

Continuing Medical Education Course Handout for

**2024 Enduring Material Pain Skills (Interprofessional, CDE)\***

Tuesday, August 13, 2024 - Wednesday, December 31, 2025  
Bethesda, MD

*Provided By*  
NMLPDC

<b>Activity ID</b>	<b>Course Director</b>	<b>CME Planner</b>
2024-0332	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 Enduring Material for a maximum of 4 *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 on the current knowledge and research surrounding pain related topics; specifically in relation to nutrition, behavioral modalities, interventional, lifestyle/functional medicine, health for healthcare providers, physical modalities and anything that is supported within the biopsychosocial modality.
2. Train learners in a multimodal system that treats pain from all angles including alternative medicine, behavioral modalities, nutrition, brain/gut health, autoimmune and pain, and pain in women.

**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, Family members, retiree, and wounded warrior pain issues and the ways they differ from general population pain issues.
3. Learners will discuss the design an integrated, interprofessional/transdisciplinary pain team.
4. Learners will discuss the contrast between Multidisciplinary, Interdisciplinary, and Interprofessional/Transdisciplinary approaches to pain care.

5. Learners will discuss how diet can directly impact chronic pain.
6. 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.
7. Learners will describe the role of glutamate in chronic pain and its common comorbid symptoms.
8. Learners will recognize the role of central sensitization in chronic pain and its relationship with the neurotoxic triad.

### **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, and social workers/case managers and specialty providers that deal with pain (PT, rehabilitation, neurologist, psychologist, physical therapist, pharmacist, dentist, etc). It is vital for all staff to be educated in pain management and pain management techniques.

### **Disclosure of Faculty/Committee Member Relationships**

It is the policy of the NMLPDC that all CME planning committee/faculty/authors disclose relationships with commercial entities upon invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and, if identified, they are resolved prior to confirmation of participation.

#### Faculty Members

- |                   |  |
|-------------------|--|
| Ashar, Yoni       | - No relevant financial relationship with an ineligible company to disclose. |
| Lindsey, Andrea   | - No relevant financial relationship with an ineligible company to disclose. |
| Paoletti, Gabriel | - No relevant financial relationship with an ineligible company to disclose. |
| Pitcher, Mark     | - No relevant financial relationship with an ineligible company to disclose. |

#### Committee Members

- |                  |  |
|------------------|--|
| Cole, Deuanta    | - No relevant financial relationship with an ineligible company to disclose. |
| Douglas, William | - No relevant financial relationship with an ineligible company to disclose. |
| Gordon, Rebecca  | - No relevant financial relationship with an ineligible company to disclose. |
| Osik, Amy        | - No relevant financial relationship with an ineligible company to disclose. |

Spevak, Christopher

- No relevant financial relationship with an ineligible company to disclose.

**Internet/Enduring Material**

Original Release Date: 8/13/2024  
Expiration Date: 12/31/2025  
Review Date: 7/25/2024  
New Expiration Date:  
Estimated time to Complete this Educational Activity (hours): 4  
Medium or Combination of Media Used: Internet, Audio

**Acknowledgement of Commercial Support**

There is no commercial support associated with this educational activity.

**This is a required handout. It must be disseminated to each learner prior to the start of the activity.**

---

Upon completion of this activity, log on to the CME Website at <https://education.mods.army.mil/navycme> to obtain a physician or other learner certificate. From the home page, click on the 'Members Portal/Certificates' portal then login. Complete the Activity Evaluation and Request for Credit Form and submit. For assistance, you may contact the CME Planner, Amy Osik, at amy.j.osik.ctr@health.mil or 3012954455171.