

**Mayo Clinic Opioid Conference:**  
**Evidence, Clinical Considerations and Best Practice 2022**  
 The Ritz-Carlton Rancho Mirage, Rancho Mirage, CA/LIVESTREAM  
 September 29-October 1, 2022

<b>Thursday, September 29, 2022</b>	
6:30 a.m.	<i>Registration and Breakfast</i>
7:30 a.m.	<b>Welcome and Course Overview</b> <i>Halena M. Gazelka, M.D., Benjamin Lai, M.B., B.Ch., B.A.O., and Julie L. Cunningham, Pharm.D., R.Ph.</i>
7:40 a.m.	<b>Current State: Guidelines, Regulations, and Recommendations</b> <i>Halena M. Gazelka, M.D.</i> <ul style="list-style-type: none"> <li>• Discuss the current state of the opioid epidemic and how Covid has affected it</li> <li>• Summarize current legislative efforts to control opioid prescribing</li> <li>• Synthesize current major guidelines, requirements, and laws regarding chronic opioid prescribing</li> </ul>
8:20 a.m.	<b>Pharmacology of Opioids</b> <i>Julie L. Cunningham, Pharm.D., R.Ph.</i> <ul style="list-style-type: none"> <li>• Differentiate the clinically relevant pharmacology of various commonly used opioids</li> <li>• Identify rational opioid treatment choices based on patient and medication factors</li> <li>• Discuss place in therapy for low dose naltrexone (LDN)</li> </ul>
9:00 a.m.	<b>Tapering Opioids</b> <i>Terrence J. Witt, M.D.</i> <ul style="list-style-type: none"> <li>• Review and discuss the evidence-based literature and guidelines regarding opioid tapering</li> <li>• Describe the primary risks associated with opioid tapering</li> <li>• Discuss opioid tapering tips, tricks, barriers, and pitfalls</li> <li>• Describe best practices for communicating with patients before and during opioid tapering</li> </ul>
9:40 a.m.	<i>Refreshment Break</i>
9:55 a.m.	<b>Nonopioid Adjuvants</b> <i>James C. Watson, M.D.</i> <ul style="list-style-type: none"> <li>• Understand common reasons patients fail first line neuropathic pain adjuvants and practical approaches to maximize the chance of success with currently available agents</li> <li>• Understand the limitations of evidence based neuropathic pharmacologic treatment algorithms</li> <li>• Understand clinical and comorbidity variables that inform selection of second line non-opioid adjuvants</li> </ul>
10:35 a.m.	<b>Interventional Alternatives for Pain Management</b> <i>Tim J. Lamer, M.D.</i> <ul style="list-style-type: none"> <li>• To identify some of the most common interventional pain therapies &amp; indications</li> <li>• To outline an algorithm or framework for incorporating interventional pain therapies</li> <li>• List common precautions &amp;/or contraindications for interventional therapies</li> </ul>

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<b>Thursday, September 29, 2022 (Cont.)</b>	
11:15 a.m.	<b>Cannabinoids (Virtual)</b> <i>Jon O. Ebbert, M.D.</i> <ul style="list-style-type: none"><li>• Review a brief history of cannabis in the U.S.</li><li>• Describe what medicinal cannabis is</li><li>• Restate the evidence for the therapeutic benefits and risks</li><li>• Describe the literature around opioids and cannabis</li><li>• Recount how a state cannabis program works</li></ul>
11:55 a.m.	<b>Legal Implications of Opioid Prescribing</b> <i>Jessica G. Kelly, J.D.</i> <ul style="list-style-type: none"><li>• Overview of potential legal implications of opioid prescribing</li><li>• Review special considerations for chronic pain prescribing</li><li>• Review special considerations for hospice and palliative care patients</li><li>• Detail current state of telemedicine prescribing</li><li>• Overview of prescribing risk mitigation strategies</li></ul>
12:35 p.m.	<i>Adjourn</i>

