

Stad Center for Pediatric Pain, Palliative and Integrative Medicine

# 13<sup>th</sup> Pediatric Pain Master Class

Saturday, December 3 – Friday, December 9, 2022

Grand Hyatt San Francisco

## **COURSE DESCRIPTION**

The Pediatric Pain Master Class offers state of the art education in pain management for the pediatric patient from a holistic and interdisciplinary perspective. The course features a faculty of internationally recognized experts who will cover pharmacological, medical, psychosocial and integrative therapies for the management of children's acute, procedural and complex/chronic pain. Assessment and management of somatic, visceral, neuropathic, psychosocial and spiritual pain, as well as end-of-life management of pain and distressing symptoms, will be explored in depth using lectures, interactive presentations, experiential activities and small-group learning.

## **TARGET AUDIENCE**

The master class is primarily designed for physicians and advanced practice nurses to develop their expertise in the field of pediatric pain medicine in a highly interactive seminar format. It is also open to other disciplines who work with pediatric patients.

## **OBJECTIVES**

By the end of this program, participants will be able to:

1. Describe evidence-based and best practice strategies for management of acute, chronic, procedural, and palliative pain situations in children.
2. Identify the broad continuum of pain and symptom management challenges and strategies in pediatric care.
3. Review safety and quality improvement approaches in pediatric analgesia.
4. Identify evidence-based approaches to assessing pain symptoms and overview developmental considerations in choosing assessment tools.
5. Describe pattern of opioid use in the United States.
6. Demonstrate comprehensive, evidence-based pain assessment strategies for children with diverse cognitive abilities and levels of consciousness.
7. Discuss WHO-principles of acute pain management and multi-modal analgesia.
8. Evaluate assumptions about opioid use in children.
9. Calculate opioid prescriptions, including steps for increasing dose, using case examples.

10. Describe best practice recommendations for use of opioids, including rationale for drug selection, novel routes of administration, opioid rotation and contraindications of this drug group.
11. Demonstrate how to address opioid-induced hyperalgesia.
12. Review advantages and disadvantages of methadone administration.
13. Evaluate potential adverse effects of methadone and difference of half-life compared to other opioids.
14. Practice opioid rotation to methadone in a case example.
15. Review the evidence for importance of managing procedural pain.
16. Describe importance of the “non-negotiable” components of needle pain management.
17. Describe innovative approaches to procedural pain, including nitrous oxide administration and “magic glove” (hypnosis technique).
18. Identify best practices for post-operative pain control.
19. Define chronic versus acute pain in children and review prevalence of chronic pain in children.
20. Discuss successful interdisciplinary approaches in managing functional pain syndromes in children and appreciate low importance of pharmacotherapy.
21. Identify factors associated with risk of developing chronic pain.
22. Describe an interdisciplinary model for management of chronic/persistent pain conditions.
23. Identify implications of family dynamics and psychosocial considerations in care planning and implementation of evidence based pain management interventions.
24. Describe importance of the role of family in children with pain.
25. Describe strategies for developing an interdisciplinary team approach to pain and symptom management.
26. Identify integrative strategies for pain and symptom management, including massage, biofeedback, hypnosis, aromatherapy and more.
27. Identify psycho-social and spiritual dimensions in pain and symptom management.
28. Explain physical therapy approaches to alleviate pain in children.
29. Appreciate high prevalence of neuropathic pain in children with serious illnesses.
30. Define neuropathic pain and describe main causes in pediatric patients.
31. Develop a step-by-step treatment approach for neuropathic pain.
32. Explain how to use adjuvant analgesia for management of neuropathic pain and complex pain.
33. Describe pharmacological and non-pharmacological symptom management at end of life.
34. Identify guidelines for implementing sedation for intractable pain in pediatric palliative care.
35. Appreciate similarities and differences in pain management and palliative care services in resource constrained settings.
36. Describe best practice approaches to neuro-irritability.
37. Explain strategies for networking with colleagues in this growing specialty field.
38. Overview how research methodology can be used to improve pediatric pain management.

