

2024 Annual Pain Care Skills Training

Workshop Title: Self-Management Techniques for Patients with Chronic Pain

Presented by: David L. Riegleman, MD

Offered: 20 AUGUST 2024 1230-1530 ET

Location: NIH Natcher Center, Room D

Course Description: This class will teach learners how to equip their patients with skills for self-managing chronic pain. The research and science behind these approaches to self-management will be presented. In addition, learners will develop their own tangible tools which will springboard their ability to enact change immediately upon returning to their practice.

Learning Objectives:

- 1) Inform participants of the history and research of self-management techniques
- 2) Define what techniques are currently being used by patients
- 3) Discuss what resources are recommended by different medical groups
- 4) Review the data regarding disparities in healthcare, as it pertains to the treatment of chronic pain
- 5) Review what tenets comprise effective Self-Management
- 6) Illustrate the need to lead by example while caring for patients with chronic pain
- 7) Develop a personalized resource for different patients based upon case presentations
- 8) Practice incorporating Self-Management resources into a Consent for Long-Term Opioid Therapy for Chronic Pain

Agenda 20 AUG 2024 1230-1530

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| 1230-1330 | Self-management for chronic pain <ol style="list-style-type: none">I. DefinitionII. HistoryIII. ResearchIV. Current resourcesV. Disparities in chronic pain careVI. Composition of effective plans |
| 1330-1430 | How to lead by example <ol style="list-style-type: none">I. Current statusII. Plan for futureIII. How to motivate change |
| 1430-1445 | ----- BREAK ----- |
| 1445-1515 | Creating tangible tools into the plan of care <ol style="list-style-type: none">I. Resource development with case presentationsII. Consent incorporation |
| 1515-1530 | Questions & Answers |