



## Management of Chronic Pain in Children and Adolescents

Sponsored by Kennedy Krieger Institute  
and the Johns Hopkins University School of Medicine

Saturday, September 28, 2019



Kennedy Krieger Institute

"When I first came to Kennedy Krieger, I was on a large amount of narcotics. They showed me I could live without them. I knew they were not good for my body."

— Patient

### LOCATION

The Arnold J. Capute, MD, MPH, Conference Center at Kennedy Krieger Institute  
The Harry and Jeannette Weinberg Building, 8<sup>th</sup> Floor, 1741 Ashland Avenue  
Baltimore, Maryland 21205

### DESCRIPTION

This will be a single day conference presented by keynote speakers as well as Johns Hopkins and Kennedy Krieger faculty and staff. The conference will focus on the importance of avoiding long-term management of chronic pediatric pain with opioid medications. The conference will present state-of-the-science information on medical aspects of acute versus chronic pediatric pain, and on vital differences in recommended management and treatment of acute versus chronic pain in children and adolescents. Discussion will include recommendations for limiting, and typically eliminating, narcotic or opioid medication use when pain is diagnosed to be chronic. Alternative, multimodal, interdisciplinary and rehabilitation-focused intervention and management approaches will be presented in detail. Emphasis will be placed on early diagnosis and appropriate intervention modalities including non-opioid medications, physical therapy, occupational therapy, cognitive-behavioral individual and family therapy, as well as social work and psychiatric interventions. Speakers will present information and recommendations concerning the functional, psychological, educational, social, and co-morbid mental health aspects of pediatric chronic pain. In addition to scheduled lectures there will be discussion groups organized by professional discipline during lunch and a concluding interdisciplinary panel discussion in the afternoon. The conference is aimed at outreach and continuing education of community medical and allied health care providers including physicians, physician assistants, nurse practitioners, physical therapists, psychologists, social workers, school nurses, coaches and any other professionals who may encounter youth with pain conditions during their daily practice. The overarching goal is to disseminate information that will lead to appropriate management, early intervention and referral of children and adolescents with chronic pain to help decrease the chances of opioid misuse, dependence and addiction, consistent with state and national initiatives to combat what has been referred to as the opioid epidemic and related morbidity/mortality from opioid abuse.

### WHO SHOULD ATTEND

This activity is intended for anesthesiologists, family practice physicians, general practitioners, general surgeons, hospitalists, neurologists, nurse anesthetists, nurse practitioners, nurses, occupational therapists, pain medicine physicians, pediatricians, psychiatrists, physical therapists, physician assistants, psychiatrists, psychologists and social workers.

### OBJECTIVES

After attending this activity, the participant will demonstrate the ability to:

- Recognize the difference between medications used for acute pediatric pain and chronic pediatric pain.
- Identify the components of evidence-based rehabilitation of pediatric chronic pain.
- Describe appropriate ways to seek professional consultation and to refer complex cases for treatment of pediatric chronic pain.
- Recognize appropriate recommendations for parents on how to respond to their child's chronic pain behavior.

### ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Johns Hopkins University School of Medicine and Kennedy Krieger Institute. The Johns Hopkins University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.



### CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## OTHER CREDITS

**American Academy of Nurse Practitioners National Certification Program** accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

**American Nurses Credentialing Center (ANCC)** accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

PAs may claim a maximum of 5.5 Category 1 credits for completing this activity. **NCCPA** accepts *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society.

The Johns Hopkins University School of Medicine is authorized by the **Maryland State Board of Examiners of Psychologists** as a provider of continuing education. The Johns Hopkins University School of Medicine maintains responsibility for this program. A certificate for 5.5 CEUs will be awarded upon completion of this activity.

The **Maryland Board of Social Work Examiners** certifies that this program meets the criteria for 5.5 credit hours of Category 1 or 5.5 CEUs of continuing education for social workers licensed in Maryland. The Johns Hopkins University School of Medicine is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland.

## PAIN MEDICINE STATEMENT

This activity should cover topics that are required under the Maryland Board of Physicians pain management requirement.

## POLICY ON SPEAKER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins University School of Medicine that the speaker and provider globally disclose conflicts of interest. The Johns Hopkins University School of Medicine OCME has established policies that will identify and resolve conflicts of interest prior to this educational activity. Detailed disclosure will be made prior to presentation of the education.