## **AGENDA**

**Saturday, December 3<sup>rd</sup>, 2022**

| Start Time | End Time | Duration | Title  | Presenter   |
|------------|----------|----------|--|---|
| 0815       | 1015     | 120 min  | <b>Welcome, Announcements &amp; Introductions</b><br>(& Zoom practice for online audience)<br><br><b>Raphael Hirsch, MD</b><br>WH & Marie Wattis Distinguished Professor<br>Chair, Department of Pediatrics<br>UCSF School of Medicine<br>Physician-in-Chief, UCSF Benioff Children's Hospitals<br><br><b>Elisa Stad</b><br>UCSF Benioff Children's Hospitals Board Member | <b>Robyn Adcock, DACM, L.Ac.;</b><br><b>Amber Borucki, MD,</b><br><b>Stefan J. Friedrichsdorf, MD, FAAP</b> |
| 1015       | 1030     | 15 min   | <b>Break</b>   |   |
| 1030       | 1125     | 55 min   | <b>Death by PowerPoint: From Hook, Attitude, Knowledge &amp; Skills in Pediatric Pain Teaching</b>   | <b>Stefan J. Friedrichsdorf, MD, FAAP</b>   |
| 1125       | 1220     | 55 min   | <b>The Neurobiology of Pain and Pain Control</b>   | <b>Allan Basbaum, PhD</b>   |
| 1220       | 1320     | 60 min   | <b>Lunch</b>   |   |
| 1320       | 1415     | 55 min   | <b>Putting Things into Perspective: The US Opioid Crisis</b>   | <b>Gary Walco, PhD</b>  |
| 1415       | 1510     | 55 min   | <b>Integrative Medicine in the Treatment of Pain and Distressing Symptoms in Children</b>  | <b>Jenifer Matthews, MD,</b><br><b>Anna Hoffman, RN, CNS</b><br><b>David Becker, MD</b>                     |
| 1510       | 1525     | 15 min   | <b>Break</b>   |   |
| 1525       | 1715     | 110 min  | <b>Multimodal Analgesia Workshop: Advanced pediatric pain treatment and prevention</b>   | <b>Stefan J. Friedrichsdorf, MD, FAAP</b>   |
| 1730       | 1930     | 120 min  | <b>Magic Evening Social: Appetizers &amp; Drinks</b>   |   |

## Sunday, December 4<sup>th</sup>, 2022

| Start Time | End Time | Duration | Title  | Presenter                                 |
|------------|----------|----------|--|---|
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>  |   |
| 0815       | 0910     | 55 min   | <b>Opioid-Rotation in Children Workshop: The complete crux of the incomplete cross-tolerance</b> | <b>Stefan J. Friedrichsdorf, MD, FAAP</b> |
| 0910       | 1005     | 55 min   | <b>Magical Thinking: What pediatric clinicians can learn from magicians</b>                      | <b>Michael Pitt, MD</b>                   |
| 1005       | 1030     | 25 min   | <b>Break</b>   |   |
| 1030       | 1125     | 55 min   | <b>Children are not Little Adults, but Adults are big Children</b>                               | <b>Gary Walco, PhD</b>                    |
| 1125       | 1220     | 55 min   | <b>Pediatric Pain Assessment: Translating assessment into better management</b>                  | <b>Terri Voepel-Lewis, PhD, RN</b>        |
| 1220       | 1320     | 60 min   | <b>Lunch</b>   |   |

| Start Time | End Time | Duration | Title  | Presenter   |
|------------|----------|----------|--|---|
| 1320       | 1415     | 55 min   | <b>Acupuncture and Traditional Chinese Medicine in Pediatric Analgesia</b>   | <b>Robyn Adcock, DACM, L.Ac.; Karen Villanueva, DAIM, LAc, Dipl. OM, RN</b> |
| 1415       | 1510     | 55 min   | <b>From Nerve Blocks to Epidural Infusions: Regional anesthesia to treat pain in children – An Introduction</b>                                | <b>David Burns, MD</b>  |
| 1510       | 1515     | 15 min   | <b>Break</b>   |   |
| 1515       | 1610     | 55 min   | <b>Bias and Pediatric Pain Treatment</b>   | <b>Marsha Treadwell, PhD</b>  |
| 1610       | 1705     | 55 min   | <b>Opioid Selection in the Pediatric Population Part I: Mixed agonist/antagonist, partial opioid agonists &amp; multi-mechanism analgesics</b> | <b>Stefan Friedrichsdorf, MD</b>  |

