounded topical analgesics are addressed, as well as the use of methadone in chronic non-cancer pain.  
**Speakers:** Mary Lynn McPherson, PharmD, BCPS, CPE, Professor and Vice Chair, Department of Pharmacy Practice and Science, University of Maryland School of Pharmacy, Baltimore, MD. |
| 8:00 a.m. – 12:00 p.m. | Basic    | **Workshop VIII: Pain Management 101**  
This session provides the new pain management nurse with an overview of the role of the nurse in pain management. This session is especially recommended for “first-time attendees” at ASPMN®. By attending this pre-conference workshop, the nurse who is beginning a focus in pain management will then be able to participate more fully in the actual annual conference.  
**Speakers:** Lora McGuire, MS, RN-BC, NSG Pain Consultant and Nursing Professor, Joliet Junior College, Joliet, IL. |
| 1:00 p.m. – 5:00 p.m. | Basic    | **Workshop IX: Is Your Patient at Risk for Addiction?**  
As we approach the next 20 years, we need to carefully assess for patients at risk for addiction. This pre-conference workshop is an overview of addiction in the patient taking opiates, as well as managing patients who are actively using or have a history of drug abuse. The neurobiology of addiction, risk factors for addiction, screening tools for addiction, and urine drug screening are discussed. Communication strategies and preventative approaches are covered. The session ends with signs and symptoms of the impaired nurse.  
**Speakers:** Francine C. Hoh, PhD, APN, ACHPN, ACNS, Clinical Coordinator – In-Patient Pain Management, Summit Anesthesia Associates, Hillsborough, NJ. |
**THURSDAY, SEPTEMBER 23, 2010**

**7:00 a.m. – 5:00 p.m.**
**Registration**

**7:00 a.m. – 8:30 a.m.**
**BREAKFAST SYMPOSIUM**

**8:45 a.m. – 9:45 a.m.**
**Jean Guveyan Lecture: Pain & Chemical Dependency as a Complex Human Experience Supported by an educational grant from Purdue Pharma L.P.**

**Barbara St. Marie, PhDc, MA, RN-BC, CS, ANP, GNP, Supervisor, Pain and Palliative Care, Fairview Ridges Hospital, Burnsville, MN**

"Most people think that everything is just what they assume." (Van Morrison, 2005)

The coexistence of addiction and pain has been a topic for theoretical and clinical speculation, and researchers and clinicians generally agree that these conditions can coexist. Despite this knowledge, the treatment of patients with these two diagnoses can be bewildering and frustrating for nurses and physicians alike. Clinicians can make assumptions about patients' attributes that bias their treatments. Treatments can also be limited and may focus either on treating the addiction or the pain, but not on treating the complexity of their coexistence as a human experience. This presentation covers research on the coexistence of addiction and pain and maps out the future research needed to further understand and treat this phenomenon.

**9:45 a.m. – 10:30 a.m.**
**Break in Exhibit Hall/Visit with Exhibitors**

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**ASPMN® 20th NATIONAL CONFERENCE**

**REGISTRATION BROCHURE**

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| 8:00 a.m. – 12:00 p.m. | Basic | **Workshop X: Designing & Using Computer Software to Monitor Daily Pain Practice & Produce Positive Outcomes**
This workshop focuses on using computer software to monitor pain practices of clinicians and units in a 260-bed hospital. Now in year five of this pain PI project, it is demonstrating positive outcomes, including upgraded physician practice, improved nursing responsibility in pain reassessment and treatment, reduced pain scores and decreased opioid adverse events. This session discusses practical tools, including software programs, opioid regimens, Critical Indicator reports, opioid order sets, dose ranging guidelines and processes. Stylized communication format (SBAR), case-finding methods, and daily and weekly feedback mechanisms to improve pain management outcomes are covered. The emphasis of this workshop is on practical measures to problem solve. |
| Speakers: Mary Lou Perin, RN-BC, BSN, MSN, MEd, Clinical Nurse Specialist, Pain Management, Frederick Memorial Healthcare System, Middletown, MD |

| 1:00 – 5:00 p.m. | Advanced | **Workshop XI: Evidence-Based Practice: Back to the Future for Pain Management Nursing**
Evidence-based practice (EBP) is a problem-solving approach to the delivery of high-quality health care. EBP leads to improved patient outcomes, reduced health care costs, and higher nurse satisfaction. The goal of this half-day workshop is to give pain management nurses the knowledge they need to understand and implement EBP. Topics covered in this workshop include the history of EBP, steps of the EBP process, barriers to EBP, and implications for pain management nurses. |
| Speakers: Susan O’Conner-Von, PhD, RN-BC, Assistant Professor, University of Minnesota, St. Paul, MN; Laune J. Ware, PhD, RN, Professor and Coordinator of Graduate Program, University of West Georgia, Carrollton, GA |

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<tr>
<td>5:00 p.m. – 5:30 p.m.</td>
<td>New Member/Attendee Reception</td>
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<td>5:30 p.m. – 7:00 p.m.</td>
<td>Dinner on Your Own</td>
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| 7:00 p.m. – 7:30 p.m. | Welcome & Opening Remarks

**Theresa A. Grimes, RN-BC, FNP-BC, CCRN, Associate Vice President, Nursing/NP, Pain Management, John T. Mather Memorial Hospital, 2009-2010 ASPMN® President, Coram, NY; Margaret Shaw, RN, PNP-BC, Nurse Practitioner, Pediatric Program, Hospice Atlanta, Atlanta, GA; Holly Swensen, MSN, RN-BC, APRN, NP-C, Nurse Practitioner, St. Alphonsus Regional Medical Center, Boise, ID, 20th National Conference Program Co-Chairs** |

| 7:30 p.m. – 8:30 p.m. | Keynote Address

**What Does Laugh Have to Do with It?**

_Hob Osterlund, MS, RN-BC, CNS, Clinical Nurse Specialist, Pain/Palliative Care, The Queen’s Medical Center, Honolulu, HI_

