

Tri-Cities Pain Conference

May 15 & 16, 2020

Red Lion Hotel Kennewick Columbia Center
1101 N Columbia Center Blvd
Kennewick, WA

Accreditation



- ◆ This live activity is accredited for 15 AMA PRA Category 1 Credits.TM*
- ◆ 15 MOC points for the ABIM MOC Program
- ◆ Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- ◆ Approved for a total of 4 NP Pharmacology hours. (Fri.-2 & Sat. - 2)
- ◆ Approved by Washington State Board of Pharmacy for 15 Pharmacist CE Hours.
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ ANCC accepts these credits as equivalent credits for recertification.
- ◆ 15 CE contact hours for Washington State Nursing Commission.

Accommodations

Please indicate that you are attending this conference or give them the code TRIC0514 for the below rate quote. Attendees are responsible for reserving rooms.

- ◆ Red Lion Hotel Kennewick Columbia Center \$104/night- Phone: (509) 783-0611

Questions

General Questions:
Diane Russo 509-989-9800 russocme1@gmail.com
Registration & Accreditation Questions:
Melissa Neighbors 509-431-0718 russocme@gmail.com

Faculty Speakers

Silverio Arenas, PhD

Doctorate in Clinical Psychology
Injury Clinic Northwest/De Alta Clinic
Mount Vernon, WA

Ralph G. Laraiso, DO

Board Cert: PM&R
Kadlec Neuroscience Center
Richland, WA

Steven Larsen, MD

Board Eligible: Pain Medicine
Lynx Healthcare
Kennewick, WA

Irene Luc, DPT, OCS, TPS

Therapy Solutions
Richland, WA

Mindi Irvine, PT, DPT

Physical Therapy Doctorate
Oasis Physical Therapy
Pasco, WA

Guy Jones, MD

Board Cert: Radiation Oncology
Tri Cities Cancer Center
Kennewick, WA

Akshal S. Patel, M.D.

Board Cert: Neurological Surgery
Swedish Cerebrovascular Center
Seattle, WA

Michael Turner, MD

Board Cert: PM&R
Kadlec Neuroscience Center
Richland, WA

David W Newell, MD

Board Cert: Neurosurgery
Seattle Neuroclinic Institute
Seattle, WA

Anusha Mannava, MD

Board Certification: Neurology
Kadlec Neuroscience Center
Richland, WA

Sara Nelson, DPT

Therapy Solutions
Richland, WA

Harprit S. Nijjer, DC

Lifestyle Chiropractic
Richland, WA

Rod Oskouian, MD

Board Cert: Neurological Surgery
Swedish Neuroscience Institute
Seattle, WA

Scott Spendlove, DO

Board Cert: Anesthesiology &
Pain Medicine
Lynx Healthcare
Kennewick, WA

Josh Walkenhorst, DPT

Peak Performance
Richland, WA

Estell Williams, MD

Specialty: General Surgery
UW Medicine
Seattle, WA

*This live activity has been planned and implemented in accordance with accreditation requirements and policies of the Colorado State Medical Society through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the Colorado State Medical Society to provide Continuing Medical Education for physicians. This educational activity is designated for a maximum of 14 hours of AMA PRA Category 1 Credits.

Upcoming live CME Conferences

South Puget Sound Medical Conference May 1 & 2, 2020 -Lacey, WA	Palouse Clearwater Medical Conference May 29 & 30, 2020 -Lewiston, ID
---	---

