Integrative Health Symposium: Approaches to Pediatric Pain Management

Friday, Nov. 30, 2018

Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus

Learn more: chop.cloud-cme.com
OVERVIEW
The evidence base for integrative health practices for pain management is growing. Nonpharmacologic approaches to pain management are increasingly recognized as an important adjunct to reduce opioid dependence. Incorporation of nonpharmacologic approaches is now a Joint Commission pain management standard for accredited hospitals. This one-day symposium will offer healthcare practitioners a review of the evidence and research on integrative health practices for pediatric pain management and their application in the clinical setting.

GENERAL INFORMATION
The conference will be held in the Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus. The registration fee is $125 (MD), $75 (RD, RN, NP, fellows, residents and other allied healthcare professionals) and includes continental breakfast, breaks, lunch, parking and syllabus material.

COURSE OBJECTIVES
1. Explain the history and current status of the opioid addiction epidemic and the impact of opiate prescriptions on the evolution of this public health crisis
2. Describe the current state of evidence of the use of mind-body approaches to pain management, including acupuncture, mindfulness, hypnosis, yoga, massage, osteopathic manipulation and virtual reality
3. Describe the developmental biology of pain perception
4. Apply mind-body approaches to pain management in the clinical setting
5. Discuss the current state of evidence of the use of cannabis treatments for pediatric pain

ACCME ACCREDITATION STATEMENT
Children’s Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

AMA CREDIT DESIGNATION STATEMENT
Children’s Hospital of Philadelphia designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
NURSING STATEMENT
The Integrative Health Conference does not provide continuing nursing education (CNE) contact hours. Children’s Hospital of Philadelphia designates this live activity for a 6.0 AMA PRA Category 1 Credits™. Children’s Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

Nurses who attend this course, sign-in, and complete and submit a nurse attendance verification form and an evaluation, may receive a certificate of completion which can be used toward their re-licensure and most re-certification containing education requirements.

OCCUPATIONAL THERAPY ACCREDITATION STATEMENT
Children’s Hospital of Philadelphia is an approved provider of continuing education by the American Occupational Therapy Association Inc. 7.0 Contact hours or .7 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 category of Domain of OT and Occupational Therapy Process.

DIETITIAN ACCREDITATION STATEMENT
Children’s Hospital has requested CEU hours of continuing education credit for registered dietitians for the conference.

APA ACCREDITATION STATEMENT
Children’s Hospital of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. Children’s Hospital of Philadelphia maintains responsibility for this program and its content. Intermediate Instructional Level. 1 credit per hour is awarded.
SOCIAL WORK ACCREDITATION STATEMENT
CHOP is a pre-approved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full workshop and complete the required evaluation are eligible for 6.0 Continuing Education Credits. Participants licensed in other states should check with local licensing boards to determine continuing education approval.

HOTEL ACCOMMODATIONS
A block of rooms has been reserved at reduced rates at the Sheraton University City, located just a few blocks from Children’s Hospital. The group overnight rate is $172 single and double occupancy plus a 16.25 percent room tax. Participants are required to make their own reservations by calling the hotel directly at 215-387-8000. Please mention the name of the conference when making your reservation. The special room rate will be available until Tuesday, Oct. 30, 2018. After that date, reservations will be accepted on a space and rate availability basis.

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 $40 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by Friday, Nov. 16, 2018. No refunds will be issued thereafter.

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.

Children’s Hospital of Philadelphia recognizes the following donors for their generous support of the Integrative Health Symposium. This conference would not be possible without their support, and the help of many other dedicated parents and families.

- The Gitlin Foundation
- Lynne and William M. Garbose
- Bryna and Frederick Berman
- Bethany Asplundh
7:30 a.m.  Registration and Continental Breakfast

8 a.m.   Welcome and Introduction
         Miriam Stewart, MD

8:15 a.m.  Pain Crisis: How Did We Get Here and Where are We Going?
         F. Wickham Kraemer, MD

8:50 a.m.  Infant Experiences, Good and Bad, Have Short- and Long-term Consequences
         for Pain, Emotion and Brain Function
         Gordon A. Barr, PhD

9:25 a.m.  The Minnesota Experience: An Integrative Approach to Pain and
         Symptom Management
         Melanie Brown, MD, MSE, FAAP

10 a.m.   Break

10:15 a.m.  Psychological Aspects of the Pain Response: How Can Mind/Body Techniques
         Make a Difference?
         Keri R. Hainsworth, PhD