While many positive impacts are popularly attributed to humor, only a few randomized, controlled trials have measured outcomes, and even fewer have studied real patients with real symptoms. In this session, details about the COMIC Study (Comedy in Chemotherapy) will be discussed. Can bananas and British steam engines reduce pain? Can the pursuit and capture of data be fun? What good is it when spit happens? Come find out at the kickoff of our 20th Birthday!
For the past four years, the Mayo Clinic Health Policy Center has been gathering health care stakeholders and patients to develop recommendations for patient-centered health care reform. Jeff speaks about the process of convening multi-sector groups together, outlines the Health Policy Center’s recommendations for reform, provides a perspective on the recent health care reform debate, and outlines thoughts on the implementation of reform policies. The potential role of nurses in pain assessment and management is used as an example of care coordination that can assist in reforming health care.

**11:35 a.m. – 12:35 p.m. The Neurobiology of Pain: We’ve Come a Long Way & Still a Long Way to Go**

*Dr. Miles Belgrade, MD, Medical Director, Fairview Pain Management Center, Adjunct Professor, Department of Neurology, University of Minnesota Medical School, Minneapolis, MN*

Dr. Belgrade describes some of the landmarks in our understanding of the biological basis of pain transmission and modulation, and looks at our current understanding of normal and pathological pain processing. Implications of emerging concepts are presented.

**12:45 p.m. – 2:15 p.m. NON-CE LUNCH SYMPOSIUM: Supported by NeuroGesX**

*Qutenza®: A Novel Treatment Option for Patients with Post-Herpetic Neuralgia*

*Suzanne Alterman, RN, BSN, CCRC, Research Nurse, Upstate Clinical Research, Albany, NY; Robin Hollingsworth, RN, CCRC, Director of Clinical Operations, Lifetree Clinical Research, Salt Lake City, UT; Nancy Eksterowicz, MSN, RN, Nurse Pain Consultant, Adult Acute Care Services, University of Virginia Hospital, Charlottesville, VA; Kristine Majors, RN, MSE, President and Co-Owner, Integrated Clinical Trial Services, Inc., West Des Moines, IA*

Approximately 10%-20% of patients with herpes zoster (shingles) develop post-herpetic neuralgia (PHN), which often presents as burning, pricking, allodynia, thermal hyperalgesia, pressure and/or radiating pain at the site and can persist long after the shingles rash clears. Current approved therapies for PHN have a wide variety of side effects, and many of them are systemic agents. Qutenza® (capsaicin) 7% patch contains prescription-strength capsaicin in a single, one-hour, localized treatment that can provide three months of pain relief. Nurses play an important role in the application of this unique product. Nurse experts discuss PHN, the role of the nurse in the treatment of patients receiving Qutenza® and demonstrate how to administer this new treatment.

**2:20 p.m. – 3:20 p.m. Risk & Prevention of Persistent Neuropathic Post-Surgical & Post-Trauma Pain**

*Supported by an educational grant from Baxter*

*Chris Pasero, MS, RN-BC, FAAN, Educator, Clinical Consultant, El Dorado Hills, CA*

As many as 50% of patients undergoing surgical procedures experience persistent neuropathic pain. In 2%-10% of these individuals the intensity of the pain is severe. Pain following traumatic injury is common as well. About 25% of patients describe pain that interferes with daily activity years after limb-threatening lower extremity trauma, and 40% of these report high-pain intensities. Ms. Pasero presents emerging research about the predictive factors, etiology and progression of post-surgical and post-trauma persistent neuropathic pain syndromes. The clinical presentation of these pain states is described, and strategies for preventing them are discussed.

**3:25 p.m. – 4:25 p.m. BUSINESS MEETING**

*All attendees invited*

**4:30 p.m. – 5:30 p.m. Poster Session**

**4:30 p.m. – 5:30 p.m. Break in Exhibit Hall/Visit with Exhibitors**

**5:00 p.m. – 5:30 p.m. Chapter Meetings**

**5:30 p.m. – 6:15 p.m. Certification Reception**

*All Certified Pain Management Nurses invited*

**CE DINNER SYMPOSIUM: Supported by an educational grant from PriCara®, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.**

**Overcoming Disparities in Pain Management: Beyond the Decade of Pain**

*Rosemary C. Polomano, RN, PhD, FAAN, Associate Professor of Pain Practice, Clinical Educator, University of Pennsylvania School of Nursing, Philadelphia, PA; Tamara A. Baker, PhD, Assistant Professor, University of South Florida, Tampa, FL; Salimah H. Meghani, PhD, MBE, CRNP, RN, Assistant Professor of Nursing, University of Pennsylvania School of Nursing, Philadelphia, PA; April Vallerand, PhD, RN, Associate Professor, College of Nursing, Wayne State University, Detroit, MI*

Health care disparities in pain care contribute to inequitable and ineffective pain care for the most vulnerable patients. Despite advances over the past decade in pain assessment and pharmacological management, significant disparities in patient care based on race, ethnicity, gender, age, and socioeconomic status are still evident across all health care settings. Initiatives to reduce or eliminate health care disparities have been the focus of many influential national organizations, government agencies and patient advocacy groups, but far less attention has been devoted to inequities in pain care. Ongoing research in disparities related to pain care has identified several barriers to optimal care including patient and provider beliefs, access to pain care, and regulatory scrutiny. This symposium addresses current research on health care disparities by leading experts in the field of pain and how results may be translated into interventions and practices to eliminate or reduce disparities in pain care.