More information at russocme.com

Online CME Courses

- ◆ Over 150 Accredited Courses Available

MorningCME.com

From Virginia Mason & UW Medicine

Non Profit
US Postage Paid
Permit 307
Moscow, ID

Gritman
700 S Main St
Moscow, ID 83843

Tri Cities Pain Conference

15 AMA PRA Category 1 CreditsTM

Continuing Medical Education



Early Registration
Savings! April 17

Tri-Cities Pain Conference

15 AMA PRA Category 1 CreditsTM
Continuing Medical Education



May 15 & 16, 2020
Kennewick, WA

Regular Registration: May 6, 2020



www.RussoCME.com

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Spinal Cord Stimulation**
Scott Spendlove, DO
 - Neuropathic Pain • Indications
 - Difficult Patients
- 9:00AM Complex Regional Pain Syndrome**
Steven Larsen, MD
 - Clinical presentation of CRPS • Confidence to initially manage patients with this syndrome • Overall treatments
- 10:00 AM Break/Exhibits**
- 10:20AM The Power of the Plate to Reduce Inflammation**
Mindi Irvine, PT, DPT
 - Antioxidants and how they help fight inflammation
 - Common co-morbidities that are caused by the standard American diet & which can be reduced by anti-inflammatory foods
- 11:20AM Aneurysm Assessment**
Akshal S. Patel, M.D.
 - Review the biology of aneurysms • Understand the clinical decision making • Treatment options
- 12:20PM Lunch Break/Exhibits**
- 1:15 PM Spine Surgery: Minimally Invasive versus Open**
Rod Oskouian, MD
 - When to operate? • What symptoms are relieved
 - Risks and benefits of spine procedures
- 2:15 PM Mysteries of Electro Diagnostic studies**
Ralph G. Laraiso, DO
 - Choices of EDX studies, what and when to order
 - What it can tell you and what it can't
 - Frequent pitfalls of the studies
- 2:15 PM Afternoon Break/Exhibits**
- 3:30 PM Regeneration Injections for Musculoskeletal Pain: Prolotherapy and PRP**
Michael Turner, MD
 - Basic science of regeneration injections
 - Identify those patients who would most benefit
 - Differences between Prolotherapy and PRP
- 4:30 PM Surgical Treatment of Neurovascular Conditions**
David W. Newell, MD
 - Trigeminal Neuralgia • Hemifacial Spasm
 - Brain Aneurysms • Vascular Malformations
- 5:30 PM Conference Adjourned**

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Radiation Oncologist's Role in Pain Management**
Guy Jones, MD
 - Training and scope of practice of a Radiation Oncologist
 - Identify cancer conditions & non-cancerous conditions that may benefit from radiation therapy
- 9:00AM Psychological Treatment of Chronic Pain in a Medicolegal Context**
Silverio Arenas, PhD
 - Learn about the medicolegal environment • How a "curative" approach is misleading compared to rehabilitative
 - Co-Treat chronic pain patients
- 10:00 AM Break/Exhibits**
- 10:20AM Conservative treatment options to reduce pain and improve function**
Harprit S. Nijjer, DC & Josh Walkenhorst, DPT
 - Benefits of the conservative treatment options for lower back pain • Functional evaluation strategies to evaluate & diagnose lower back pain pathologies
 - Active vs passive rehabilitation programs
- 11:20AM Migraine Headache**
Anusha Mannava, MD
 - Etiology & diagnosis • Management
 - Medication overuse, drugs to avoid for migraine treatment
- 12:20 PM Lunch Break/Exhibits**
- 1:15 PM Pain Management for General Surgery Patients**
Estell Williams, MD
 - Pain optimization/management in opiate naïve patients in the post-operative setting • Understand limitations and recommendations to recognize and improve pain management for chronic opioid and opioid abuse patients use disorder.
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Hidden Complicating factors of Back and Hip Pain**
Sara Nelson, DPT
 - How to identify and understand how pelvic floor muscles, lymphatic system, digestion and hormonal changes impact back pain.
- 3:30 PM Applied Neuroscience Application for Pain: Reconnect the Brain and Body | Irene Luc, DPT, OCS**
 - The central nervous system structures that contribute to fight/flight/freeze and the ability of the brain to process pain
 - Practice and understand the role of neurotransmitters and how visualization exercises is a tool to modulate them for sleep, mood and pain control
- 4:30 PM Conference Ends**



Registration Information

-  Complete and mail in the attached registration form or
-  Register online at www.russocme.com

- **Early Registration** must be post marked by April 17
- **Regular Registration** must be post marked by May 6
- **Walk-in Registration** available. Additional \$20 for registration at door or postmarked after May 6.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before May 9th. There will be a \$50 administration fee withheld. Cancellations between May 10th and May 14: You can send someone in your place or transfer to another conference with in 12 months with an added \$50 transfer fee. No refunds once the conference begins.

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Clinic Name: _____

Clinic City: _____

Walk in registration available. An Additional \$20 will be charged if post marked after May 6, 2020.

Regular Registration Due: May 6, 2020

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$405	\$380	\$255
Friday Only	\$265	\$235	\$165
Saturday Only	\$265	\$235	\$165

*PT, DC, OD, PharmD, ND, Other **Students \$75 a day

Early Registration Due: April 17, 2020

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$390	\$365	\$240
Friday Only	\$250	\$220	\$150
Saturday Only	\$250	\$220	\$150

Please make checks payable to **RussoCME**
Mail completed form with your check to:

Melissa Neighbors
225 NW Thomas Street
Pullman, WA 99163

For Official Use - Tri Cities 20- 87

CH: _____ A: _____

C: _____ O: _____