## REGISTRATION

Saturday, September 28, 2019  
8:00 a.m. – 9:00 a.m.

## FEES

Register Online:

<https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=18929>

**Methods of Payment:** We require full payment prior to the start of the activity. On-site payments by credit card only. The registration fee includes instructional materials, continental breakfasts, refreshment breaks and lunch.

**Registration Fee** ..... \$ 25

You will receive a confirmation by e-mail. If you have not received it by September 22, 2019, call (410) 502-9636 to confirm that you are registered. A transcript of attendance will be available upon attestation of your credit hours and submission of the post activity online evaluation. The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee but is not responsible for travel expenses. Additionally, we reserve the right to change the venue to a comparable venue. Under such circumstances registrants will be notified as soon as possible.

## LATE FEE AND REFUND POLICY

A \$10 late fee applies to registrations received after 5:00 p.m. ET on September 22, 2019. A handling fee of \$10 will be deducted for cancellation. An additional fee may apply for cancellation of other events, including workshops and social activities. Refund requests must be received by fax or mail by September 22, 2019. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins activity in lieu of cancellation is not possible.

## SYLLABUS

The syllabus will be accessible online and via your mobile device in the CloudCME App prior to the activity.

## AMERICANS WITH DISABILITIES ACT

The Johns Hopkins University School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. *Please notify us if you have any special needs.*

## TO REGISTER *or* FOR FURTHER INFORMATION

Register Online

<https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=18929>

Register by Phone

(410) 502-9636

Register by Fax

(866) 510-7088

Confirmation/Certificates/Transcripts

(410) 502-9636

General Information

(410) 955-2959

E-mail the Office of CME

[cmenet@jhmi.edu](mailto:cmenet@jhmi.edu)

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Facebook

<http://www.facebook.com/HopkinsCME>

Sponsoring Department, Kennedy Krieger Institute

<https://www.kennedykrieger.org/>

Check out our mobile app CloudCME

Organization Code: HopkinsCME

 CloudCME

\*For website and CloudCME mobile app technical difficulties, email: [cmetechnicalsupport@jhmi.edu](mailto:cmetechnicalsupport@jhmi.edu)

## COMMERCIAL SUPPORT

The Johns Hopkins University School of Medicine did not solicit or receive commercial funding from any commercial entity, including pharmaceutical and medical device manufacturers, for this activity.

## PROGRAM

**Saturday, September 28, 2019**

8:00 – 9:00	<b>Registration and Breakfast</b>
9:00 – 9:05	<b>Welcome</b> Bradley Schlaggar, MD, PhD and Senator Cory V. McCray
9:05 – 9:10	<b>Opening Remarks</b> Maryland State Department of Behavioral Health Official
9:10 – 9:15	<b>Introduction and Conference Goals</b> Suzanne Rybczynski, MD
9:15 – 10:00	<b>KEYNOTE SPEAKER</b> <b>Medical Management of Acute and Chronic Pain in Children and Adolescents</b> Neil Schechter, MD
10:00 – 10:30	<b>Question and Answer</b>
10:30 – 11:00	<b>Psychological Aspects of Children with Chronic Pain</b> Caitlin Thompson, PhD and Maggie Tunney, PhD
11:00 – 11:15	<b>Question and Answer</b>
11:15 – 11:30	Refreshment Break
11:30 – 12:00	<b>Management of Chronic Pediatric Pain in the School Setting</b> Joan Carney, EdD
12:00 – 12:15	<b>Question and Answer</b>
12:15 – 1:30	<b>Lunch with the Experts</b>
1:30 – 2:00	<b>Managing Anxiety and Depression in Children with Chronic Pain</b> Souraya Torbey, MD
2:00 – 2:15	<b>Question and Answer</b>
2:15 – 2:30	Refreshment Break
2:30 – 3:30	<b>PANEL DISCUSSION</b> <b>The Rehabilitation Model for Treating Chronic Pain</b> <i>Moderator:</i> Suzanne Rybczynski, MD <i>Panelists:</i> Joan Carney, EdD, Christopher Joseph, DPT, Carmen Lopez-Arvizu, MD, Patricia Shepley, MSW, LCSW-C, Keith Slifer, PhD, M-Irfan Suleman, MD, MBBS, and Nicole Whiston, OT
3:30	Adjourn

You will receive an email notification to complete the evaluation form and to attest to the number of hours in attendance. The registration desk will remain open during conference hours.