**8:30 p.m. – 10:00 p.m. GRAND OPENING OF EXHIBIT HALL**

*Reception & Chapter Silent Auction*
Effective pain control in the acutely ill patient is critical both to prevent complications and to facilitate recovery. Opioid analgesia is the primary pharmacologic intervention for pain; however, it is not devoid of safety concerns, such as the potential for life-threatening respiratory depression. Patients have variable responses to pain medication, and therefore all patients are at risk for over-sedation and respiratory depression during opioid pain management. In 2007, the ASPMN® established an Expert Consensus Panel for Monitoring Opioid-Induced Sedation and Respiratory Depression. The panel members have been charged with developing consensus recommendations based on the strength of the literature for monitoring opioid-induced sedation and respiratory depression and anticipate completion of its work by the end of 2010. This session reviews key considerations in recognizing risk factors that contribute to the development of respiratory depression, and in screening for this complication. Recognizing that respiratory monitoring includes both nursing care and the appropriate use of technology, considerations for nurse monitoring and for technological monitoring are described. Steps for quality improvement in pain care for adult patients who are hospitalized are outlined in this lecture.

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<th>LEVEL</th>
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<tr>
<td>Basic</td>
<td>IA. Facts, Failures, Foundations &amp; Frivolity That Are Not for the Fainthearted: An Open Discussion with ASPMN® Founders &amp; Former Presidents</td>
<td>ASPMN® Founders and Past Presidents</td>
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<tr>
<td>Basic</td>
<td>IB. ASPMN® Position Statement on Preparation for and Management of Pain Related to Procedures</td>
<td>Task Force Members: Janice Reynolds, BSN, RN-BC, OCN, Staff Nurse, Mid-Coast Hospital, Brunswick, ME; Patricia Collins, MSN, RN-BC, AOCN, CPNP, Advanced Practice Nurse, Pain Service, Children’s Hospital of Wisconsin, Milwaukee, WI; Darcy Doellman, RN, BSN, CRNP, Cincinnati Children’s Hospital, Edgewood, KY; Kathleen Ross, MSN, RN-BC, CRNP, Clinical Nurse Specialist Oncology/Immunology, South Miami Hospital, Miami, FL; Michelle Czarnecki, MSN, RN-BC, CPNP, Advanced Practice Nurse, Pain Service, Children’s Hospital, Columbus, OH; Joann Eland, PhD, RN, FAAN, Associate Professor of Nursing, University of Iowa, College of Nursing, Iowa City, IA</td>
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<tr>
<td>Basic</td>
<td>IC. Paths Through Pain</td>
<td>Kelly Almonte, RN, BSN, Pain Management Nurse, Cape Canaveral Hospital – Healthfirst, Rockledge, FL</td>
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<tr>
<td>Basic</td>
<td>ID. Pain &amp; Palliative Care in Southern India</td>
<td>Joann Eland, PhD, RN, FAAN, Associate Professor of Nursing, University of Iowa, College of Nursing, Iowa City, IA</td>
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### Concurrent Session I

**Level:** Advanced  
**Time:** 8:45 a.m. – 9:45 a.m.  
**Speaker:** Deborah Krepsio, CRNP, MSN, CPNP, Children’s Hospital of Philadelphia, Philadelphia, PA

#### IE. Amplified Musculoskeletal Pain Syndromes in Children & Adolescents: When It Hurts Too Much
Amplified musculoskeletal pain syndrome is a painful childhood medical condition. It is most important that children with amplified pain begin to use their body in a normal way. Treatment and management are aimed at breaking the abnormal pain reflex and returning the child to normal function. This session discusses the etiology and causes, how to conduct an evaluation and history leading to referral, the role of psychological stress and a multidisciplinary approach to treatment.

### Concurrent Session II

**Level:** Research  
**Time:** 9:45 a.m. – 10:45 a.m.  
**Speaker:** Salimah H. Meghani, PhD, MBE, CRNP, RN, Assistant Professor of Nursing, University of Pennsylvania School of Nursing, Philadelphia, PA

#### IF. A Meta-Analysis of Racial & Ethnic Disparities in Analgesic Treatment for Pain in the U.S.
While literature accumulates on the association between race/ethnicity and analgesic treatment, a number of studies have found no evidence of such disparities. A meta-analysis of published studies (1990-2009) was conducted to examine the association between race/ethnicity and analgesic treatment for pain. Twenty-six studies were included in the final sample and analyzed using the random effects model. Compared with whites, all minority subgroups were significantly less likely to receive analgesic treatment. The fail-safe N test suggested that 1,919 studies are needed to reduce the overall effect-size from significant to non-significant.

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**Break in Exhibit Hall/Visit with Exhibitors/Poster Abstract Viewing**

### Concurrent Session II

**Level:** Basic  
**Time:** 10:45 a.m. – 11:45 a.m.  
**Speaker:** Joan M. Beard, MSN, RN-BC, Director, Pain and Palliative Care Services, Mercy Medical Center, Des Moines, IA; Karen A. Sikorski, RN, MS, APN-BC, OSF Saint Anthony Medical Center, Rockford, IL; Colleen Dunwoody, MS, RN-BC, Pain Management Educator and Clinical Consultant, Monroeville, PA

#### IIA. Optimizing the Treatment of In-Patients with Acute Presentations
ASPMN® and the Emergency Nurses Association (ENA), in collaboration with the American College of Emergency Physicians (ACEP) and the American Pain Society (APS), support efforts to improve pain management for patients in all health care settings. Recognizing the need for prompt, safe and effective pain management, they have approved this position paper with their recommendations for patients with acute presentations.

