

Continuing Medical Education Brochure for  
**2024 Pain Care Skills In-Person Training (Interprofessional, CDE)**

Tuesday, August 20, 2024 - Wednesday, August 21, 2024  
 NIH, Bethesda, MD

***Provided By***  
**NMLPDC**

<b>Activity ID</b>	<b>Course Director</b>	<b>CME Planner</b>
2024-0333	Christopher Spevak	Amy . Osik

### **Accreditation Statement**

The Naval Medical Leader & Professional Development Command (NMLPDC), Continuing Medical Education (CME) Department, Bethesda, Maryland is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for Physicians.

### **Credit Designation**

The Naval Medical Leader & Professional Development Command designates this Live Activity for a maximum of 16 *AMA PRA Category 1 Credit(s)*.<sup>TM</sup> Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Statement of Need/Gap Analysis**

**The purpose of this CME activity is to address the identified gap(s):**

1. Train learners in current knowledge and research on achieving and sustaining optimum brain health, the effect of sleep, activity and nutrition on brain health, and key areas for consideration and further study, such as brain training tools and their role in enhancing and/or preventing decline in brain function.
2. The predominant gap in knowledge and performance of military Primary Care Managers (PCM) is related to issues associated with the necessity to prescribe opioid narcotics in lieu of having other alternative integrative therapy modalities that they can utilize. This is evidenced by the number of opioid and poly-pharmacy patients within the military relative to who have access to alternative integrative modalities such as acupuncture, medical massage, biofeedback, and movement techniques such as yoga and Thai Chi.

### **Learning Objectives**

1. Learners will discuss and evaluate emerging research related to Pain Management including other alternative modalities.
2. Learners will describe specific ways to treat active-duty patient pain issues and the ways they differ from general population pain issues.
3. Learners will discuss the opioid epidemic as it applies to pain management treatments, addiction problems, and forms of pain management other than narcotics.
4. Learners will discuss emerging strategies to decrease the likelihood of opioid dependence for chronic pain issues and increase the overall functionality of patients.
5. Learners will discuss and demonstrate multimodal approaches to pain management employing a variety of techniques and treatments that military healthcare is dedicated to embedding into all MTFs.
6. Learners will use the knowledge learned to see how to increase the overall functionality of the patient and real standards the patient can live with in regards to level of pain.

### **Target Audience**

The intended audience for this Pain Care Skills Training is focused toward PCMs, Residents and Fellows. However, it is also our goal to include educating PAs, Nurses, occupational therapist and social workers/case managers and specialty providers that deal with pain (PT, rehabilitation, neurologist, psychologist, dentist, etc). It is vital for all staff to be educated in pain management and pain management techniques.

### Policy on Disclosure

As a provider accredited by the ACCME, it is the policy of the NMLPDC to require the disclosure of the existence of any relevant financial interest or any other relationship a faculty member or a spouse has with the manufacturer(s) of any commercial product(s) discussed in an educational presentation. Detailed disclosure will be made in the course syllabus/course handouts.

\*\* The NMLPDC supports the Americans with Disabilities Act. Please contact the Course Administrator for any special request. \*\*

### Acknowledgement of Commercial Support

There is no commercial support associated with this educational activity.