The Johns Hopkins University School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity.  
This schedule is subject to change.

#### ACTIVITY DIRECTORS

**Suzanne Rybczynski, MD**

Associate Chief Medical Officer  
Kennedy Krieger Institute  
Assistant Professor of Pediatrics  
Johns Hopkins University School of Medicine  
Baltimore, Maryland

**M-Irfan Suleman, MD, MBBS**

Medical Director, Pediatric Pain Rehabilitation  
Director, Pediatric Regional Anesthesia, Johns Hopkins Children's Center  
Assistant Professor of Anesthesiology and Critical Care Medicine  
Kennedy Krieger Institute

#### KEYNOTE SPEAKER

**Neil Schechter, MD**

Director, Chronic Pain Clinic  
Associate Professor of Anesthesiology  
Department of Anesthesiology, Critical Care and Pain Medicine  
Harvard Medical School  
Boston, Massachusetts

#### SPEAKERS

**Joan Carney, EdD**

Director, Fairmount Rehabilitation Programs  
Kennedy Krieger Institute

**Christopher Joseph, DPT**

Director of Physical Therapy  
Kennedy Krieger Institute

**Carmen Lopez-Arvizu, MD**

Medical Director, Psychiatric Mental Health Program  
Kennedy Krieger Institute  
Assistant Professor of Psychiatry and Behavioral Sciences  
Johns Hopkins University School of Medicine

**Bradley Schlaggar, MD, PhD**

President and CEO, Kennedy Krieger Institute  
Professor of Neurology  
Professor of Pediatrics  
Johns Hopkins University School of Medicine

**Patricia Shepley, MSW, LCSW-C**

Director of Social Work  
Kennedy Krieger Institute

**Keith Slifer, PhD**

Director, Pediatric Psychology and  
Pain Rehabilitation Programs  
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Professor of Psychiatry and Behavioral Sciences  
and Pediatrics  
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**Caitlin Thompson, PhD**

Supervising Psychologist, Pediatric Consultation Program  
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Department of Behavioral Psychology  
Kennedy Krieger Institute

**Nicole Whiston, OT**

Occupational Therapist  
Kennedy Krieger Institute

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September 28, 2019**

**TO REGISTER:**

**Online:** <https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=18929>  
**Fax:** (866) 510-7088 **Phone:** (410) 502-9636

Or mail this form to the Johns Hopkins University, Office of Continuing Medical Education, 720 Rutland Avenue, Turner Room 20, Baltimore, Maryland 21205-2195. Include e-check or credit card information below.

**FULL PAYMENT IS REQUIRED PRIOR TO THE START OF ACTIVITY.**

I am a Johns Hopkins speaker for this activity.

Please type or print clearly:

Last Name		First Name	MI
Highest Degree	Primary Specialty	Hopkins Faculty/Staff Only – JHED ID:	
For Physicians Only – NPI 10 Digit #:	State of License #:	State of License:	
ABIM #:	Birth Month:	Birth Day:	
<input type="checkbox"/> I provide permission for my MOC completion information to be shared and transmitted to the Accreditation Council for Continuing Medical Education (ACCME).			
Organization	Mailing Address		
City	State	Zip + 4 Code	Country
Daytime Telephone	Fax Number		
Email (required)			

Check here if you wish to receive e-mail notices about upcoming CME activities.

**What do you hope to learn by attending this activity?** \_\_\_\_\_

Please notify us if you have any special needs. \_\_\_\_\_

**Registration Fee** .....\$25

The registration fee includes instructional materials and food and beverage. For registrations received after 5:00 p.m. ET on September 22, 2019, include a \$10 late fee. On-site registrations are payable only by credit card.

Total amount \$\_\_\_\_\_.

**Payment Type:**

**JHU Faculty/Staff Only:** If you are using your Tuition Remission Benefit or an ION budget, please upload your fully completed and approved form in the payment section of the online activity link above.

TR Form: <http://benefits.jhu.edu/documents/trffacandstaff.pdf>

ION Form: <http://hopkinscme.edu/migration/ionRequest.pdf>

**e-Check:** Routing Number: \_\_\_\_\_ Account Number: \_\_\_\_\_

**Credit Card:**  VISA  MASTERCARD  DISCOVER  AMEX

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Billing Zip Code \_\_\_\_\_ Security Code \_\_\_\_\_

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

\_\_\_\_\_  
Signature and Date