#### IIB. Pain in Long-Term Survivors of Cancer: Every Nurse’s Responsibility
There are 12 million survivors of cancer in the U.S. Persistent pain from a variety of sequelae is a common and under-recognized problem for many cancer survivors. This session discusses common pain syndromes in long-term cancer survivors and identifies strategies every nurse can use to improve the care of this vulnerable and emerging population.

### Concurrent Session II

**Level:** Advanced  
**Time:** 11:45 a.m. – 12:45 p.m.  
**Speaker:** Carol Curtiss, MSN, RN-BC, Clinical Nurse Specialist, Consultant, Curtiss Consulting, Greenfield, MA; Pamela J. Haylock, PhD, RN, Association of Vascular Access, Medina, TX

#### IIC. The Gain Control Theory of Pain
The “Gate Control Theory” revolutionized the understanding, assessment and treatment of pain 45 years ago. It has been useful in guiding nursing education, research and practice in a biopsychosocial manner. “Gain Control” concepts extend the theory in a way that is aligned with nursing’s holistic view of pain and human responses to it. Recent and emerging research has identified discrete factors originating in the body, mind, spirit, social interactions and environment capable of amplifying or dampening signals of pain. These amplifiers and dampeners can be targeted by nurses to prevent, assess and manage pain more effectively.

#### IID. Opioids & Sleep Apnea: Can They Exist in Harmony?
Sleep apnea is a common comorbidity. Many patients with sleep apnea deal with chronic pain conditions or need treatment for acute pain. This session reviews the pathophysiology, signs and symptoms and treatment of sleep apnea. Guidelines for the safe use of opioids with sleep apnea are discussed.

### Concurrent Session II

**Level:** Basic  
**Time:** 12:45 p.m. – 1:45 p.m.  
**Speaker:** Kathy Lattavo, MSN, RN-BC, CNS, Med-Surgery Clinical Nurse Specialist, St. David’s Medical Center, Austin, TX

#### IIE. Pediatric Chronic Pain & School Avoidance: What’s a Team to Do?
An overview of chronic pain and school avoidance are provided along with case studies from our chronic pain clinic. Participants gain an understanding of the unique variables and vulnerabilities of children presenting with chronic pain and school avoidance, key factors that can be used to identify the presence of school avoidance, dynamics, and effective interventions within a collaborative family health model.

#### IIF. Psychometric Testing & Clinical Utility of the CPAT Instrument for Nursing Home Residents with Dementia
This session describes the process of assessing the psychometric soundness of a newly developed instrument to assess pain in nursing home residents with moderate to severe dementia. The concepts of reliability and validity are reviewed as well as their application to this instrument. The results of this study provide evidence that the Certified Nursing Assistant Pain Assessment Tool (CPAT) is a reliable and valid pain assessment instrument when used in nursing home residents with dementia. It has also been shown to be a tool with suitable clinical utility and feasibility.
This program will briefly review important issues in the pharmacological management of acute pain. Topics will include:

- Overview of pain pathophysiology
- Mechanisms of various analgesic classes
- Benefits of multimodal therapy
- Highlights of acute pain treatment options

In adherence with PhRMA guidelines, spouses or other guests are not permitted to attend company-sponsored programs. If you are licensed in any State or other jurisdiction, or are an employee or contractor of any organization or governmental entity, that limits or prohibits meals from pharmaceutical companies, please identify yourself so that you (and we) are able to comply with such requirements. Your name, the value, and purpose of any educational item, meal or other items of value you received may be reported as required by state or federal law. Once reported, this information may be made available for public review. Thank you for your cooperation.

This promotional educational activity is not accredited. The program content is developed by PriCara®. Speakers present on behalf of the company and are required to present information in compliance with FDA requirements for communications about its medicines. The speaker is a paid consultant of PriCara®. 02TL10068AR1

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<th>CONCURRENT SESSION III</th>
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<tr>
<td>Advanced</td>
<td>IIIA. Who Do You First Protect? Your Practice or Your Patient?</td>
<td>Mary C. Vargas, Esq., Stein and Vargas, LLP, Emmitsburg, MD; Cathy Gallagher, Associate Section Chief, Liaison and Policy Section, Office of Diversion Control, Washington, DC; Micke Brown, BSN, RN, Director of Advocacy, American Pain Foundation, Smithsburg, MD</td>
</tr>
<tr>
<td>Advanced</td>
<td>IIIB. Ketamine: The Long &amp; Winding Road to Clinical Practice</td>
<td>Lois Pizzi, BSN, RN-BC, In-Patient Pain Management Coordinator, University of Pittsburgh Medical Center Shadyside, Pittsburgh, PA; Colleen Dunwoody, MS, RN-BC, Pain Management Educator and Consultant, Monroeville, PA</td>
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<tr>
<td>Basic</td>
<td>III C. The Role of Regional Analgesia in the Management of Pain Related to Trauma</td>
<td>Elyyn A. Radson, BSN, RN-BC, Acute Pain Medicine Service, Shands at the University of Florida, Gainesville, FL</td>
</tr>
<tr>
<td>Advanced</td>
<td>IID. Starting an NP-Led Practice for the Management of Chronic Pain</td>
<td>Candace Coggins, MS, MA, RN-BC, ACHPN-BC, Nurse Practitioner, Mount Sinai Medical Center, New York, NY</td>
</tr>
<tr>
<td>Basic</td>
<td>IIIE. Pediatric Pain Management – It’s Not Always Easy: Important “How Tos” for Managing Pain in Children</td>
<td>Michelle Czarnecki, MSN, RN-BC, CPNP, Advanced Practice Nurse, Pain Service, Children’s Hospital of Wisconsin, Milwaukee, WI</td>
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<td>Research</td>
<td>IIIFA. Validity &amp; Reliability of the Moline-Roberts Pharmacologic Sedation Scale</td>
<td>Beverly Moline, MS, RN-BC, APRN-BC, Acute Pain Clinical Nurse Specialist, Poudre Valley Hospital, Fort Collins, CO</td>
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### SATURDAY, SEPTEMBER 25, 2010