### Agenda/Presenter

Date/Time	Topic	Presenter
8/20/2024 07:30 - 11:30	BATTLEFIELD ACUPUNCTURE (BFA)	LTC Sally . Hayes, MD elyse greenberg Arnyce Pock gregory kahl
8/20/2024 07:30 - 11:30	Medical Hypnosis	Harold J. Wain, Ph.D.
8/20/2024 07:30 - 11:30	Physical Examination/Evaluation: Cervical spine, Lumbar spine, Headache, and Major Joints	CPT Franz J. Macedo Rebecca Vogsland
8/20/2024 07:30 - 10:30	Resolving Resonance: Eastern & Energy Medicines for Trauma Healing	Lynne E. Vance, DACM
8/20/2024 07:30 - 10:30	Building Empathy in Healthcare Teams	Mok-Chung J. Cheng Nicole Cornish Karen Baker
8/20/2024 07:30 - 10:30	Pain and Palliative Care: Opioids, Kids, and Communication Pearls	ALISON C. WIESENTHAL Marysa Mumphrey Jeremy Edwards
8/20/2024 07:30 - 10:30	Fibromyalgia in the Department of Defense: A Rheumatologists' Perspective	COL Jess D. Edison, MD Rachel Robbins
8/20/2024 12:30 - 16:30	Dry Needling/TPI/PENS	MAJ Chelsea . Hamilton, MD
8/20/2024 12:30 - 15:30	A Return to Peace in the Midst of Chronic Pain – Meditation and Energy Healing	erica m. wigley
8/20/2024 12:30 - 15:30	Art of Narrative Medicine	Poonam . Bhatia
8/20/2024 12:30 - 16:30	Medical Hypnosis	Harold J. Wain, Ph.D.
8/20/2024 12:30 - 16:30	Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing for Health Profess	Yehudah J. Sandweiss, D.O.
8/20/2024 12:30 - 15:30	Self-Management Techniques for Patients with Chronic Pain	MAJ David L. Riegleman
8/21/2024 07:30 - 10:30	Thriving and Flourishing: A Multidimensional Approach to Wellbeing and Life Satisfaction	David Miller, PhD Tara Coles
8/21/2024 07:30 - 11:30	Therapeutic Movement (Yoga, Tai Chi, Qigong)-	Jamie C. Clapp Ada Dee

8/21/2024 07:30 - 11:30	Massage Therapy	ABIGAIL . SIMPSON Brandi Neuman
8/21/2024 07:30 - 11:30	Art Therapy for Pain	Mallory B. Van Fossen
8/21/2024 07:30 - 11:30	Applying Mindfulness in Practice	Kathleen A. McChesney, PsyD
8/21/2024 07:30 - 11:30	MSK Ultrasound	LTC Yin-Ting . Chen, MD Chelsea Hamilton
8/21/2024 12:30 - 16:30	BATTLEFIELD ACUPUNCTURE (BFA)	MAJ David L. Riegleman JAMES HAWKINS Lynne Vance Mylene Huynh
8/21/2024 12:30 - 16:30	Fascial Distortion Model-self-care	MAJ Joshua D. Boucher, DO
8/21/2024 12:30 - 16:30	Culinary Medicine to Fight Inflammation and Pain	Clasina Leslie Smith
8/21/2024 12:30 - 16:30	Motivational Interviewing	CPT Abby . Diehl
8/21/2024 12:30 - 16:30	Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing for Health Profess	Yehudah J. Sandweiss, D.O.
8/21/2024 12:30 - 16:30	MSK Ultrasound	LTC Yin-Ting . Chen, MD

