

# Integrative Health Symposium: Approaches to Pediatric Pain Management

Friday, Nov. 30, 2018

Ruth and Tristram Colket, Jr. Translational Research Building  
on the Raymond G. Perelman Campus

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## OVERVIEW

The evidence base for integrative health practices for pain management is growing. Nonpharmacologic approaches to pain management are increasingly recognized as an important adjunct to reduce opioid dependence. Incorporation of nonpharmacologic approaches is now a Joint Commission pain management standard for accredited hospitals. This one-day symposium will offer healthcare practitioners a review of the evidence and research on integrative health practices for pediatric pain management and their application in the clinical setting.

## GENERAL INFORMATION

The conference will be held in the Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus. The registration fee is \$125 (MD), \$75 (RD, RN, NP, fellows, residents and other allied healthcare professionals) and includes continental breakfast, breaks, lunch, parking and syllabus material.

## COURSE OBJECTIVES

1. Explain the history and current status of the opioid addiction epidemic and the impact of opiate prescriptions on the evolution of this public health crisis
2. Describe the current state of evidence of the use of mind-body approaches to pain management, including acupuncture, mindfulness, hypnosis, yoga, massage, osteopathic manipulation and virtual reality
3. Describe the developmental biology of pain perception
4. Apply mind-body approaches to pain management in the clinical setting
5. Discuss the current state of evidence of the use of cannabis treatments for pediatric pain

## ACCME ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

## AMA CREDIT DESIGNATION STATEMENT

Children's Hospital of Philadelphia designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## NURSING STATEMENT

The Integrative Health Conference does not provide continuing nursing education (CNE) contact hours. Children's Hospital of Philadelphia designates this live activity for a 6.0 *AMA PRA Category 1 Credits™*. Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

Nurses who attend this course, sign-in, and complete and submit a nurse attendance verification form and an evaluation, may receive a certificate of completion which can be used toward their re-licensure and most re-certification containing education requirements.

## OCCUPATIONAL THERAPY ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is an approved provider of continuing education by the American Occupational Therapy Association Inc. 7.0 Contact hours or .7 AOTA CEUs will be awarded to participants at the completion of the program. Assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. Approved Provider Number: 4878. Appropriate for Intermediate-level Occupational Therapists.

Course falls under category of Domain of OT and Occupational Therapy Process.



## DIETITIAN ACCREDITATION STATEMENT

*Children's Hospital has requested CEU hours of continuing education credit for registered dietitians for the conference.*

## APA ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's Hospital of Philadelphia maintains responsibility for this program and its content. Intermediate Instructional Level. 1 credit per hour is awarded.

## SOCIAL WORK ACCREDITATION STATEMENT

CHOP is a pre-approved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full workshop and complete the required evaluation are eligible for 6.0 Continuing Education Credits. Participants licensed in other states should check with local licensing boards to determine continuing education approval.

## HOTEL ACCOMMODATIONS

A block of rooms has been reserved at reduced rates at the Sheraton University City, located just a few blocks from Children's Hospital. The group overnight rate is \$172 single and double occupancy plus a 16.25 percent room tax. Participants are required to make their own reservations by calling the hotel directly at 215-387-8000. Please mention the name of the conference when making your reservation. The special room rate will be available until Tuesday, Oct. 30, 2018. After that date, reservations will be accepted on a space and rate availability basis.

## CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$40 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by Friday, Nov. 16, 2018. No refunds will be issued thereafter.

## SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

*Children's Hospital of Philadelphia recognizes the following donors for their generous support of the Integrative Health Symposium. This conference would not be possible without their support, and the help of many other dedicated parents and families.*

- *The Gitlin Foundation*
- *Bryna and Frederick Berman*
- *Lynne and William M. Garbose*
- *Bethany Asplundh*

## PROGRAM • FRIDAY, NOV. 30, 2018

- 7:30 a.m.    **Registration and Continental Breakfast**
- 8 a.m.        **Welcome and Introduction**  
*Miriam Stewart, MD*
- 8:15 a.m.    **Pain Crisis: How Did We Get Here and Where are We Going?**  
*F. Wickham Kraemer, MD*
- 8:50 a.m.    **Infant Experiences, Good and Bad, Have Short- and Long-term Consequences for Pain, Emotion and Brain Function**  
*Gordon A. Barr, PhD*
- 9:25 a.m.    **The Minnesota Experience: An Integrative Approach to Pain and Symptom Management**  
*Melanie Brown, MD, MSE, FAAP*
- 10 a.m.       **Break**
- 10:15 a.m.   **Psychological Aspects of the Pain Response: How Can Mind/Body Techniques Make a Difference?**  
*Keri R. Hainsworth, PhD*
- 10:50 a.m.   **Mindfulness for Pain Management**  
*Erica Sibinga, MD, MHS*
- 11:25 a.m.   **The Great Colorado Experiment: Cannabis Research at the Frontline**  
*Jeffrey L. Galinkin MD, FAAP*
- Noon         **Lunch**
- 1 p.m.        **The Role of Nutrition in Pediatric Pain: An Integrative Approach**  
*Sheila Dean, DSc, RDN, LDN, CCN, IFMCP*
- 1:35 p.m.    **The Patient Experience Through the Lens of Virtual Reality: A Window Into or Out of the Hospital**  
*Jorge Augusto Galvez, MD, MBI*
- 2:10 p.m.    **Break**

Experiential and Hands-on Sessions (*select one topic per session*)