## Monday, December 5<sup>th</sup>, 2022

| Start Time | End Time | Duration | Title  | Presenter   |
|------------|----------|----------|--|---|
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>  |   |
| 0815       | 0910     | 55 min   | <b>Preventing Pain and Anxiety Caused by Needle Procedures:</b> Addressing the elephant in the room.<br><i>Part 1: The “Why” and the “What”</i>          | Stefan J. Friedrichsdorf, MD, FAAP                                  |
| 0910       | 1005     | 55 min   | <b>The Comfort Promise:</b> Utilizing improvement methodology to bring evidence to the bedside.<br><i>Part 2: The “How”</i>                              | Donna Eull, PhD, RN, MA, CHPPN                                      |
| 1005       | 1030     | 25 min   | <b>Break</b>   |   |
| 1030       | 1125     | 55 min   | <b>Addressing Acute and Chronic Pain in Patients with Sickle Cell Disease</b>  | Bill Zempsky, MD  |
| 1125       | 1220     | 55 min   | <b>Opioid Mitigation in Pediatrics</b>   | Terri Voepel-Lewis, PhD, RN   |
| 1220       | 1320     | 60 min   | <b>Lunch</b>   |   |
| 1320       | 1405     | 45 min   | <u>BREAKOUT ROOM 1:</u><br><b>Psychotherapy for Kids in Pain:</b> From Skills-based training to CBT and ACT  | Christina Benki, PhD<br>Alexandra Ross, PhD<br>Amanda Wagstaff, PhD |
| 1320       | 1405     | 45 min   | <u>BREAKOUT ROOM 2:</u><br><b>Basic Analgesia - Yet Not So Basic?</b><br>Acetaminophen (Paracetamol), NSAIDs, COX-2 Inhibitors and dipyrene (metamizole) | David Burns, MD   |
| 1405       | 1450     | 45 min   | <u>BREAKOUT ROOM 1:</u><br><b>Beyond Nitrous Gas: Pediatric Sedation &amp; Anxiolysis for Painful Procedures</b>   | Karen Sun, MD, FAAP   |
| 1405       | 1450     | 45 min   | <u>BREAKOUT ROOM 2:</u><br><b>Advanced regional anesthesia modalities to treat or prevent pain in children: Part 2</b>                                   | Amber Borucki, MD   |
| 1450       | 1505     | 15 min   | <b>Break</b>   |   |
| 1505       | 1550     | 45 min   | <u>BREAKOUT ROOM 1:</u> <b>Pain Rehabilitation</b>   | Will Bernal, MD & Neha Seth, PT                                     |
| 1505       | 1550     | 45 min   | <u>BREAKOUT ROOM 2:</u> <b>Role of Infusions in Acute Pain Treatment:</b> From lidocaine protocols, dexmedetomidine, to low-dose ketamine.               | Steve Long, MD, Anurag Agrawal, MD                                  |
| 1550       | 1635     | 45 min   | <u>BREAKOUT ROOM 1:</u><br><b>Manual Morphine:</b> Massage in Pediatric Pain & Symptom Management  | Marcia Degelman, Cathy Fujimoto, CMT, Kate Phelan                   |
| 1550       | 1635     | 45 min   | <u>BREAKOUT ROOM 2:</u><br><b>Acute Pain Treatment in the Adolescent with History of Substance use Disorder</b>  | Amber Borucki, MD   |

| Start Time | End Time | Duration | Title   | Presenter                        |
|------------|----------|----------|---|----------------------------------|
| 1640       | 1735     | 55       | <b>What is WAT in Pain Behavior?</b> Assessing & treating delirium, withdrawal, anxiety, and/or pain in the irritable child | <b>Stefan Friedrichsdorf, MD</b> |

## Tuesday, December 6<sup>th</sup>, 2022

| Start Time | End Time | Duration | Title  | Presenter   |
|------------|----------|----------|--|---|
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>  |   |
| 0815       | 0915     | 60 min   | <b>Cannabis and Cannabinoids for Pain Treatment in Pediatrics: Safe and effective? A Debate</b>                            | <u>Pro</u> : Bill Zempsky, MD<br><u>Contra</u> : Stefan Friedrichsdorf, MD<br><u>Moderator</u> : Allan Basbaum, PhD |
| 0915       | 1010     | 55 min   | <b>Pain, Sex, and Death</b>  | Jeffrey Mogil, PhD  |
| 1010       | 1035     | 25 min   | <b>Break</b>   |   |
| 1035       | 1130     | 55 min   | <b>Integrating Virtual Reality into Pediatric Medicine:</b> It's not like we are talking about brain surgery ... or is it? | Auguste Kurtis, MD  |
| 1130       | 1225     | 55 min   | <b>Back to the Future...?</b> Where did we come from, where do we go to in pain medicine? Looking into the crystal ball    | Allan Basbaum, PhD  |
| 1225       | 1325     | 60 min   | <b>Lunch</b>   |   |
| 1325       | 1515     | 110 min  | <b>Neuropathic Pain and use of Adjuvant Analgesia Workshop:</b> Advanced Pain Treatment in Children with Serious Disease   | Stefan Friedrichsdorf, MD   |
| 1515       | 1530     | 15 min   | <b>Break</b>   |   |
| 1530       | 1625     | 55 min   | <b>From Evidence to Influence:</b> Making a difference in children with pain   | Christine Chambers, PhD   |
|            |          |          |  |   |