### Area of Expertise

Presenter	Area of Expertise
COL Jeremy V. Edwards, DO	Dr. Edwards is a board certified pediatrician who completed his pediatric hem-onc fellowship at Walter Reed Army Medical Center. He has been in professional clinical practice as a Doctor of Osteopathic Medicine for more than 18 years; and a pediatric hematologist-oncologist for more than nine (9) years. He has also board certified and fellowship trained in Palliative Medicine.
COL Arnyce . Pock, MD	Col (Ret) Pock has cultivated a special interest in Integrative Medicine and internationally based, military-medical diplomacy. She has over 30 years of experience as a board certified internist and a Medical Acupuncturist. Dr. Pock spent the majority of her career on active duty in the U.S. Air Force and currently serves as the Associate Dean for Curriculum at the F. Edward Hebert School of Medicine.
Tara Coles, MD	Dr. Cole isa Hospice And Palliative Care provider. Her clinical areas of focus are Advance Care Planning \, Advance Directives Discussion, Artificial Nutrition And Hydration Discussion, Curative To Palliative Care Transition, Hospice And Palliative Care For Cancer Patients, Palliative Care, Palliative Care For Symptom Management, Patient And Family End Of Life Care Support
LTC Yin-Ting . Chen, MD	MAJ Yin-Ting Chen is a board certified physiatrist. He completed his residency in Physical Medicine and Rehabilitation at Walter Reed Army Medical Center in 2011, and PM&R Sports Medicine Fellowship at Stanford University in 2013. He is currently a staff physician at Walter Reed National Military Medical Center, and the director of PM&R Ultrasound/Sports Medicine Clinic. He is certified by ARDMS for RMSK, and has presented ultrasound-related projects at national and international conferences.
LCD Ada C. Dee	LCDR Dee has been a Registered Nurse since 2008 and a nationally certified Sexual Assault Nurse Examiner Adolescent/Adult since 2011. She has served as Program Manager and Navy Medicine East SAMFE Trainer and is a member of the Peace Corps Sexual Assault Advisory Committee. She has served as an Expert Witness and consultant in both sexual assault and strangulation cases.

Harold J. Wain, Ph.D.	Dr. Harold Wain PhD, FAPM, is Chief of the Psychiatry Consultation Liaison Service(PCLS) at WRNMMC, Bethesda, MD. He is also a professor in the Dept. of Psychiatry at the Uniformed Services University, Bethesda, MD. He was previously Director of the PCLS and Psychosomatic Clinic as well as Chief of the Psychology Service at WRNMMC. He has published and lectured both nationally and internationally and is a hypnosis expert, with over 15 years of experience.
Kathleen A. McChesney, PsyD	Clinical Health Psychology, Chronic Pain, PTSD, Polytrauma with over 10 years of experience. 19 years of experience presenting academic research posters, abstracts and peer reviewed publications. Member of the Association for Contextual & Behavioral Science.
CPT Franz J. Macedo	Over 12 years of experience, gave various presentations on pain evaluation and headaches for 8 years. Author of 4 publications and receiver of 4 awards. 2 professional membership affiliations. D.O. - 2004, PM&R Board Certified - 2010, Pain Board Certified - 2013
Jamie C. Clapp	Dr. Clap graduated with a Doctor of Physical Therapy degree and has been working primarily in outpatient orthopedics. Dr. Clap has a deep interest in continuing education and further developing manual skills. She has received training and certification in Functional Dry Needling, Graston Technique, and Fascial Movement Taping. Ms. Clap is Orthopedic Certified Specialist since 2016.
Lynne E. Vance, DACM	Licensed Acupuncturist and Registered Nurse with over 17 years of treatment experience providing acupuncture, herbs, and nutrition to improve the health and well-being of diverse client base. Nationally Board Certified (NCCAOM) in Oriental Medicine. Recent experience working with interdisciplinary teams in integrative medical centers and hospitals. Current active licenses: licensed acupuncturist in Maryland and California, registered nurse in Maryland, BLS Certification.
LTC Rachel . Robbins, MD	MAJ Robbins is a board certified rheumatologist and the associate program director of the rheumatology fellowship at Walter Reed National Military Medical Center. MAJ Robbins is currently completing coursework in the MHPE program at USU and was selected as 1 of 12 new faculty members to deliver faculty development courses across the MHS.
MAJ Joshua D. Boucher, DO	Primary Care provider with 5+ years experience, Currently the Medical Director/OIC SFMC WBAMC.
erica m. wigley	Rise 360 Coaching & Consulting 2018-current Founder & ICF ACC Coach ? Personal & professional development coach: Train companies and executives on the art of storytelling & speaker coaching. ? Mindfulness/mindset coach: Coach busy executives on how to create work-life harmony. ? Meditation instructor: Train companies/individuals on the benefits of meditation, why meditation works, and how to meditate
Mylene . Huynh, MD	Preventive Medicine Family Practice Public Health International Health Global Health Health Security Acupuncture
MAJ Chelsea . Hamilton, MD	Major Hamilton Jones is a board certified physiatrist with secondary board certification in musculoskeletal ultrasound and medical acupuncture. She has over 10 years of experience in rehabilitation in the Army. She is the clinic chief for PM&R at Fort Belvoir Community Hospital where she sees patients with sports injuries, electrodiagnostic pathology, chronic pain, spinal cord injuries and amputations. She's been working to expand regenerative medicine at FBCH with PRP and stem cell injections
CPT Abby . Diehl	Dr. Diehl has been a psychologist for 6 years. She is currently Associate Program Director of Clinical Health Psychology Fellowship at USUHS and the Director of Psychological Health at Joint Base San Antonio, Lackland, TX.
Mallory B. Van Fossen	Ms. Van Fossen works in the Intensive Outpatient Program at the Walter Reed National Military Medical Center. She provides Art Therapy services to active duty service members, with a specialization in the treatment of complex trauma. She holds a Master's Degree in Art Therapy, and has earned national board certification as an art therapist (ATR-BC) by the Art Therapy Credentials Board.
LTC Sally . Hayes, MD	Flight Medicine Physician/Acupuncturist Duties included not only flight physicals, acute and follow-up appointments, but also saw 8-10 acupuncture patients per week for a variety of conditions to include but not limited to pain, depression/anxiety, weight management, fatigue. The acupuncture was often integrated into a functional medicine perspective where diet, exercise,

