

Continuing Medical Education Course Handout for

2026 Enduring Material Combined Pain Skills & SUD Symposium Training (Interprofessional, CDE)

Tuesday, August 11, 2026 - Wednesday, August 11, 2027
Bethesda, MD

Provided By
NMLPDC

Activity ID	Course Director	CME Planner
2026-0286	Christopher Spevak	Carla Labuguen

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 7 *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 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. Learns will understand numerous treatments and related issues that directly impact chronic pain and substance use disorder.
2. Learners will discuss how there are different therapeutic options for mental health directly related to chronic pain, dependent upon types of pain.
3. Learners will discuss evidence in the intersection between pain, sleep and injury and the overall impact on lack of sleep to military especially managing chronic pain.
4. Learners will understand the drug interactions with pain medications that can cause cardiovascular complications and how to mitigate.
5. Discuss the intoxicating experiences and risks of Kratom, Phenibut, Tianeptine, Spice, K2, Delta, and Bath Salts and demonstrate how to screen appropriately and create a treatment plan for patients using these substances
6. Learners will understand the impact of Alcohol use disorders and chronic pain to patient populations while discussing pharmacological treatments and nonpharmacological treatments.

Target Audience

The intended audience for this Combined Pain Care Skills Training & Substance Use Disorder Symposium 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, LCSW, Addiction specialist, 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 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

Brooks, Abigail	- No relevant financial relationship with an ineligible company to disclose.
Douglas, William	- No relevant financial relationship with an ineligible company to disclose.
Koob, George	- No relevant financial relationship with an ineligible company to disclose.
Lumley, Mark	- No relevant financial relationship with an ineligible company to disclose.
Martinez, Diana	- No relevant financial relationship with an ineligible company to disclose.
Podesta, Arwen	- No relevant financial relationship with an ineligible company to disclose.
Thomas, Connie	- No relevant financial relationship with an ineligible company to disclose.
Weiss, Stephanie	- No relevant financial relationship with an ineligible company to disclose.

Committee Members

Douglas, William	- No relevant financial relationship with an ineligible company to disclose.
Johnson, Mary	- No relevant financial relationship with an ineligible company to disclose.
Labuguen, Carla	- 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.
Spitalsky, Daniela	- No relevant financial relationship with an ineligible company to disclose.
Wilson, Lennell	- No relevant financial relationship with an ineligible company to disclose.

Internet/Enduring Material

Original Release Date: 8/11/2026
 Expiration Date: 8/11/2027
 Review Date:
 New Expiration Date:
 Estimated time to Complete this Educational Activity (hours): 7
 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.

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, Carla Labuguen, at carla.b.labuguen.ctr@health.mil or 301-319-3622.