

Continuing Medical Education Course Handout for

2025 In-Person Combined Pain Care Skills & SUD Training (Interprofessional, CDE)*

Tuesday, August 19, 2025 - Wednesday, August 20, 2025
Washington DC, Washington, DC

Provided By
NMLPDC

Activity ID	Course Director	CME Planner
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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)*.TM 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.

Disclosure of Faculty/Committee Member Relationships

It is the policy of the NMLPDC that all CME planning committee/faculty/authors disclose all relationships with an ineligible company. Disclosure documents are reviewed for relevant financial relationships and, if identified, they are mitigated prior to confirmation of participation.

Faculty Members

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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.

Thirty-one days 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.