



**HARVARD**  
MEDICAL SCHOOL

# Pediatric Pain Management: State of the Art and Science

**October 17 – 18, 2014**

**Boston Children's Hospital, Boston, Massachusetts**

## **OFFERED BY**

**Boston Children's Hospital and Harvard Medical School**

## **COURSE DIRECTORS**

**Charles B. Berde, MD, PhD; Joyce LoChiatto, RN, MS, CPNP;  
Jean Solodiuk, RN, PhD, CPNP; Neil Schechter, MD**

## **COURSE ADMINISTRATOR**

**Althea Hankey, BSM**

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## **COURSE DESCRIPTION**

The Pediatric Pain Conference is designed for pediatric clinicians; physicians, nurses, psychologists and other clinical staff who care for children with painful conditions. Despite many advances in this field, a significant number of children experience pain unnecessarily in medical settings. This conference is designed to present the latest information on pediatric pain and identify barriers to its adequate treatment.

Recent data have shown that approximately 20-25% of children in hospitals experience unnecessary pain, and addiction and misuse of prescription drugs is a major problem with adolescents in the United States. Our conference will include reviews surrounding pharmacologic interventions for pain management, current literature, developmental neuroanatomy, the biology and behavior of addiction, weaning opioids and benzodiazepines, chronic pain management, and the genome project and its implications to pain management. Other topics included in this conference include nonpharmacologic strategies to reduce pain and suffering in children and management of painful needle procedures.

## **LEARNING OBJECTIVES**

Upon completion of this course, participants will be able to:

- Discuss strategies and interventions to decrease pain and fear in the traumatized patients during medical procedures.
- Summarize the current evidence and safety factors of administering analgesics to infants and children and practical aspects of opioid related management.
- Discuss new insights and approaches in managing the patient with functional abdominal pain and sickle cell disease.
- Review the physiologic and behavioral factors of reward and addiction.
- Describe the practical measures in managing end-of-life care more effectively.
- Outline some practical strategies to implement patient care change institutionally.
- Describe the physiological progression of a migraine and the implications to treatment at a young age
- Discuss the biology of tissue stretch and implications for specific treatment
- Discuss guidelines in weaning opioids and benzodiazepines in the pediatric population and a system to support the practice.
- Review the essential aspects of the Genome project and implication for medical care and management.

## **TARGET AUDIENCE**

Clinicians who care for children. These include staff nurses, advanced practice nurses, physicians assistants, physician generalists and subspecialists, psychologists, child life workers, social workers, pharmacists, physical, and occupational therapists. Although not specifically intended for researchers, there may be parts of the conference that may be of interest to researchers.

## **CALL FOR ABSTRACTS**

Abstract submission deadline is July 1, 2014. See more details on page 3.

## **ACCREDITATION**

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 14.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing education credits will be offered for Nurses, Psychologists, Child Life Specialists, Social Workers and Physical Therapists, who sign –in, attend the lecture/s, and complete the program evaluation forms. Clinical Education and Informatics of Boston Children's Hospital is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

AMA PRA Category 1 Credits™ claimed by physicians attending live events certified and organized in the United States for AMA PRA Category 1 Credits™ can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the European Continuous Medical Education Credits (ECMEC©) granted by the UEMS. One AMA PRA Category 1 Credits™ is equivalent to one (1) hour of European EACCME Credit (ECMEC©), therefore up to 14.50 ECMEC© Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

This activity meets the criteria for 4.75 hours of Risk Management credits, 3.75 hours of Opioid Education/Pain Management credits and 1.0 credit of End-of-Life Care. These credits were determined based on criteria outlined by the Massachusetts Board of Registration in Medicine.

## ACGME COMPETENCIES

This course is designed to meet one or more of the following Accreditation Council of Graduate Medical Education competencies: Patient Care, Medical Knowledge, Practice-based learning and improvement, Interpersonal and Communication Skills, Professionalism, Systems-based practice.

## REGISTRATION INFORMATION

Tuition Fees: Physician: \$475 (USD), Allied Health Professionals: \$150 (USD). Early Registration by 9/1/2014 - Physicians: \$450 (USD), Allied Health Professionals: \$125 (USD). Registration by credit card (VISA, MasterCard or American Express) can be made at: [www.cme.hms.harvard.edu/courses/bchpainmanagement](http://www.cme.hms.harvard.edu/courses/bchpainmanagement). Registration by check (draft on a United States bank), please make payable to Harvard Medical School and mail with registration form to Harvard Medical School—Department of Continuing Education, PO Box 417476, Boston, MA 02241-7476. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration an email confirmation from the HMS-DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information including: registration confirmation, evaluation and certificate.

For Boston Children's Hospital Nurses and Allied Health Professionals, please click on the link and register in Net learning: The course title is Pediatric Pain Management Conference 2014. You have to option to register for Day 1 or Day 2 or both conference days. [myNetLearning/chboston.org/myNetLearning/Login.aspx?id=167](http://myNetLearning/Login.aspx?id=167). Lunch and snacks will be provided.