	sleep and stress management were the focus. Outside of the acupuncture specific appointments, auricular acupuncture, needle
Marysa D. Mumphrey	Dr. Marysa Mumphrey is the Deputy Chief of Palliative Care at Brooke Army Medical Center on Joint Base San Antonio. Prior to beginning her career in medicine, she received a BA in Art History from Rice University. She received her medical degree from Philadelphia College of Osteopathic Medicine and completed Family Medicine residency training at St. John's Episcopal Hospital. After completing her fellowship in Hospice and Palliative Medicine at the University of Texas Health Science Center
ABIGAIL . SIMPSON	Abby has been a massage therapist for over 25 years. She has experience in rehabilitation, injury, spa, medical esthetics, sports, and pain management. Abby found her passion and calling when she began researching the benefits of massage for PTSD following a particularly hard deployment of her oldest and youngest brothers. That eventually led her to Washington state and working for Army Medicine at MAMC. Abby has been with the Interdisciplinary Pain Management Center at Madigan Army Medical Cent
David Miller, PhD	Director of Academic Programs & Adjunct Assistant Professor, Department of Family Medicine Pellegrino Center for Clinical Bioethics Georgetown University Medical Center; Washington, D.C.
Poonam . Bhatia	Staff Physician: Naval Medical Center (San Diego, CA) Dr Bhatia has been working for the past 22 years at Naval Station, San Diego with the active-duty population. A Board-certified Family Medicine ABFM and Integrative Medicine ABOIM, she also practices Medical Acupuncture and Mind Body Medicine. She feels that empowering patients and staff with skills that address mental, emotional, spiritual, and physical health is essential for creating health and not just managing illness.
JAMES M. HAWKINS, MD	Program Director, Orofacial Pain Residency Program Naval Postgraduate Dental School Bethesda, MD and Specialty Leader and Consultant to the Navy Surgeon General Navy Orofacial Pain
LTC gregory c. kahl, MD	Staff Physician in Family and Flight Medicine at MG Medial Center Andrews AFB, The White House Medical Unit, and Pentagon Flight Medicine Clinic, providing full scope Medical care to patients of all ages, in person and in virtual setting.
COL Erik . Koda, MD	Colonel Koda is a board certified family medicine, occupational medicine and aerospace medicine specialist. He has over 18 year's experience as a family physician and is the subject matter expert in occupational medicine and aerospace medicine. He is the Director of the Pentagon Flight Medicine Annex and oversees operations of the Air Force Acupuncture Center.
Rebecca . Vogslund	Physical Therapy, over 8 years of experience. Received 7 awards, 7 academic teaching appointments and 7 years of VA staff education teaching. Faculty member on 3 different VA programs. Co-author, author or editor on 6 different manuscripts. Participant on 9 different research projects.
Karen L. Baker	Provide clinical care in the Pain & Palliative Care Service to inpatients and outpatients who are referred for symptom control. Focus of care encompassing physical, emotional and spiritual needs of patients participating in clinical research trials. Assessment, diagnosis and treatment for symptoms such as pain, nausea & vomiting, constipation, anxiety, dyspnea, cachexia, fatigue, insomnia and end of life care. Enhanced application of complementary modalities is applied to practice.
COL Jess D. Edison, MD	COL Edison is the Program Director for the National Capital Consortium's Rheumatology Fellowship Program at The Walter Reed National Military Medical Center in Bethesda, MD and serves as the DoD Co-Champion for the VA/DoD Clinical Practice Guideline for the Non-Surgical Management of Hip and Knee Osteoarthritis. Prior to his training in rheumatology he practiced primary care internal medicine in the Army for 5 years. He has served in various medical leadership roles to include Chief of Medica
elyse . greenberg, RN, LAc	Licensed Acupuncturist
Brandi S. Neuman	Professional massage therapist for 18+ years, specialization in the utilization of massage skills in the areas of physical therapy and rehabilitation.