#### 7:00 a.m. – 5:00 p.m.  
**Registration**

#### 7:00 a.m. – 8:30 a.m.  
**BREAKFAST SYMPOSIUM**  
**Topic TBD**

#### 8:40 a.m. – 9:25 a.m.  
**Awards Ceremony**

#### 9:25 a.m. – 9:55 a.m.  
**Incoming Presidential Address**  
*Ann Schreier, PhD, RN, Associate Professor, ECU School of Nursing, Greenville, NC*

#### 9:55 a.m. – 10:15 a.m.  
**Break**

### LEVEL CONCURRENT SESSION IV SPEAKER

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| Advanced| IVA. Management of Chronic Headaches: An Interdisciplinary Approach  
Chronic daily headaches are a significant physical, psychological and social burden for patients and their families. This session helps attendees identify the primary and secondary types of chronic headaches, causes and treatment. The interdisciplinary team and a holistic approach to chronic daily headaches are topics for discussion. | Deborah Zajac, RN-BC, Clinical Coordinator, IMATCH Program, Cleveland Clinic, Cleveland, OH |
| Basic   | IVB. Expanding Opportunities for Pain Management: Exploring the World of Alternative Therapies  
Alternative therapies are growing in acceptance in pain management settings across the country. Once held as suspect, many alternative therapies are currently used alone or as a compliment to traditional pain management regimens. In this session, the background and principles of a variety of alternative therapies such as meditation, relaxation, acupuncture, reiki and therapeutic touch are discussed. The risks and benefits of alternative therapies for pain management patients are discussed. In addition, attendees have the opportunity to experience the deep relaxation which is a beneficial outcome of many alternative therapies. | Kathryn Royer, RN, BA, DMin, CHPN, Palliative Care Clinician, Upper Valley Medical Center, Troy, OH |
| Basic   | IVC. Epidural Pain Management for the Post-Operative Patient  
It is important that all nurses caring for patients who are receiving analgesics through an epidural catheter are knowledgeable about potential adverse effects and complications. Administering analgesics into the epidural space is a safe and effective mode of analgesia, especially for post-operative patients. However, adverse effects and complications can occur and can be life-threatening. This presentation provides nurses with the knowledge of how to identify potentially harmful effects of the medications as well as catheter-related complications while allowing the patient to enjoy the multiple benefits of adequate analgesia post-operatively. | Irene Zamora, MSN, RN-BC, CNS, Clinical Nurse Specialist – Pain Management, University of New Mexico Hospital, Albuquerque, NM |
| Advanced| IVD. Intrathecal Therapy in Cancer: From Trialing to Management  
Pain continues to be a large problem in those afflicted by cancer. This challenge has grown larger as cancer has now frequently become a chronic disease. Cancer patients, while often dealing with severe pain, are also frequently dealing with overwhelming symptoms from the treatment of their disease. Epidural and intrathecal therapies offer huge benefits to this population, yet are often under-utilized. This session explores barriers which exist, treatment considerations and management ideas. | Patrick J. Coyne, MSN, RN, FAAN, Clinical Nurse Specialist, Virginia Commonwealth University Medical Center, Rockville, VA |
| Basic   | IVE. Integration of Complementary/Alternative Therapies into In-Patient Pediatric Pain Management  
This session provides an overview of effective complementary and alternative medicine (CAM) strategies for in-patient pediatric pain and symptom management. Strategies discussed include aromatherapy, massage therapy, mind-body skills (such as biofeedback and clinical hypnosis) and acupressure. Emphasis is placed on the use of CAM therapies for symptoms of pain, nausea and anxiety. Clinical cases are included to demonstrate how CAM therapy can be incorporated into conventional clinical care. Participants have the opportunity to experience selected modalities. | Maura Fitzgerald, Children’s Hospitals and Clinics of Minnesota, Minneapolis, MN; Michelle Berg, Children’s Hospitals and Clinics of Minnesota, Minneapolis, MN |
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<tr>
<td>Research</td>
<td>10:15 a.m. IVFa. Pain Management Clinical Judgment of Senior Nursing Students in Their Practicum Experience</td>
<td>JoAnne G. Samuel, MSN, RN-BC, PhD, Assistant Professor, University of New Hampshire, Portsmouth, NH</td>
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<tr>
<td>Research</td>
<td>10:45 a.m. IVFb. The Influence of Anger Rumination &amp; Gender on Chronic Low Back Pain: A Descriptive Study</td>
<td>Ann Quinlan-Colwell, MSN, RN-BC, AHN-BC, Pain Program Coordinator, New Hanover Regional Medical Center, Wilmington, NC</td>
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<tr>
<td>Advanced</td>
<td>VA. The Addicted or Opioid-Dependent Patient Having Surgery</td>
<td>Cathy Traue, MS, CNS, RN-BC, CNS/Peri-operative Coordinator, Pain Services, Miami Valley Hospital, Centerville, OH</td>
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<tr>
<td>Advanced</td>
<td>VB. Comfort Over Pain in Pregnancy</td>
<td>Lenore Charles, MSN, CNM, Doctoral Student, Frontier School of Midwifery and Family Nursing, Bay Area Hospital, North Bend, OR</td>
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<td>Basic</td>
<td>VC. Attacking Opioid Administration Errors: An Approach to IV Opioid Education</td>
<td>Taralyn Johnson, FNP, Pain Service Advanced Practice Nurse, Nationwide Children’s Hospital, Hilliard, OH; Lauren Williams, CPNP, Pediatric Nurse Practitioner, Pain Service, Nationwide Children’s Hospital, Hilliard, OH</td>
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<td>Basic</td>
<td>VD. Acupuncture</td>
<td>Miles Belgrade, MD, Medical Director, Fairview Pain Management Center, Adjunct Professor, Department of Neurology, University of Minnesota Medical School, Minneapolis, MN</td>
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LEVEL | CONCURRENT SESSION V | SPEAKER
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Advanced | VE. Pediatric Headache: A Complex Problem | Lynn Clark, BSN, RN-BC, Pain Management Nurse Practitioner, Children’s Medical Center-Dallas, Dallas, TX

