

**The Pain Relief Champions course (PRC IX) is for clinicians who**

- are committed to providing optimal pain care for their patients
- want to work collaboratively with colleagues from all disciplines
- wish to serve as a resource in their practice environment

**Enrollees will be supported in planning/implementing their project idea.**

Enrollees are encouraged to submit a written idea to improve practice.

Follow-up will occur to evaluate progress and offer support within 1 month.

**Enrollment by members of all clinical disciplines is encouraged.**

Enrollment is limited to

- a total of 100 enrollees each day
- clinicians who commit to being change agents in their own work setting

**Continuing education credit is available.**

Participants may receive discipline-appropriate continuing education units for each full day they attend and submit a completed evaluation form.

- Massachusetts General Hospital (OH-239/10-1-08) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurse Credentialing Center's Commission on Accreditation.
- Category 1 CME credit is pending through the Harvard Medical School, Department of Continuing Education. Pharmacists registered in Massachusetts may submit CME-1 credits as part of the continuing education requirement for licensure renewal. Pharmacists should check with the Massachusetts Board of Registration in Pharmacy if they have questions. Accreditation Council on Continuing Medical Education (ACCME) to award AMA/PRA category 1 credit™ to those activities that meet HMS and ACCME criteria for approval.

**Pre-registration is recommended. Enrollment on both days is strongly encouraged but not required.** Call or visit the Norman Knight Nursing Center for Clinical and Professional Development, Founders 3<sup>rd</sup> floor—617-726-3111, log on to <http://www.massgeneral.org/PainRelief/>, or contact Paul Arnstein (617) 724-8517; [pmarnstein@partners.org](mailto:pmarnstein@partners.org) for more information.

The Pain Relief Champions course is being offered free to MGH employees and HMS affiliated physicians. Enrollment of non-affiliated doctors and non-MGH health professional is limited to the first 10 registrants.

Lunch is not provided and morning beverages/snacks are available.

MGH Cares about Pain Relief is an education and advocacy program of Patient Care Services. Other major initiatives of MGH Cares About Pain Relief include the website <http://www.massgeneral.org/painrelief/> and a [monthly newsletter](#).

**ANNOUNCING  
THE NINTH ANNUAL**

**PAIN RELIEF CHAMPIONS**

**COURSE**

**"Best Practices for Safe,  
Effective Pain Relief"**

February 8 & 22, 2008

O'Keefe Auditorium

Massachusetts General Hospital

Boston, MA

Sponsored by

MGH Cares About Pain Relief &

The Norman Knight Nursing Center for  
Clinical and Professional Development



[PainRelief@Partners.org](mailto:PainRelief@Partners.org)  
[www.MassGeneral.org/PainRelief](http://www.MassGeneral.org/PainRelief)

# Pain Relief Champions

February 8 & 22, 2008

Massachusetts General Hospital  
Blake One  
O’Keeffe Auditorium

## Course Description and Goals

Evidence-based clinical know-how has existed for three decades regarding how to prevent or treat most pain. Yet pain remains a underrecognized and is undertreated or untreated in many settings. Unnecessary pain is widely experienced by patients in all settings, across age groups, and across race, gender, and culture. Additionally, emerging research is dramatically changing best practices that balance the need for safety and efficacy. This offering reviews best-practices in this clinical area and through interactive discussions with a multi-disciplinary, heterogeneous audience. Participants will examine barriers to optimal pain relief while suggesting strategies for overcoming many of them. The course will also prepare participants to return to their units and departments as resources to colleagues and peers, motivated to embark on meaningful projects for improving the care of patients in pain.

## Faculty

Paul Arnstein, RN, PhD, APRN-BC; Clinical Nurse Specialist, Pain Relief  
Kathryn Beauchamp, RN, MSN, CCRN; Clinical Nurse Specialist, PICU  
J. Andrew Billings, MD; Chief, MGH Palliative Care Service  
Deborah D’Avolio, Ph.D., APRN-BC Geriatric Specialist  
Constance Dahlin, APRN, BC, PCM; Nurse Practitioner, Palliative Care  
Susan Krupnick, MSN, APRN, BC, CARN; Addictions Consultant, ED  
Bob Young R.Ph. MGH Department of Pharmacy

## Day 1—February 8, 2008: O’Keeffe Auditorium

7:30am – 8:00am	Registration
8:00am – 8:45am	Patient rights & professional duty to alleviate pain
8:45am – 9:30am	Bio-psycho-social Perspectives of Pain
	Break
9:45am – 11:00am	Pain Assessment
11:00am – 12:00Noon	Non-opioid Analgesics and Adjuvants
	Lunch
1:00pm – 2:00pm	Opioid Analgesics and Equianalgesic conversion
2:00pm – 3:00pm	Comprehensive Pain Treatment Planning: Overview
	Break
3:15pm – 4:15pm	Comprehensive Pain Treatment Planning: Acute, nociceptive versus chronic neuropathic pain
4:15pm – 4:45pm	Summary and Evaluation of Day 1

## Day 2—February 22, 2008: O’Keeffe Auditorium

7:30am – 8:00am	Registration and Welcome
8:00am – 9:00am	Advanced technology & innovative pain management
9:00am – 9:30am	Non-drug Pain Relief Techniques
9:30am – 10:00am	Cultural & ethnic factors affecting pain
	Break
10:30am – 11:30am	Case-based learning with challenging patients
	Lunch
12:30pm – 2:30pm	Relieving Pain in Specific Population
	Break
2:45pm – 3:45pm	Balancing Concerns About Pain and Addiction
3:45pm – 4:15pm	Improving Quality & Safety of Professional Practice
4:15pm – 4:45pm	Summary, Next Steps, Evaluation & Certificates

**Please Note: Certificates are awarded at the end of each day to full-day participants only; evaluation forms must be submitted prior to receiving the certificate.**

Conference is free to MGH employees and HMS affiliated physicians. Enrollment on non-affiliated doctors or other health professional is limited to 10 on a first come, first serve basis. Lunch not provided.