

Virtual - Hosted live on Zoom

Conference will be held live on Zoom. Participants will be emailed a join link the week of the course.

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 5 NP Pharmacology hours. (Fri.-3 & 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.

Questions

Melissa Neighbors

russocme@gmail.com or 509-431-0718

Faculty Speakers

Erin Bauer, MD
Board Cert: Rheumatology & Internal Medicine
Virginia Mason Medical Center
Seattle, WA

Edward Bilsky, PhD
PhD - Pharmacology
Pacific Northwest University
Yakima, WA

Steven Fowler, MD
Board Cert: PM&R
Confluence Health Wenatchee Campus
Wenatchee, WA

Andrew Friedman, MD
Board Cert: Anesthesia, PM&R
- subspecialty Pain Management
Fellow - PM&R
Fellow - Electric Diagnostic Medicine
Virginia Mason Medical Center
Seattle, WA

Atul Gupta, MD
Board Cert: PM&R
Virginia Mason Medical Center
Seattle, WA

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

Casey Kirkham, PT, DPT
Oasis Physical Therapy
Richland, WA

Katie Krause, MD, PhD
Board Eligible: Neurological Surgeons
Virginia Mason Medical Center
Seattle, WA

Philip Louie, MD
Board Eligible: Orthopedic Surgery
Virginia Mason Medical Center
Seattle, WA

Irene Luc DPT, OCS, TPS, A-RSP
Board Cert: Orthopedic Clinical Specialist
Certified Anxiety Rehabilitation
Service Provider
Mind Door, LLC and Therapy Solutions
Kennewick, WA

Lucas McCarthy, MD
Board Cert: Neurology
Virginia Mason Medical Center
Seattle, WA

Michael Pylman, MD
Board Cert: Pain Management
Lynx Healthcare
Albuquerque, New Mexico

Raymond Quock, PhD
PhD - Pharmacology
Washington State University
Pullman, WA

Nigel Sparks, MD
Board Cert: Orthopedic Surgery
Virginia Mason Medical Center
Seattle, WA

James Stevens, DMD
Stevens Health Alliance
Sunnyside, 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 15 hours of AMA PRA Category 1 Credits.

Virtual live CME Conferences

Wenatchee Valley
Medical Conference
March 26 & 27, 2021

Yakima Women's Health
Medical Conference
April 23 & 24, 2021

More information at russocme.com

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



Virtual

Tri-Cities Pain Conference

15 AMA PRA Category 1 CreditsTM
Continuing Medical Education



May 14 & 15, 2021

Early Registration : April 16
Regular Registration: May 5, 2021

www.RussoCME.com

Friday, May 14, 2021

- 7:30AM Registration/Exhibits**
7:50AM Introduction
8:00AM Pain, Opioids and Addiction 2021
Andrew Friedman, MD
 • Recent Trends in Opioid use and Regulation in WA State
 • Best-Practices in Managing Chronic Opioid Therapy
 • Office-Based Options for Management of Emerging opioid-use disorder
- 9:00AM Evaluation and Treatment of the Painful Knee**
Nigel Sparks, MD
 • Basic anatomy of the knee
 • Examination and differential of knee pain
 • Early treatment options for knee pain
- 10:00 AM Break/Exhibits**
10:20AM Pandemics, Epidemics and Health Crises: Navigating Opioids, Pain Management & Substance Use Disorder
Edward Bilsky, PhD
 • Impact of the pandemic on management of chronic disease
 • Strategies to mitigate the impact of the pandemic & improve care • Filter disinformation from accurate information and uncertainty
- 11:20AM Platelet Rich Plasma Use in Musculoskeletal Care**
Atul Gupta, MD
 • Understand the current evidence based around the use of platelet rich plasma in musculoskeletal care
 • How does platelet rich plasma work?
- 12:20PM Lunch Break/Exhibits**
1:15 PM Review of Neuropathic Pain Syndromes
Katie Krause, MD, PhD
 • Trigeminal Neuralgia • Glossopharyngeal Neuralgia
 • Occipital Neuralgia
- 2:15 PM It's Not Too Late Too Start...Rules to live by for a Healthy Spine | Steven Fowler, MD**
 • Discuss proper ergonomics
 • Discuss proper nutrition
 • Discuss the biopsychosocial model of pain
- 3:15 PM Afternoon Break/Exhibits**
3:30 PM Facet Mediated Pain
Michael Pylman, MD
 • Pathophysiology
 • Assessment and Treatment
- 4:30 PM Diagnosis & Management of Neuropathic Pain**
Lucas McCarthy, MD
 • Understand common neuropathic pain etiologies
 • Differentiate neuropathic from musculoskeletal and visceral pain • Understand risks and benefits of guidelines based neuropathic pain medication and non-medication management
- 5:30 PM Conference Adjourned**

Saturday, May 15, 2021

- 7:30AM Registration/Exhibits**
7:50AM Introduction
8:00AM Cancer Pain
Guy Jones, MD
 • Identify the most common cancer pain scenarios
 • Recognize initial steps to address cancer-related pain
 • Learn a radiation oncologist's role in cancer care
- 9:00AM Pharmacology of Opioids**
Raymond Quock, PhD
 • Describe the mechanism of action of Opioid drugs
 • Describe the pharmacological and toxicological properties of opioids.
 • Describe the consequences of long-term treatment with opioid painkillers
- 10:00 AM Break/Exhibits**
10:20AM The TMJ & Bruxism Connection to Balance and CranioFacial Pain
James Stevens, DMD
 • Etiology and sequela of bruxism
 • The ramifications of Bruxism related to TMJ Balance.
 • Dynamics of the OrthoGnathic / CranioMandibular complex
 • A resolution to TMJ related pain
- 11:20AM Inflammatory Arthritis**
Erin Bauer, MD
 • Initial presentation and differential of autoimmune and inflammatory arthritis
 • Initial work up for autoimmune arthritis
 • Consider initial treatment options
- 12:20 PM Lunch Break/Exhibits**
1:15 PM From the Weekend Warrior to the Professional Athlete: The Evaluation, Diagnosis, and Treatment of Injuries to the Spine
Philip Louie, MD
 • Common injuries that occur during athletic endeavors
 • Conversations and plan for "return to play" or return to "activities" • Identify concerning signs and symptoms that warrant additional workup and concern
- 2:15 PM Afternoon Break/Exhibits**
2:30 PM The Role of Diagnostic Testing in Physical Therapy Practice
Casey Kirkham, PT, DPT
 • Overview of the use of diagnostic testing in physical therapy
 • Clinical examples of EMT and musculoskeletal ultrasound
- 3:30 PM Anxiety and Chronic Pain: A Somatosensory & Neuroscience Approach | Irene Luc, DPT, OCS**
 • Physiology and neurobiology of anxiety and other emotions and how they relate to chronic pain.
 • How somatosensory & applied neuroscience can be combined with physical therapy for reducing anxiety related to pain.
- 4:30 PM Conference Ends**

Thank you to our Supporters



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 16
- **Regular Registration** must be post marked by May 5
- **Day of Registration** available. Additional \$20 for registration day of or after May 5th. For day of registration, link to conference page will be online at russocme.com

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 13th: You can send someone in your place or transfer to another conference within 12 months. Course is planned to be recorded and accredited, option to watch course after the live event for credits. No refunds once the conference begins.

Registration Form

Tri-Cities Pain Conference

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 5, 2020.

Regular Registration Due: May 5, 2021

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 16, 2021

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 21-93

CH: _____ A: _____

C: _____ O: _____