Research | 11:25 a.m. VFa. Pain Management Documentation in the Age of the EMR: Analyzing One Hospital’s Records | JoAnne G. Samuels, MSN, RN-BC, PhD, Assistant Professor, University of New Hampshire, Portsmouth, NH

| 11:55 a.m. Vfb. Pediatric Nurses’ Journeys to Relieve Children's Post-Operative Pain | Renee Manworren, MS, RN-BC, CNS, Director, Clinical Practice Development, Texas Scottish Rite Hospital for Children, Dallas, TX

12:30 p.m. – 2:00 p.m. | Non-CE Lunch Symposium: Supported by King Pharmaceuticals, Inc. |

Around-the-Clock Management of Moderate-to-Severe Chronic Pain: A First-of-Its-Kind Technology
Speaker TBD

There is growing acceptance of the use of opioids in the management of chronic non-malignant pain. This program will discuss the need to balance effective chronic pain management with the appropriate use of opioids. It will also present data for an opioid that contains pellets of an extended-release oral formulation of morphine sulfate surrounding an inner core of naltrexone hydrochloride. **Lunch provided by ASPMN®**

LEVEL | CONCURRENT SESSION VI | SPEAKER
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Advanced | VIA. Spinal Pain | Florence Beth Hentzen, MSN, RN-BC, Advanced Practice Nurse, Neurological and Spinal Surgery, Lincoln, NE

Basic | VIB. Fibromyalgia: Myths & Realities | Anna Louise Plaisance, RN-BC, DNS, Associate Dean of Nursing, Sam Houston State University, Huntsville, TX

Advanced | VIC. Improving Pain Management through Electronic Data Query & Reporting | Shannon Clegg, RN, BSN, MBA, Pain Services Program Manager, Intermountain Healthcare, Salt Lake City, UT

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**20TH NATIONAL CONFERENCE PLANNING COMMITTEE**

Education Committee Liaison
Pat Archer, RN-BC, OCN, Pain Management Clinician, Cancer Treatment Centers of America, Zion, IL

Communications Committee Liaison
Shannon Clegg, RN, BSN, MBA, Pain Services Program Manager, Intermountain Healthcare, Salt Lake City, UT

Board Liaison
Ellyn T. Schreiner, RN-BC, MPH, Case Manager, St. Thomas Hospice, Darien, IL

Advisors
Karen A. Sikorski, MSN, RN, CNS, Saint Anthony Medical Center, Rockford, IL

Colleen Dunwoody, MS, RN-BC, Pain Management Educator and Clinical Consultant, Monroeville, PA
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<tr>
<td>Basic</td>
<td>VID. Games for Pain Education</td>
<td>Cathy L. Carlson, PhD, RN-BC, Assistant Professor of Nursing, Northern Illinois University, Sleepy Hollow, IL</td>
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<tr>
<td>Basic</td>
<td>VIE. Follow the Journey of Children with Chronic Pain</td>
<td>Sharon Wrona, MS, RN-BC, CNP, Nurse Practitioner, Nationwide Children's Hospital, Columbus, OH</td>
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<tr>
<td>Research</td>
<td>2:10 p.m. ViFa. Investigating Opioid Withdrawal in an ICU Setting: A Gap Analysis</td>
<td>Alexandra Armitage, BSc(Hons), MSc, RN, CNL, Southern New Hampshire Medical Center ICU and University of New Hampshire, Department of Nursing, Nashua, NH</td>
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<td>2:40 p.m. ViFb. Non-Adherence to Analgesic Treatment for Cancer Pain Between African Americans &amp; Whites: A Pilot Study</td>
<td>Salimah H. Meghani, PhD, MBE, CRNP, RN, Assistant Professor of Nursing, University of Pennsylvania School of Nursing, Philadelphia, PA</td>
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3:10 p.m. – 3:25 p.m. BREAK

3:25 p.m. – 4:25 p.m. **What, You Thought REMS Was All about Sleep? Ain’t Necessarily So!**

Marsha Stanton, PhD, RN, Director of Advocacy and External Affairs, King Pharmaceuticals, Inc., Long Beach, CA; Barbara St. Marie, PhDc, MA, RN-BC, CS, ANP, GNP, Supervisor, Pain and Palliative Care, Fairview Ridges Hospital, Burnsville, MN; Micke Brown, BSN, RN, Director of Advocacy, American Pain Foundation, Smithsburg, MD; Michael C. Barnes, Esq., Executive Director, Center for Lawful Access and Abuse Deterrence (CLAAD), Arlington, VA

This session examines the current FDA-mandated initiatives of “risk evaluation and mitigation strategies” (REMS) for long-acting/sustained-release opioids. These new requirements, when instituted at some point in 2010, will immediately impact those who manufacture, those who prescribe, those who dispense, those who are actively involved in pain management practices at all levels; but more importantly, they will significantly impact the patients we all serve each day. This panel provides insights into the federal legislation that created the movement toward more complex risk management plans and why congress enacted this section of the Food and Drug Administration Amendments Act (FDAAA). The panel also reviews the various elements and necessary actions that are or will be required as a part of this very complicated issue. YOU DON’T WANT TO MISS THIS SESSION – THIS WILL AFFECT EVERYONE!