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<b>Thursday, September 29, 2022</b>	
<i>(Separate registration required)</i>	
<b>OPIOID GUIDELINES: THE GOOD, THE BAD, AND THE UGLY – A PARTICIPATORY WORKSHOP (optional)</b>	
<ul style="list-style-type: none"> <li>• Compare &amp; contrast 2016 CDC opioid prescribing guidelines with current proposed guidelines in 2022</li> <li>• Apply current guideline recommendations to practice in patients across the lifespan</li> <li>• Understand the pitfalls and potential repercussions related to guideline application</li> <li>• Appreciate the challenges involved in chronic opioid management: balancing patient safety, patient's quality of life, and provider satisfaction.</li> </ul>	
1:00 p.m.	<b>History of the Opioid Epidemic</b> <i>Benjamin Lai, M.B., B.Ch., B.A.O., Frank (Andy) A. Bock, D.O.,          John M. Wilkinson, M.D.</i>
1:20 p.m.	<b>Case Studies</b> <i>Benjamin Lai, M.B., B.Ch., B.A.O., Frank (Andy) A. Bock, D.O.,          John M. Wilkinson, M.D.</i>
1:50 p.m.	<b>Debrief</b> <i>Benjamin Lai, M.B., B.Ch., B.A.O., Frank (Andy) A. Bock, D.O.,          John M. Wilkinson, M.D.</i>
2:10 p.m.	<b>Perceptions of Chronic Pain Patients &amp; Implementing New CDC Guidelines</b> <i>Benjamin Lai, M.B., B.Ch., B.A.O., Frank (Andy) A. Bock, D.O.,          John M. Wilkinson, M.D.</i>
3:00 p.m.	<b>Closing Remarks</b> <i>Benjamin Lai, M.B., B.Ch., B.A.O.</i>
3:10 p.m.	Adjourn

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<b>Friday, September 30, 2022</b>	
6:30 a.m.	<i>Breakfast</i>
7:30 a.m.	<p><b>Managing Challenges: Behaviors and Conversations</b>  <i>Wesley P. Gilliam, Ph.D., L.P.</i></p> <ul style="list-style-type: none"> <li>• Discuss case examples of difficult patient encounters</li> <li>• Identify factors that contribute to difficult encounters with patients</li> <li>• Discuss practical strategies for managing difficult patient encounters</li> </ul>
8:10 a.m.	<p><b>Challenging Patient Case Conversations</b>  <i>Kimberly (Kim) A. Bremseth, M.S.N., R.N., Julie L. Cunningham, Pharm.D., R.Ph., Halena M. Gazelka, M.D., and Benjamin Lai, M.B., B.Ch., B.A.O.</i></p> <ul style="list-style-type: none"> <li>• Contrast conversations resulting in negative and positive outcomes when discussing chronic opioid changes in both the inpatient and outpatient settings</li> <li>• Develop strategies to preserve relationships for new and existing chronic pain patients</li> <li>• Formulate skills and language to encourage shared decision-making discussions and avoid escalation in patients with aberrant behaviors</li> </ul>
8:50 a.m.	<p><b>Pharmacy Pitfalls, Disposal of Opioids, Naloxone</b>  <i>Kristina L. Westcott, Pharm.D., R.Ph.</i></p> <ul style="list-style-type: none"> <li>• Identify opioid-related pitfalls in pharmacy practice and discuss practical management options for key issues</li> <li>• Recall strategies for safe opioid use and options for disposal</li> <li>• Breakdown naloxone prescribing options and identify strategies to improve naloxone accessibility in high-risk patients</li> </ul>
9:30 a.m.	<p><b>Acute Pain Management for the Patient on Chronic Opioids</b>  <i>Oludare (Dare) O. Olatoye, M.D.</i></p> <ul style="list-style-type: none"> <li>• Discuss the clinical burden of patients on chronic opioid Therapy</li> <li>• Describe medication options used by patients on chronic opioid Therapy</li> <li>• Discuss implications of patients on medication assisted Treatment</li> <li>• Review acute pain management strategies of patients on Chronic Opioid Therapy</li> </ul>
10:10 a.m.	<i>Refreshment Break</i>
10:25 a.m.	<p><b>Supplements Commonly Used in Chronic Pain: What is the Evidence?</b>  <i>Linda Huang, Pharm.D., R.Ph.</i></p> <ul style="list-style-type: none"> <li>• Describe considerations for supplement use in chronic pain patients</li> <li>• Identify literature exploring the use of select supplements associated with chronic pain</li> <li>• Review a patient case highlighting potential supplement use concerns</li> </ul>

