

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Self-Care Management for the Patient with Pain

Presented by: Maj David L. Riegleman, MD; Lt Col Patrick D. Saas, MD

Offered: 12 August 2026; 1300-1600 PM ET

Location: ZoomGov

Description: This class will teach learners how to equip their patients with skills for self-managing chronic pain. The research and science behind these approaches to self-management will be presented. In addition, learners will develop their own tangible tools which will springboard their ability to enact change immediately upon returning to their practice.

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

1. Inform participants of the history and research of self-management techniques
2. Define what techniques are currently being used by patients
3. Discuss what resources are recommended by different medical groups
4. Review the data regarding disparities in healthcare, as it pertains to the treatment of chronic pain
5. Review what tenets comprise effective Self-Management
6. Illustrate the need to lead by example while caring for patients with chronic pain
7. Develop a personalized resource for different patients based upon case presentations
8. Practice incorporating Self-Management resources into a Consent for Long-Term Opioid Therapy for Chronic Pain

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| 1300-1400 | Self-management for chronic pain |
| | I. Definition |
| | II. History |
| | III. Research |
| | IV. Current resources |
| | V. Disparities in chronic pain care |
| | VI. Composition of effective plans |
| 1400-1500 | How to lead by example |
| | I. Current status |
| | II. Plan for future |
| | III. How to motivate change |
| 1500-1515 | ----- BREAK ----- |
| 1515-1545 | Creating tangible tools into the plan of care |
| | I. Resource development with case presentations |
| | II. Consent incorporation |
| 1545-1600 | Questions & Answers |