10:50 a.m.  Mindfulness for Pain Management
         Erica Sibinga, MD, MHS

11:25 a.m.  The Great Colorado Experiment: Cannabis Research at the Frontline
         Jeffrey L. Galinkin MD, FAAP

Noon   Lunch

1 p.m.   The Role of Nutrition in Pediatric Pain: An Integrative Approach
         Sheila Dean, DSc, RDN, LDN, CCN, IFMCP

1:35 p.m.  The Patient Experience Through the Lens of Virtual Reality: A Window Into
         or Out of the Hospital
         Jorge Agusto Galvez, MD, MBI

2:10 p.m.  Break
### Experiential and Hands-on Sessions (select one topic per session)

| Session A | 2:25 – 3:05 p.m. | Acupuncture for Pain Management  
Shiu-Lin Tsai, MD | Hypnosis: When, Where and How to Use It for Pediatric Pain Management  
Melanie Brown, MD, MSE, FAAP |
| --- | --- | --- | --- |
| Session B | 3:05 – 3:45 p.m. | An Osteopathic Approach to Musculoskeletal Pain in Pediatrics  
Alexander Nicholas, DO, FAAO, Dist.  
Meghna M. Shah, DO, MPH, FAAP, FACOP | Yoga and Massage for Pediatric Pain Management  
Tiffany Silliman Cohen, LMT, CPMT, BCTMB  
Gregory Hedler, MSW  
Tonia Kulp, E-RYT200, RYT500, YACEP |
| Session C | 3:45 – 4:25 p.m. | Clinical Aromatherapy: It Does More than Just Smell Good  
Vanessa Battista, RN, MS, CPNP-PC | Mindfulness in Clinical Practice: Providing Practical Tools and Skills for Kids  
M. Bidi McSorley, MD |

4:30 p.m.  Adjourn
FACULTY

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**

Maria Mascarenhas, MBBS  
Section Chief, Nutrition  
Director, Integrative Health Program  
Director, Nutrition Support Service  
Medical Director, Clinical Nutrition  
Professor of Pediatrics

Miriam Stewart, MD  
Neonatal Hospitalist  
Co-chair, Program for Humanistic Medicine and Physician Well-being

F. Wickham Kraemer, MD  
Anesthesiologist  
Associate Professor of Clinical Anesthesiology and Critical Care Medicine

**Course Faculty**

Gordon A. Barr, PhD  
James Battaglia Endowed Chair in Pediatric Pain Management  
Director of Basic Science Research in Anesthesiology  
Department of Anesthesiology and Critical Care Medicine  
Associate Professor of Psychology in Anesthesiology and Critical Care Medicine

Vanessa Battista, RN, MS, CPNP-PC  
Nurse Practitioner  
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Tiffany Silliman Cohen, LMT, CPMT, BCTMB  
Integrative Therapist  
Advanced Certified Pediatric Massage Therapist and Certified Infant Massage Teacher  
Integrative Health Program

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Assistant Professor of Clinical Anesthesiology and Critical Care Medicine

Gregory Hedler, MSW  
Social Work Supervisor

Tonia Kulp, E-RYT 200, RYT 500, YACEP  
Certified Yoga Instructor  
Integrative Health Program

**Guest Faculty**

Melanie Brown, MD, MSE, FAAP  
Program Director, Integrative Medicine  
Department of Pain Medicine, Palliative Care & Integrative Medicine  
Associate Professor of Pediatrics  
Children’s Hospitals and Clinics of Minnesota
Sheila Dean, DSc, RDN, LDN, CCN, IFMCP
Integrative Medicine Nutritionist and Author
Co-founder, Integrative and Functional Nutrition Academy
Adjunct Professor, USF Health Morsani College of Medicine
Adjunct Professor, University of Tampa

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Professor of Anesthesiology and Pediatrics
University of Colorado, Anschultz Medical Campus

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Children’s Hospital of Wisconsin
Associate Professor, Anesthesiology

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Pediatrician, Private Practice
Pediatric Behavioral Medicine and Mindfulness Teaching
Instructor, Penn Program for Mindfulness

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Attending Physician, Division of Pediatric Emergency Medicine
Department of Emergency Medicine and Pediatrics
Assistant Professor of Pediatrics
Columbia University College of Physicians and Surgeons

Planning Committee
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