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11:05 a.m.	<b>UDT</b> <i>Loralie J. Langman, Ph.D.</i> <ul style="list-style-type: none"><li>• Integrate urine drug testing to support the treatment and monitoring of pain management patients</li><li>• Describe the limitations of various screening and quantitative urine drug tests</li><li>• Interpret urine drug testing results from pain management patients</li></ul>
11:45 a.m.	<b>Neurobiology of Addiction and Addressing Addiction, including Medically Assisted Therapy</b> <i>Holly L. Geyer, M.D.</i> <ul style="list-style-type: none"><li>• Review the Neurobiology of Addiction</li><li>• Analyze the science supporting MAT for OUD</li><li>• Compare the types of MAT available</li><li>• Understand the role of biopsychosocial interventions</li><li>• Recognize the resources available to start MAT</li></ul>
12:25 p.m.	<i>Adjourn</i>

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<b>Saturday, October 1, 2022</b>	
<i>6:30 a.m.</i>	<i>Breakfast</i>
7:30 a.m.	<p><b>Opioids in Medical Illness</b>  <i>Jacob J. Strand, M.D.</i></p> <ul style="list-style-type: none"> <li>• Prevent avoidable side effects in patients with a serious illness who are being treated with opioids.</li> <li>• Develop a stepwise approach to the use of opioids in patients with liver &amp; renal failure.</li> <li>• Choose safe prescribing options for opioids in the treatment of non-pain symptoms.</li> </ul>
8:10 a.m.	<p><b>Opioids and Cancer: Complex Pain Scenarios</b>  <i>Molly A. Feely, M.D.</i></p> <ul style="list-style-type: none"> <li>• Outline a differential diagnosis for patients with chemical coping.</li> <li>• Describe a hierarchy of options for managing cancer pain in patients with substance use disorder.</li> </ul>
8:50 a.m.	<p><b>Methadone</b>  <i>Jacob J. Strand, M.D.</i></p> <ul style="list-style-type: none"> <li>• Identify methadone’s unique pharmacology and how this affects choices to use/continue/discontinue the medication.</li> <li>• Describe methods and pitfalls regarding efficacy and safety when initiating this medication.</li> <li>• Review scenarios where methadone may be a reasonable choice and how to ensure success and safety.</li> </ul>
9:30 a.m.	<p><b>Opioid Side Effects</b>  <i>Molly A. Feely, M.D.</i></p> <ul style="list-style-type: none"> <li>• Recognize which opioid side effects are typically transient and which are pervasive.</li> <li>• List management options for each opioid side effect discussed.</li> <li>• Distinguish when to rotate opioid vs. when to treat the symptom.</li> </ul>
<i>10:10 a.m.</i>	<i>Refreshment Break</i>
10:25 a.m.	<p><b>CAREFUL: Teamwork in Managing Patients on Chronic Opioid Therapy</b>  <i>Kimberly (Kim) A. Bremseth, M.S.N., R.N. and Benjamin Lai, M.B., B.Ch., B.A.O.</i></p> <ul style="list-style-type: none"> <li>• Identify the key steps to success in a multidisciplinary chronic opioid monitoring and management model.</li> <li>• Describe the role of the nurse in safe management of opioids.</li> </ul>

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11:05 a.m.	<b>Using Opioids in Older Adults</b> <i>Daniel E. Sanchez Pellecer, M.D.</i> <ul style="list-style-type: none"><li>• Provide a general framework to use opioids in older adults by<ul style="list-style-type: none"><li>○ Reviewing normal physiology changes of aging</li><li>○ Understand polypharmacy implications when treating pain in older adults</li></ul></li><li>• Learn a practical approach to assess pain in cognitively impaired older adults</li><li>• Review common opioid side effects in older adults</li><li>• Retain pearls to the use of non-opioid pain adjuvants</li></ul>
11:45 a.m.	<b>Buprenorphine: Use in Pain Management and Opioid Use Disorder</b> <i>Julie L. Cunningham, Pharm.D., R.Ph.</i> <ul style="list-style-type: none"><li>• Understand the clinically relevant pharmacology of buprenorphine and implications for acute pain management</li><li>• Review the available buprenorphine formulations and examine differences</li><li>• Discuss Low Dose Buprenorphine dosing for opioid use disorder</li><li>• Explore the evidence for buprenorphine for pain management</li></ul>
12:25 p.m.	<i>Adjourn</i>