4:30 p.m. – 5:30 p.m. **How to Stay Energized in a Changing World**

Greg Risburg, CSP, MSW, Motivational Speaker, Elmhurst, IL

Major changes in health care and increasing work demands multiply stress. This “hilariously informative” program is filled with humor and useful ideas to teach attendees proven techniques to reduce stress and to relax under pressure. With warmth and humor, Greg Risburg offers heartwarming stories and useful suggestions to help you achieve more balance in your life.

5:30 p.m. – 5:45 p.m. **Closing Remarks**

Ann Schreier, PhD, RN, Associate Professor, ECU School of Nursing, 2010-2011 President, Greenville, NC; Margaret Shaw, RN, MN, APRN-BC, Children’s Healthcare of Atlanta, Decatur, GA; Sharon Wrona, MS, RN-BC, CNP, Nurse Practitioner, Nationwide Children’s Hospital, Columbus, OH, 21st National Conference Program Co-Chairs

5:45 p.m. – 7:30 p.m. **Dinner on Your Own**

7:30 p.m. – 10:00 p.m. **ASPMN® 20th BIRTHDAY PARTY!**

Join us as we celebrate this year’s conference and ASPMN®'s 20th birthday! A great opportunity to enjoy new and old friends made through ASPMN®. The evening will be filled with snacks, fun, dancing and socializing.
Registration Form

ASPMN® Executive Office, P. O. Box 15473, Lenexa, KS 66285-5473 or Fax to (913) 895-4652
Register Online: www.aspmn.org

Final Registration deadline is September 1. If you are registering after September 1, please bring your completed paperwork and payment with you to the conference.

First Name                             M.I.    Last Name             Credentials (only first 2 will appear on name badge)
Employer
☐ Home   ☐ Work
Preferred Address – please indicate home or work
City                                  State        Zip          Country
Daytime Telephone Number                         Fax
E-mail Address

SPECIAL NEEDS
☐ I will need assistance: _________________________________________
☐ I have special dietary requirements: ______________________________

EMERGENCY CONTACT INFORMATION
Name: ________________________________________________________
Relationship: ___________________________________________________
Phone Number: _________________________________________________

☐ This is my first time attending an ASPMN® National Conference.
☐ I am interested in introducing a speaker for any session for which I am pre-registered. Please contact me if my services are needed.

METHOD OF PAYMENT
All funds MUST be submitted on a U.S. bank in U.S. funds.
Payment must accompany this form. Registrations will not be processed until payment is received. ASPMN® Tax ID 58-1905277
☐ Check made payable to ASPMN® – check #__________
Charge payment to the following credit card:
☐ American Express   ☐ VISA   ☐ MasterCard   ☐ Discover
Credit Card Number     Expiration Date
Name as it appears on Card:
Signature     Date

A. PRE-CONFERENCE WORKSHOPS
Pre-Conference Workshops Member Non-Member
Full-Day
Workshop I: ASPMN® Pain Management Certification Preparation Course™
☐ $100 ☐ $150
Workshop II: Geriatric Pain Management
☐ $100 ☐ $150
Workshop III: Neonatal & Pediatric Pain Assessment
☐ $100 ☐ $150
Workshop IV: Advanced Pharmacology
☐ $100 ☐ $150
Workshop V: “Blocking” the Pain
☐ $100 ☐ $150

Half-Day
Workshop VI: Caging the Beast! Opioid Calculations
☐ $85 ☐ $125
Workshop VII: When the Going Gets Tough, the Tough Get Going in Pain Management
☐ $85 ☐ $125
Workshop VIII: Pain Management 101
☐ $85 ☐ $125
Workshop IX: Is Your Patient at Risk for Addiction?
☐ $85 ☐ $125
Workshop X: Designing & Using Computer Software to Monitor Daily Pain Practice
☐ $85 ☐ $125
Workshop XI: Evidence-Based Practice: Back to the Future for Pain Management Nursing
☐ $85 ☐ $125

Attend two half-day workshops for:
(applies to Workshops VI-XI)

☐ $100 ☐ $150

Subtotal A: __________

B. FULL-MEETING REGISTRATION

Postmarked or Faxed by 7/1/2010 Postmarked or Faxed by 9/1/2010
ASPMN® Member
☐ $275 ☐ $325
Non-Member
☐ $395 ☐ $445
Student ASPMN® Member
☐ $120 ☐ $120
Student Non-Member
☐ $160 ☐ $160

Subtotal B: __________
C. SINGLE-DAY REGISTRATION

☐ ASPMN® Member $150/day
   Please indicate which day you will attend.
   ☐ Thursday ☐ Friday ☐ Saturday

☐ Non-Member $200/day
   Please indicate which day you will attend.
   ☐ Thursday ☐ Friday ☐ Saturday

☐ Student ASPMN® Member $55/day
   Please indicate which day you will attend.
   ☐ Thursday ☐ Friday ☐ Saturday

☐ Student Non-Member $75/day
   Please indicate which day you will attend.
   ☐ Thursday ☐ Friday ☐ Saturday

Subtotal C: __________

D. SPOUSE OR GUEST REGISTRATION

☐ Spouse or Guest(s) $75 each
   (includes Sunday evening Exhibits Reception, all meal functions and the
   ASPMN® 20th Birthday Party)
   _____ Number of Guests

Name(s) __________________________________________________

Subtotal D: __________

E. MEMBERSHIP DUES

Current Members: Save Time – Renew your membership dues for 2011 today! If you are a current ASPMN® member, your dues will expire on December 31, 2010, but you can take the opportunity to renew for the next cycle at this time.

