

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Navigating Buprenorphine, Polypharmacy, and Controlled Substance Monitoring in Chronic Pain: A Cased Based Approach

Presented by: Dr. Troy Beckham & Dr. Ami Patel

Offered: 12 August 2026 0830-1130 AM ET

Location: ZoomGov

Description: For many patients, managing chronic pain involves a combination of different treatment approaches, with medication as a common element. This session tackles the critical challenge of polypharmacy by focusing on management of polypharmacy and the use of Urine Drug Monitoring (UDM) for patients with chronic pain. We will begin with an introduction to Buprenorphine and polypharmacy with CNS depressants, then take a deep dive into the rationale, guideline recommendations, and clinical application of UDM as it relates to risk mitigation. By exploring numerous patient cases with different pain conditions and comorbidities, we will gain a better understanding of how to balance the need for pain relief with the need to minimize risks. With patient cases involving UDM, we will implement skills to interpret results, address aberrant findings, and use UDM as a therapeutic tool. Ultimately, the goal is to balance the need for pain relief with the need to minimize risks, enhancing the quality of life for chronic pain patients.

Learning Objectives: Upon completion of this workshop, participants will be able to:

1. Define polypharmacy and its relevance to chronic pain management, specifically identifying the risks and complications.
2. Introduce evidence-based approaches to minimizing unnecessary medications in pain management.
3. Discuss the role of healthcare providers in reviewing and adjusting medication regimens regularly.
4. Emphasize the importance of a team-based approach involving physicians, pharmacists, pain specialists, and other healthcare professionals. Discuss how this collaborative approach can improve patient outcomes and reduce polypharmacy risks.
5. Explore alternatives to polypharmacy for pain management and promote the importance of patient education and empowerment.
6. Review current guidelines for managing chronic pain, particularly with respect to minimizing polypharmacy and UDM. Discuss best practices for healthcare professionals to balance pain management with reducing unnecessary medications.
7. Evaluate the clinical utility and limitations of different UDM methods (eg immunoassay vs definitive testing)
8. Identify common sources of unexpected or false-positive/negative UDS results for opioids and other substances
9. Develop patient-specific assessment and communication strategies for addressing aberrant UDM results in a clinical setting

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0830-0910 Buprenorphine

0910-1000 Polypharmacy risks, clinical practice guidelines, evidence-based approaches

1000-1015 Break

1015-1100 Urine Drug Monitoring (UDM) In Pain Management

1100-1130 Case Studies and Clinical Insights and Questions