## INQUIRIES

By phone (617-384-8600), Mon - Fri, 9 am to 5 pm (ET) or by email at: [hms-cme@hms.harvard.edu](mailto:hms-cme@hms.harvard.edu). For Boston Children's Hospital Nurses and Allied Health Professionals, please click on the link and register in Net learning: The course title is Pediatric Pain Management Conference 2014. You have to option to register for Day 1 or Day 2 or both conference days. [myNetLearning/chboston.org/myNetLearning/Login.aspx?id=167](http://myNetLearning/Login.aspx?id=167). Lunch and snacks will be provided

## ONLINE INFORMATION

To register or view activity information online, visit: [www.cme.hms.harvard.edu/courses/bchpainmanagement](http://www.cme.hms.harvard.edu/courses/bchpainmanagement). To ensure proper registration, please add the first three characters of the source code found at the bottom of the registration form.

## DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

## REFUND POLICY

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by postal mail, email or fax one week prior to this activity. No refunds will be made thereafter.

## COURSE LOCATION

All sessions for this course will be held at Boston Children's Hospital, Folkman Auditorium, Enders Research Building, 300 Longwood Avenue, Boston, MA 02115.

## DIRECTIONS

Directions to Boston Children's Hospital can be found at [www.childrenshospital.org/directions](http://www.childrenshospital.org/directions). Folkman Auditorium is in the Enders Building, which is immediately to the right of the Emergency Department when facing the hospital's front entrance.

## ACCOMMODATIONS/TRAVEL

A limited number of rooms have been reserved at Best Western, The Inn at Longwood, Boston, MA (Telephone: 800-992-4023) until September 29, 2014. To receive this rate, please mention the pediatric pain conference. Please specify that you are enrolled in this course to receive a reduced room rate of \$209 per night. Please do not purchase non-refundable airline ticket(s) until you have received an email from HMS office confirming your paid registration. For airline reservations contact the HMS Travel Desk toll free 1-877- 4-HARVMD (1-877- 442-7863) Monday–Friday 9 a.m.–8 p.m. (EST). From outside the U.S., Canada, and Virgin Islands, please call 617-559-3764.

## PARKING

Parking is available at 375 Longwood Avenue. Enter this parking garage by Brueggers. Parking will be available at Brueggers and there will be reduced parking rates at Brueggers on Friday and Saturday.

# Abstract Information

**Abstract submission deadline: July 1, 2014.**

Abstracts are being accepted for **Pediatric Pain Management: State of the Art and Science**. The conference is sponsored by Boston Children's Hospital. The date of the conference is Friday, October 17th and Saturday, October 18, 2014.

## GENERAL INFORMATION

- Abstracts will be submitted for poster format (56" wide × 42" high) only and must be material that has not been previously published.
- Abstracts must be submitted via email to [Althea.hankey@childrens.harvard.edu](mailto:Althea.hankey@childrens.harvard.edu)
- Submit abstract for one track: Innovation strategies, Research and Evidence Based Practice
- Please identify all abbreviations.
- All abstracts will undergo a blind peer review by topic committees.
- Notification will be sent to primary contact by mid-July.
- If your abstract is accepted, respond to the invitation by the designated date. [Althea.hankey@childrens.harvard.edu](mailto:Althea.hankey@childrens.harvard.edu)
- If your poster abstract is financially funded, please ensure this information is included so we may make the proper disclosures.

## ACCEPTANCE OF ABSTRACTS

Abstracts must be in Standard English with accurate spelling and of a quality suitable for publication. Abstracts will be approved for presentation on the basis of quality and originality.

## INSTRUCTIONS FOR SUBMITTING ABSTRACTS

Please submit all abstracts to: [Althea.hankey@childrens.harvard.edu](mailto:Althea.hankey@childrens.harvard.edu)

- Title of abstract
- Information on presenting author (name, title, credentials, discipline, current position, email address)
- Text of abstract
- Selection of track (Innovation strategies, Research and Evidence-Based Practice)

## PAIN CONFERENCE, 2014 GOALS

- To review the current state of the science, including ethical considerations and clinical applications.
- Examine trends, techniques, therapies, management in pediatric pain Management in acute and chronic conditions and at end-of life.
- Assemble a network of interdisciplinary, professional colleagues.