☐ Active – $95
☐ International – $105
☐ Student – $40
☐ Associate – $80
☐ Retired – $47.50

New Members: Join ASPMN® at this time and take advantage of Member Conference Registration Rates below. Your membership will take effect on October 1, 2010 and will not expire until December 31, 2011! Please complete the membership application form on the following page.

☐ Active – $95
☐ International (US Funds) – $105
☐ Student – $40
☐ Associate – $80

Subtotal E: __________

TOTAL FEES – Add subtotals from previous sections:

A. Pre-Conference Workshops $__________
B. Full-Meeting Registration $__________
C. Single-Day Registration $__________
D. Spouse or Guest Registration $__________
E. Membership Dues $__________

Total Enclosed $__________

RSVP!

☐ Thursday, September 23 – Breakfast Symposium
☐ Thursday, September 23 – NeuroGesX Lunch Symposium (non-CE)
☐ Thursday, September 23 – PriCara®-Ortho-McNeil-Janssen Dinner Symposium (CE)
☐ Thursday, September 23 – Exhibits Reception
☐ Friday, September 24 – Hospira Breakfast Symposium (CE)
☐ Friday, September 24 – PriCara®-Ortho-McNeil-Janssen Lunch Symposium (non-CE)
☐ Friday, September 24 – Shopping at the Mall of America
☐ Saturday, September 25 – Breakfast Symposium
☐ Saturday, September 25 – King Pharmaceuticals, Inc. Lunch Symposium (non-CE)
☐ Saturday, September 25 – ASPMN® 20th Birthday Party

Important!

Please indicate which Concurrent Sessions you are interested in attending. Please check one session letter for each column.

Concurrent Session I Concurrent Session II Concurrent Session III Concurrent Session IV Concurrent Session V Concurrent Session VI

☐ A ☐ A ☐ A ☐ A ☐ A ☐ A
☐ B ☐ B ☐ B ☐ B ☐ B ☐ B
☐ C ☐ C ☐ C ☐ C ☐ C ☐ C
☐ D ☐ D ☐ D ☐ D ☐ D ☐ D
☐ E ☐ E ☐ E ☐ E ☐ E ☐ E
☐ F ☐ F ☐ F ☐ F ☐ F ☐ F

Subtotal E: __________

Cancellations & Transfers

Cancellations and transfers must be requested in writing and postmarked or faxed by September 1, 2010. Refunds will be issued following the conference. A $50 administrative fee will be assessed. If you transfer your registration to another person, please include a completed registration form for that person with your written request. Requests for cancellation postmarked, emailed or faxed after September 1, 2010 are not refundable.

Late Registration

If you register after September 1, please bring your registration form and payment with you to the conference as it will NOT be processed at the ASPMN® Executive Office after that date.

TOTAL AMOUNT DUE:

Online: www.aspmn.org
By Mail: ASPMN® National Office
  P.O. Box 15473
  Lenexa, KS 66285-5473
By Fax (with credit card info): (913) 895-4652
ASPMN® members include clinicians, educators, and researchers with vastly different educational preparation, clinical roles, and interest in practice issues who work in the following roles:

- Staff Nurse
- Manager
- Clinical Educator
- Nurse Practitioner
- Clinical Nurse Specialist
- Administrator
- Academic Educator
- Researcher

### ACTIVE MEMBERSHIP

Any United States citizen or permanent resident who is licensed to practice as a professional registered nurse and is interested in pain management. An active member may vote, hold office, and serve on committees. Dues are $95.00 annually.

### INTERNATIONAL MEMBERSHIP

A professional registered nurse licensed and practicing outside North America and not licensed in North America. International members shall be excluded from holding office and voting. An international member may be asked to be a non-voting committee member if approved by the Board of Directors. Dues are $105.00 (US funds) annually.

### STUDENT MEMBERSHIP

An individual enrolled in nursing education programs leading to eligibility for registered nurse licensure, BSN degree completion, and advanced degrees. Student members shall be excluded from holding office and serving on committees. Dues are $40.00 annually.

### ASSOCIATE MEMBERSHIP

Includes LPN/LVN, and other health-care professionals who are interested in ASPMN’s goals (pharmacists, social workers, etc.). Associate members shall be excluded from holding office and voting. An Associate Member may be a member of a committee. Dues are $80.00 annually.

### MEMBERSHIP DUES

Membership dues are not tax deductible as a charitable contribution. They may be deductible as an ordinary and necessary business expense. Consult your tax advisor for information.

- Active ........................................ $95.00
- International (US funds) ........ $105.00
- Student ...................................... $40.00
- Associate ..................................... $80.00

### METHOD OF PAYMENT

- [ ] Check (US funds only)
  - Please make check payable to ASPMN®.
- [ ] Credit Card  [ ] VISA  [ ] MasterCard
  - [ ] American Express  [ ] Discover
- Card #
- Expiration Date
- Signature
Don’t miss the REMS Session scheduled for Saturday, September 25!