## Wednesday, December 7<sup>th</sup>, 2022

| Start Time | End Time | Duration | Title  | Presenter                        |
|------------|----------|----------|--|----------------------------------|
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>  |                                  |
| 0815       | 1055     | 110 min  | <b>Primary Pain Disorders Workshop:</b><br>Chronic pain in head, abdomen, muscles, and joints  | <b>Stefan Friedrichsdorf, MD</b> |
| 1005       | 1030     | 25 min   | <b>Break</b>   |                                  |
| 1030       | 1125     | 55 min   | <b>Pain in Mice and Man:</b> Iconic adventures in translation  | <b>Jeffrey Mogil, PhD</b>        |
| 1125       | 1220     | 55 min   | <b>What is the chicken, what the egg?</b> Role of mental health in pediatric pain.   | <b>Christine Chambers, PhD</b>   |
| 1220       | 1320     | 60 min   | <b>Lunch</b>   |                                  |
| 1320       | 1415     | 55 min   | <b>I Had a Dream:</b> Nitrous oxide analgesia and sedation in children   | <b>Judy Zier, MD</b>             |
| 1415       | 1510     | 55 min   | <b>Muenchhausen by Doctor?</b> The "ACNES", "Chronic Lyme's", "Mast Cell Degranulation," "POTS", and "Dysautonomia" Trees in the Chronic Pain Forest | <b>Will Bernal, MD</b>           |
| 1510       | 1525     | 15 min   | <b>Break</b>   |                                  |
| 1525       | 1620     | 55 min   | <b>Cryoanalgesia for postoperative pain management.</b> Literally cool!  | <b>Sunghoon Kim, MD</b>          |
|            |          |          | <b>Evening Social</b>  |                                  |

## Thursday, December 8<sup>th</sup>, 2022

| Start Time | End Time | Duration | Title   | Presenter  |
|------------|----------|----------|---|--|
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>   |  |
| 0815       | 0910     | 55 min   | <b>Opioid Selection in the Pediatric Population. Part II: Full <math>\mu</math>-opioid agonists</b> | <b>Stefan Friedrichsdorf, MD</b>                                 |
| 0910       | 1005     | 55 min   | <b>Know Pain and Know Gain: Pain neurophysiology education</b>                                      | <b>Michael Sangster, MBA, BSc (PT)</b>                           |
| 1005       | 1030     | 25 min   | <b>Break</b>  |  |
| 1030       | 1220     | 110 min  | <b>Hypnosis and hypnotic language to treat and prevent pain and anxiety in pediatric patients</b>   | <b>Leora Kuttner, PhD</b>  |
| 1220       | 1320     | 60 min   | <b>Lunch</b>  |  |
| 1320       | 1415     | 55 min   | <b>Adverse Childhood Events (ACE) in Pediatric Pain: Screening and Implementation</b>               | <b>Jen Matthews, MD, Cristina Benki, PhD, Alicia Heilman, RN</b> |
| 1415       | 1510     | 55 min   | <b>Delivering transformative action in pediatric pain: The Lancet Report</b>                        | <b>Rebecca Slater, PhD</b>                                       |
| 1510       | 1525     | 15 min   | <b>Break</b>  |  |
| 1525       | 1620     | 55 min   | <b>The Magic Glove: A versatile hypnotic technique</b>  | <b>Leora Kuttner, PhD</b>  |
|            |          |          |   |  |



## Friday, December 8<sup>th</sup>, 2022

| Start Time | End Time | Duration | Title  | Presenter                           |
|------------|----------|----------|--|-------------------------------------|
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>  |                                     |
| 0815       | 0910     | 55 min   | <b>Methadone in Pediatrics: Taming of the shrew</b>  | <b>Stefan Friedrichsdorf, MD</b>    |
| 0910       | 1005     | 55 min   | <b>Does Analgesia in Infants Improve Their Outcome? What we know...and what we don't...</b>          | <b>Rebecca Slater, PhD</b>          |
| 1005       | 1030     | 25 min   | <b>Break</b>   |                                     |
| 1030       | 1125     | 55 min   | <b>Integrative Pain Treatment in Neonates and Infants</b>  | <b>Marsha Campbell-Yeo, PhD, RN</b> |
| 1125       | 1215     | 55 min   | <b>Chronic intractable pain and irritability in children with neurological impairment</b>            | <b>Julie Hauer, MD</b>              |
| 1245       | 1315     | 30 min   | <b>Lunch</b>   |                                     |
| 1315       | 1410     | 55 min   | <b>Rare things are rare... and difficult to treat? Addressing unusual pain syndromes in children</b> | <b>Elliot Krane, MD</b>             |
| 1410       | 1505     | 55 min   | <b>Called to Arms: The adventure of pediatric pain management &amp; next steps</b>                   | <b>Stefan J. Friedrichsdorf, MD</b> |

Adjourn