<b>Session A</b> 2:25 – 3:05 p.m.	<b>Acupuncture for Pain Management</b> <i>Shiu-Lin Tsai, MD</i>	<b>Hypnosis: When, Where and How to Use It for Pediatric Pain Management</b> <i>Melanie Brown, MD, MSE, FAAP</i>
<b>Session B</b> 3:05 – 3:45 p.m.	<b>An Osteopathic Approach to Musculoskeletal Pain in Pediatrics</b> <i>Alexander Nicholas, DO, FAAO, Dist.</i> <i>Meghna M. Shah, DO, MPH, FAAP, FACOP</i>	<b>Yoga and Massage for Pediatric Pain Management</b> <i>Tiffany Silliman Cohen, LMT, CPMT, BCTMB</i> <i>Gregory Hedler, MSW</i> <i>Tonia Kulp, E-RYT200, RYT500, YACEP</i>
<b>Session C</b> 3:45 – 4:25 p.m.	<b>Clinical Aromatherapy: It Does More than Just Smell Good</b> <i>Vanessa Battista, RN, MS, CPNP-PC</i>	<b>Mindfulness in Clinical Practice: Providing Practical Tools and Skills for Kids</b> <i>M. Bidi McSorley, MD</i>

4:30 p.m. Adjourn

## FACULTY

*Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.*

### Course Directors

**Maria Mascarenhas, MBBS**

*Section Chief, Nutrition*

*Director, Integrative Health Program*

*Director, Nutrition Support Service*

*Medical Director, Clinical Nutrition*

*Professor of Pediatrics*

**Miriam Stewart, MD**

*Neonatal Hospitalist*

*Co-chair, Program for Humanistic Medicine and Physician Well-being*

**F. Wickham Kraemer, MD**

*Anesthesiologist*

*Associate Professor of Clinical Anesthesiology and Critical Care Medicine*

### Course Faculty

**Gordon A. Barr, PhD**

*James Battaglia Endowed Chair in Pediatric Pain Management*

*Director of Basic Science Research in Anesthesiology*

*Department of Anesthesiology and Critical Care Medicine*

*Associate Professor of Psychology in Anesthesiology and Critical Care Medicine*

**Vanessa Battista, RN, MS, CPNP-PC**

*Nurse Practitioner*

*Division of Neurology*

**Tiffany Silliman Cohen, LMT, CPMT, BCTMB**

*Integrative Therapist*

*Advanced Certified Pediatric Massage Therapist and Certified Infant Massage Teacher*

*Integrative Health Program*

**Jorge Augusto Galvez, MD, MBI**

*Department of Anesthesiology and Critical Care Medicine*

*Assistant Professor of Clinical Anesthesiology and Critical Care Medicine*

**Gregory Hedler, MSW**

*Social Work Supervisor*

**Tonia Kulp, E-RYT 200, RYT 500, YACEP**

*Certified Yoga Instructor*

*Integrative Health Program*

### Guest Faculty

**Melanie Brown, MD, MSE, FAAP**

*Program Director, Integrative Medicine*

*Department of Pain Medicine, Palliative Care & Integrative Medicine*

*Associate Professor of Pediatrics*

*Children's Hospitals and Clinics of Minnesota*

**Sheila Dean, DSc, RDN, LDN, CCN, IFMCP**  
*Integrative Medicine Nutritionist and Author*  
*Co-founder, Integrative and Functional Nutrition Academy*  
*Adjunct Professor, USF Health Morsani College of Medicine*  
*Adjunct Professor, University of Tampa*

**Jeffrey L. Galinkin, MD, FAAP**  
*Professor of Anesthesiology and Pediatrics*  
*University of Colorado, Anschutz Medical Campus*

**Keri R. Hainsworth, PhD**  
*Medical College of Wisconsin*  
*Research Director, Jane B. Pettit Pain and Headache Program*  
*Children's Hospital of Wisconsin*  
*Associate Professor, Anesthesiology*

**M. Bidi McSorley, MD**  
*Pediatrician, Private Practice*  
*Pediatric Behavioral Medicine and Mindfulness Teaching*  
*Instructor, Penn Program for Mindfulness*

**Alexander Nicholas, DO, FAAO, Dist.**  
*Professor and Chair, Department of Osteopathic Manipulative Medicine*  
*Philadelphia College of Osteopathic Medicine*

**Meghna M. Shah, DO, MPH, FAAP, FACOP**  
*Diplomate, American Osteopathic Board of Neuromusculoskeletal Medicine*  
*Assistant Professor, Department of Osteopathic Manipulative Medicine*  
*Philadelphia College of Osteopathic Medicine*

**Erica Sibinga, MD, MHS**  
*Director of Ambulatory Pediatrics*  
*Associate Professor, Division of General Pediatrics & Adolescent Medicine*  
*Johns Hopkins Medical Center*

**Shiu-Lin Tsai, MD**  
*Attending Physician, Division of Pediatric Emergency Medicine*  
*Department of Emergency Medicine and Pediatrics*  
*Assistant Professor of Pediatrics*  
*Columbia University College of Physicians and Surgeons*

## **Planning Committee**

**Jessi Erlichman, MPH**  
*Administrative Director, GI Clinical Research & CHOP Microbiome Center*  
*Division of Gastroenterology, Hepatology & Nutrition*

**Allison Moomaw, MSN, RN**  
*Nursing Professional Development Specialist, Department of Nursing*

**Lisa Squires, RN**  
*Nurse Coordinator, Integrative Health Program*

**Dina Karvounides, PsyD**  
*Pediatric Psychologist, Pediatric Headache Program*

**Paul Ufberg, DO**  
*Attending Physician, Division of Gastroenterology, Hepatology & Nutrition*  
*Assistant Professor of Pediatrics*