Yehudah J. Sandweiss, D.O.	Dr. Jay Sandweiss brings 39 years of clinical experience as a multi-faceted physician/healer and master course instructor. He received his degree under Osteopathic Medicine and Surgery in 1998 from Michigan State University College of Osteopathic Medicine. Over the past 29 years Dr. Sandweiss has practiced medicine as an osteopathic physician who is board certified in neuromusculoskeletal medicine, osteopathic manipulative medicine and medical acupuncture.
ALISON C. WIESENTHAL	Dr. Alison Wiesenthal completed her Internal Medicine residency at the University of Texas Health Science Center- San Antonio and her Hospice and Palliative Medicine Fellowship at Memorial Sloan Kettering Cancer Center in New York, NY. Dr. Wiesenthal stayed on as staff at MSK for three years and also served as an instructor at Weill Cornell Medical School. She moved back home to San Antonio in 2017 and joined the Palliative Care Team at Brooke Army Medical Center. Her clinical and research exper
Mok-Chung J. Cheng	Staff Clinician, National Institutes of Health, Clinical Center, Pain and Palliative Care Department
MAJ David L. Riegleman	Dr. Riegleman majored in Biology at the US Air Force Academy. After which, he attend medical school at Uniformed Services University. Immediately following graduation in 2016, he completed a 3 year Family Medicine Residency at Eglin AFB, FL followed by a 1 year pain chronic pain fellowship at Brooke Army Medical Center. Currently, he is core faculty at the Pain Management Fellowship Program at SAUSHEC.
Clasina Leslie Smith	Dr. Smith is the Founder and Medical Director of Chicago Healing Center in Chicago, IL
Nicole . Cornish	Dr. Cornish is Ambulatory Clinical Pharmacist in the National Capital Region Pain Initiative Tele-Pain Program, providing Medication Therapy Management (MTM) to beneficiaries. Also serves as the Sole Provider Program (SPP) Coordinator improving patient safety by monitoring, identifying, and preventing overuse and abuse of controlled substances and high-risk medications.

You may register for this activity at <https://education.mods.army.mil/navycme>. Click on 'Activity Registration' from the menu on the left. For assistance, you may contact the CME Planner, Amy Osik, at amy.j.osik.ctr@health.mil or 3012954455171.