## RESEARCH POSTER ABSTRACT CRITERIA

Research poster abstracts should focus on any aspect of the continuum of pain. The research may be original or replicated studies. Prepare Research poster abstracts to include the following key elements:

**Purpose** What was the intent or goal of the study? What did you want to learn? (Limit 500 characters including spaces)

**Background/Significance** What was the problem and why was it important? What knowledge are you building on? (Limit 500 characters, including spaces)

**Method** What was the design? What was the sample? What instruments were used? How was data collected and analyzed? (Limit 700 characters, including spaces)

**Results** What were the findings? (Limit 700 characters, including spaces)

**Conclusions** What do the findings mean? (Limit 500 characters, including spaces)

## EVIDENCE -BASED POSTER ABSTRACT CRITERIA

An Evidence-based poster abstract may be the result of an organizational process that, when applied across the continuum of pain achieves a desired outcome or meets or exceeds a benchmark for a standard practice. Prepare Evidence-based Solutions poster abstracts to include the following key elements:

**Purpose** What was the intent/goal of the project? What problem was addressed by the evidence-based solution? (Limit 500 characters, including spaces)

**Description** What was the evidence-based solution? How was it developed and implemented? Cite the research for the evidence (Limit 1250 characters, including spaces)

**Evaluation and Outcomes** What were the outcomes of the project? How was success measured? (Limit 700 characters, including spaces)

## INNOVATION POSTER ABSTRACT CRITERIA

The Innovation abstract may include a wide variety of strategies, practices and innovations, used by health care professionals to solve a challenging, unique or interesting problem related to pain. Prepare Innovation poster abstracts to include the following key elements:

**Purpose** What was the intent/goal of project? (Limit 500 characters, including spaces)

**Description** How was it developed & implemented? (Limit 1250 characters, including spaces)

**Evaluation and Outcomes** What were the outcomes of the project? How was success measured? (Limit 700 characters, including spaces)

## Program Schedule

### DAY 1 OCTOBER 17, 2014

8:00-8:15	Welcome	
8:15-9:45	Analgesics for Infants and Children: Evidence and Practical Aspects	Charles Berde, MD, PhD; Eric Fleegler, MD
9:45-11:00	Reward and Addiction: Biology and Behavior	Dusica Bajic, MD; Sharon Levy, MD., M.P.H
11:00-11:15	Break	
11:15-12:15	Biology of tissue stretch and implications for yoga, physical therapy and acupuncture	Helene M. Langevin, MD., (BWH); Yuan Chi Lin, MD
12:15-1:15	Lunch and Poster sessions	
1:15-2:15	Caring for Children with Serious Illness: Can we do better?	Richard Goldstein, MD
2:15-3:30	Functional Abdominal Pain: New Insights and Practical Approaches	Sam Nurko, MD; Neil Schechter, MD
3:30-3:45	Break	
3:45-5:15	Implementing Practice Change - the Good the Bad and the Ugly	Anna Taddio, BScPhm, MSc, PhD

### DAY 2 OCTOBER 18, 2014

8:00-8:15	Welcome	
8:15-9:45	Pain, Fear and the Hospitalized Child	Laura E. Simons, PhD.; Suzanne Graca, CCLS, MS
9:45-11:00	Sickle cell disease and Pain: Evidence and Practical aspects	Matthew Heeney, MD
11:00-11:15	Break	
11:15-12:30	Migraine Progression and Chronification – Implication to Treatment at a Young Age	Rami Burstein, PhD; Alyssa A. Lebel, MD
12:30-1:30	Lunch and Poster sessions	
1:30-2:30	Weaning Opioids and Benzodiazepines: Science and Systems	Brenda Dodson, PharmD; Jean Solodiuk, PhD, RN, CPNP; Christine Greco, MD
2:30-3:30	Implications for Genome Project	Catherine Brownstein, Ph.D
4:00	Closing Remarks	Charles Berde, M.D PhD

**\*Please Note: Program changes/substitutions may be made without notice.**



**October 17-18, 2014**

## Pediatric Pain Management: State of the Art and Science

**COURSE # 3414516**

Physicians: \$475 (USD) ☐

Allied Health Professionals: \$150 (USD) ☐

Early Registration by 9/1/2014

Physicians: \$450 (USD) ☐

Residents/Fellows and Allied Health Professionals: \$125 (USD) ☐

Boston Children's Hospital Nurses/ Allied Health Employees: See Registration Information ☐

**Please Print Clearly - All Fields Required**

Full Name \_\_\_\_\_  
First Middle Initial Last

Mailing Address \_\_\_\_\_  
Street City State Zip Code

Daytime Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Fax Number ( \_\_\_\_\_ ) \_\_\_\_\_

Please note: Your email address is used for critical information about the course including: registration confirmation, evaluation and certificate. Please be sure to include an email address you check daily or frequently.

E-Mail Address \_\_\_\_\_

☐ Please check if you wish to be excluded from receiving email notices of future Harvard Medical School - Department of Continuing Education programs.

Profession \_\_\_\_\_ Degree \_\_\_\_\_

Primary Specialty (Physician Only) \_\_\_\_\_ Board Certified Yes ☐ No ☐

Professional School Attended (Physician Only) ☐ Harvard Medical School ☐ U.S. Medical School ☐ International Year of Graduation \_\_\_\_\_



**Online registrants – 1EM**