

2024 Pain Care Skills Training Virtual Lifestyle & Performance Medicine

Presented by: Dr. Breanna Gawrys

Offered: 14 AUGUST PM 1300-1500 EST

Location: ZoomGov

Course Description: This workshop will discuss addiction medicine and pain management through the lens of Lifestyle Medicine (LM), known in the DOD as Lifestyle & Performance Medicine (LPM) which highlights the six pillars of health that are essential to optimal health and biological function. We will define addiction and substance use disorder and will discuss specifics of how pain can be mitigated through strategic diet choices (such as whole food, higher fiber, and anti-inflammatory foods) as well as how to integrate the other pillars of LM in the context of pain management.

Learning Objectives:

- 1) Conceptualize the subspecialty of Lifestyle Medicine (LM) and its six tenets in the context of addiction, substance use disorder, and pain management
- 2) Understand how food choice, nutrition, and implementation science plays a part in pain management
- 3) Comprehend how to build a game plan for healthy, pain-minimizing LM/food choices for optimum management for patients
- 4) Understand and apply the Biopsychosocial-Spiritual Model Dimensions of Assessment

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1300-1400— Define addiction and substance use disorder and discuss the prevalence of these conditions within the DOD and VA beneficiaries.

1400-1415— Break

1415-1500— Outline how pain can be migrated using Lifestyle Medicine