

2024 Annual Pain Care Skills Training

**Workshop Title: Improving Sleep in
Service Members and Veterans with Chronic Pain**

Presented by: Aaron M. Martin, PhD

Offered: 14 AUGUST AM 0830-1130 EDT

Location: Virtual via ZoomGov

Description

This three-hour course will review the bidirectional relationship between pain and sleep, discussing several biopsychosocial mediators informing clinical interventions. Information will underscore the direct versus indirect impact that pain can have on sleep and provide an overview of assessment of and screening for sleep disorders. Application in addressing sleep behavior change to improve insomnia and subclinical presentations for those with chronic pain will be reviewed (i.e., cognitive behavioral approaches). Sleep apnea and the importance of positive airway pressure (PAP) adherence, as well as behavioral approaches to increase adherence in the context of chronic pain will be reviewed. Consideration of special populations (e.g., traumatic brain injury) and case discussion to be included. There will be time allotted during each hour for discussion and questions as they arise.

Learning Objectives

1. Understand the relationship between sleep and pain
2. Review diagnostic approaches for sleep disorders considering the context of chronic pain
2. Identify non-pharmacologic treatment approaches for sleep disorders and application in the context of chronic pain
3. Identify screening considerations and strategies for PAP adherence in the context of chronic pain

Agenda 14 August AM-830-1130

830- 930 – Hour 1-The pain and sleep relationship, diagnostic approaches to sleep disorders in the context of chronic pain with case discussion

930-937 - Break

937-1030-Hour 2 - Cognitive behavioral considerations for managing insomnia disorder and symptoms among those with chronic pain

1030-1037 -Break

1037-1130 Hour 3 - The role of sleep apnea and PAP among those with chronic pain with case discussion