

2023 Pain Care Skills Training Virtual Culinary Medicine to Fight Inflammation and Pain

Presented by: Sina Leslie Smith, LAc, MD,
MS, MA, FAAMA, Dipl Ac NCCAOM

Offered: 21 AUGUST 2024, 1230 – 1630 PM

Location: NIH, Natcher Center, Room D

Description: The Multidisciplinary Pain Workshop in 2016 advocated that each patient with chronic pain should undergo nutritional assessment and counseling. However, many clinicians do not understand the components of a nutritional assessment and how to counsel patients about ways to tweak their dietary choices to minimize inflammatory responses and pain. In this interactive, clinically relevant workshop, attendees will learn the components of a nutritional assessment most critical for pain patients, how to help patients adjust their diet to optimize food choice impact on pain, and practical tactics that can be used in the clinic immediately to decrease the overwhelm that patients often experience around dietary changes.

Learning Objectives: Through participation in "Culinary Medicine to Fight Inflammation and Pain" workshop, participants will be able to:

1. Describe the ways that pain pathways are affected by dietary choices
2. Relate dietary choices to inflammatory and anti-inflammatory pathways
3. Distinguish between elimination diets, anti-inflammatory diets, Mediterranean diets, and vegetarian/vegan diets and how they each affect pain and inflammatory cascades
4. Construct suggestions for food choices for breakfast, lunch, and dinner that incorporate pain controlling foods and seasonings
5. List the components of dietary correction needed for minimizing pain

21 August 2024 PM In Person

- 1300 – 1310** Overview of the class
1310 – 1350 Metabolism, macronutrients and micronutrients
1350 – 1400 Inflammation and its relationship to pain, why diet matters
1400 – 1430 Gut barrier function, dietary impact on the neuro-endo-immune system
1430 – 1440 Break
1440 – 1500 Therapeutic diet options and how to use them
1500 – 1530 Foods to support detox pathways, the importance of the microbiome
1530 – 1600 Food substitution discussion and demo
1600 – 1630 Menu planning exercise, tweaking diets to make less inflammatory
1630 – 1700 Grains and greens food demo, discussion

(Note: Questions will be answered throughout the presentation as they come up for students.)