

# Chronic Musculoskeletal Pain Syndromes: Assessment and Intervention Strategies for Child and Adolescent Patients

Friday, Oct. 26, 2018

Roberts Center for Pediatric Research

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COURSE OVERVIEW

This one-day course will focus on chronic musculoskeletal pain syndromes in children and adolescents, which we refer to as amplified musculoskeletal pain syndrome (AMPS). This course is designed to inform occupational and physical therapists (OTs and PTs) and therapy assistants (COTAs and PTAs) about the diagnosis and treatment of AMPS. AMPS is a pain condition that can affect a part of the body or the entire body. It is frequently characterized by increased pain and dysfunction with no underlying cause, and may or may not include hypersensitivity to touch. It may also be referred to as reflex neurovascular dystrophy (RND), complex regional pain syndrome (CRPS), reflex sympathetic dystrophy (RSD) or juvenile fibromyalgia syndrome. Medical, psychological, physical and occupational therapy diagnoses and treatment will be presented. Attendees will gain skills in current evidence-based, effective evaluation and treatment strategies for AMPS.

Topics will include;

- Description of the mechanism of amplified pain and its potential causes
- Physical therapy (PT), occupational therapy (OT) and psychology evaluation for the child or adolescent with amplified pain
- Effective treatment interventions for the child or adolescent with amplified pain

GENERAL INFORMATION

The conference will be held on Friday, Oct. 26, 2018, at Children’s Hospital of Philadelphia in the Roberts Center for Pediatric Research, 2716 South St., Philadelphia, PA 19146.

REGISTRATION FEE

The registration fee includes registration materials, lunch and parking. As part of our green initiative, syllabus material will be available online.

Early Registration Fee .....\$200 (*Prior to Sept. 1*)

Registration Fee .....\$225 (*After Sept. 1*)

*Registration must be received by Friday, Oct. 19, 2019.*

TO REGISTER, PLEASE VISIT [CHOP.CLOUD-CME.COM](http://CHOP.CLOUD-CME.COM)

## COURSE OBJECTIVES

Upon successful completion of this one-day course, the clinician will be able to:

1. Describe the various presentations of amplified musculoskeletal pain syndrome (AMPS)
2. Understand key history and exam findings consistent with a diagnosis of AMPS
3. Describe appropriate initial psychological assessment and treatment recommendations for patients with AMPS and their families
4. Identify psychological components of AMPS and its impact on rehabilitation
5. Understand the PT and OT evaluation process and client factors in creating an evidence-based treatment plan
6. Implement PT/OT treatment interventions including desensitization and therapeutic activities to progress patients through treatment
7. Construct a differential diagnosis for chronic musculoskeletal pain syndromes
8. Describe current and ongoing research in the topic of AMPS treatment
9. Describe the factors that contribute to success in outpatient therapy; identify when a patient requires referral to intensive therapy

## ACCREDITATION

### Occupational Therapy

Children's Hospital of Philadelphia is an approved provider of continuing education by the American Occupational Therapy Association Inc. .6 CEU hours or .06 AOTA CEUs will be awarded to participants at the completion of the program. Assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. Approved Provider Number: 4878  
Appropriate for Intermediate-level Occupational Therapists.



Course falls under categories of Domain of OT and Occupational Therapy Process.

### Physical Therapy

This course has been submitted for Pennsylvania and New Jersey approval. This course is appropriate for OTs, COTAs, PTs and PTAs.

## HOTEL INFORMATION

A block of rooms has been reserved at reduced rates at the Sheraton Philadelphia University City Hotel, located within walking distance of the Roberts Center. The group rate is \$172 single and double occupancy plus a room tax. Participants are required to make their own hotel reservations by calling the hotel directly at 215-387-8000. Please mention the name of this conference when making your reservation. The special room rate will be available until Sept. 24, 2018. After that date, reservations will be accepted according to space and rate availability.

## CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines/travel agencies. In order to process refunds for course withdrawals, cancellations must be received in writing by Friday, Oct. 19, 2018. No refunds will be issued thereafter. Refunds will be issued for the amount of registration minus a \$50 service charge.



## SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263 or via email at [CMEOFFICE@email.chop.edu](mailto:CMEOFFICE@email.chop.edu) at least two weeks in advance so that we may provide you with the services you require during the conference.

## PROGRAM — FRIDAY, OCT. 26, 2018

7:30 a.m.	<b>Registration</b>
8 a.m.	<b>Introduction to Chronic Musculoskeletal Pain Syndromes in Children and Adolescents</b> <i>David D. Sherry, MD</i>
8:15 a.m.	<b>The Spectrum of Chronic Musculoskeletal Pain Syndromes: Definitions and Clinical Pearls</b> <i>Sabrina Gmuca, MD</i>
9 a.m.	<b>Using Your Brain to Treat Your Pain: Psychology's Role in the Evaluation and Treatment of Amplified Musculoskeletal Pain</b> <i>Jennifer L. Sherker, PsyD</i>
10 a.m.	<b>Break</b>
10:15 a.m.	<b>OT/PT Examination, Evaluation and Treatment Planning for the Patient with Chronic Musculoskeletal Pain</b> <i>Jamie Bradford, PT, DPT; Ashley Binkowski, MS, OTR/L, CKTP</i>
11:15 a.m.	<b>Evaluation Techniques: Clinical Applications</b> <i>Colleen Burrell, OTR/L; Kristin Leonhardt, PT, DPT, PCS</i>
11:45 a.m.	<b>Lunch (provided)</b>
12:30 p.m.	<b>One Patient's Personal Story of Amplified Musculoskeletal Pain and How It Shaped Her Life</b> <i>Jolie Burke, patient speaker</i>
12:45 p.m.	<b>PT Treatment for Amplified Musculoskeletal Pain: A Hop, Skip and a Jump into Function and Wellness</b> <i>Lori Kile, PTA; Joyce Park, PTA</i>
1:30 p.m.	<b>OT Desensitization and Functional Tasks: Breaking the Pain Loop with OT Interventions</b> <i>Tami Konieczny, MS, OTR/L; Ashley Binkowski, MS, OTR/L, CKTP</i>
2:15 p.m.	<b>Break</b>
2:30 p.m.	<b>Current Research Topics in the Field of Amplified Musculoskeletal Pain: Where We Are and Where We Are Going</b> <i>Audrey Urquhart, MPH; Lindsay Waqar, MPH, CCRC</i>
3 p.m.	<b>Topics of Discussion with Regard to the Treatment and Outcomes of Patients with Amplified Musculoskeletal Pain: Best Practices for Incorporating into Outside Clinics</b> <i>Deb Krepcio, MSN, RN, CRNP, CPNP-PC</i>
3:30 p.m.	<b>Adjourn</b>

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

## COURSE DIRECTORS

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Co-chair, DCAPBS Patient Safety Committee

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