

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Nutrition and Supplements to Fight Inflammation and Pain

**Presented by: Christie Achenbach, MS, RD, CSSD, CSCS and
Deanna Busteed**

Offered: 20 August 2025, 0730 – 1130 AM ET

Location: Partnership for Public Service, 6th Floor – Room 601

Description:

This course provides participants with an understanding of the role of nutrition in managing chronic inflammation, pain and gut microbiome. In this workshop, attendees will learn from an experience dietitian who has been embedded with multiple military units since 2013. Attendees will gain practical skills and strategies they can implement immediately in their practice.

Learning Objectives:

Through participation in the course, participants will:

- 1) Understand the role of nutrition in chronic inflammation and pain and list the components of dietary correction needed for minimizing both.
- 2) Identify key vitamins, minerals, and herbal supplements that may aid in pain and chronic inflammation management.
- 3) Describe the role of the gut microbiome in chronic pain and inflammation and how to improve with nutrition.

20 August 0730–1130 AM ET

0730-0930 Nutrition for chronic inflammation and pain

- I. Current evidence for nutrition for chronic inflammation and pain.
- II. Workshop for how to determine if a supplement (i.e., multi-vitamin, fish oil) is of good quality when recommending to patients.
- III. Workshop for meal planning for pain relief. Create a pain-friendly meal plan using anti-inflammatory ingredients.

0930-0945 ---Break---

0945-1130 Nutrition for gut microbiome

- I. Current evidence for nutrition for improving gut microbiome.
- II. Workshop for putting together eating plans that will help improve gut microbiome.