

TABLE OF CONTENTS

Central Sensitivity Syndromes

- 10 Exploring the Science, Practicing the Art: Integrative Pain Management for Optimal Patient Care**
By DEBRA NELSON-HOGAN

FEATURES

- 12 Why Central Sensitivity Syndromes?**
- 14 Chronic Fatigue Syndrome**
By K. KIMBERLY McCLEARY and SUZANNE D. VERNON, PhD
- 25 Hypnosis in the Treatment of IBS**
By JAN M. BURTE, PhD, MsCP
- 30 Naturopathic Treatment of Irritable Bowel Syndrome**
By KEVIN WILSON, ND, DAAPM
- 34 Pain Practitioners: Critical Partners in Interstitial Cystitis Care**
By ROBERT M. MOLDWIN, MD; PENNY ALLEN;
and BARBARA GORDON, RD, MBA

DEPARTMENTS

- HEADACHE**
- 42 Integrative Approaches to Headache Management**
By ROBERT BONAKDAR, MD, FAFAP, and CHRISTY JACKSON, MD
- LIFESTYLE**
- 56 The Feldenkrais Method for People with Chronic Pain**
By MAREK WYSZYNSKI, PT, GCFP
- MUSCULOSKELETAL PAIN**
- 62 Beyond The Point: A New Paradigm for Treating Myofascial Pain and Dysfunction**
By GEORGE S. PELLEGRINO, LMT, CMTPT, RMTI, and VICTORIA L. MAGOWN, CMTPT, LMT, RMTI
- 64 Self-Care Treatment: The Missing Link in Pain Management**
By SHARON SAUER, CMTPT, LMT
- NEUROPATHIC PAIN**
- 68 Pharmacologic Therapies and Functional Restoration Techniques for CRPS**
By STEVEN P. STANOS, DO
- ADVOCACY**
- 72 If You're Not at the Table, You Just Might Be on the Menu: A Call to Action**
By LENNIE DUENSING, EXECUTIVE DIRECTOR and EDITOR-IN-CHIEF of
THE PAIN PRACTITIONER
- 76 ACADEMY NEWS**
- 80 NEW PRODUCTS, CLASSIFIED ADS, DIRECTORY**
- 82 ADVERTISING DIRECTORY**

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Exploring the Science, Practicing the Art: Integrative Pain Management for Optimal Patient Care

BY DEBRA NELSON-HOGAN, DIRECTOR OF EDUCATION AND EDITOR OF *THE PAIN PRACTITIONER*

The science of medicine deals with the study of disease, which is a deadly process. The art of medicine deals with the study of life, which is a healthy process and is filled with joy.

— Gladys T. McGarey, MD, Mother of Holistic Medicine

The theme of the 21st Annual Clinical Meeting, *Exploring the Science, Practicing the Art: Integrative Pain Management for Optimal Patient Care*, brings together the Academy's traditional emphasis on interdisciplinary care with the Academy's newly revised mission statement, which is: "to advance the field of pain management and improve the lives of those in pain through an integrative model of care. The Academy accomplishes this by providing information and continuing education in an environment in which clinicians, representing a variety of disciplines, can network, share knowledge, and work collaboratively for optimal patient care. The Academy supports its members, other pain practitioners, and those affected by pain, through advocacy on the state and federal levels."

As we go to press, we are putting the finishing touches on the agenda for this year's Annual Clinical Meeting, which will be held September 21-24, 2010 at Caesars Palace, Las Vegas. There will be no other meeting like it this year. That we chose the combination of science and art of clinical practice for the theme of this year's meeting not only supports our mission but strengthens our commitment to promoting that which most benefits the patient.

As we started planning the meeting and blending what we viewed as science and art, we referred to Richard H. Cox, MD, PhD, DMin, and Betty Lou Ervin-Cox, PhD, PsyD, who wrote in the 7th edition of *Weiner's Pain Management: A Practical Guide for Clinicians*: "With the advent of so much wonderful technology entering the healing field, we have seen a diminution in the interest and manifestation of the need for the art and the greater emphasis on the science, which often is relegated to numbers, laboratory, and other diagnostic procedures of a more mechanical and lesser human involved nature."

With this in mind, our goal was to bring together people from diverse backgrounds and discuss pain management from different perspectives. We have programmed a lot of science and balanced it with art. We will be presenting some new information, and some old information presented in new ways; as reflected in "Pain and Consciousness: Thinking Outside the Box," a presentation by Perry G. Fine, MD, that will open the meeting on Tuesday afternoon. Dr. Fine is the 2010 recipient of the Head Heart Award, which is given to an individual who has exhibited both extraordinary knowledge and compassion in his or her work.

By and large, keynote speakers will discuss the latest science, which lays the groundwork for subsequent sessions on the art of its implementation. On Wednesday morning, Michael Moskowitz, MD, will talk about "The Brain in Pain" and, along with Marla Golden, DO, will conduct a 2-hour workshop that afternoon for attendees who want to delve deeper. Linda Watkins, PhD, who knocked everyone's socks off in Nashville with her research on glial cells and their effect on neuropathic pain, will update participants on the advances and challenges in this area. Presentations on functional restoration techniques and pharmacologic treatments for neuropathic pain will round out that subject. Thursday afternoon, Philippe Goldin, PhD, will review his research on mindfulness-based meditation and will also offer a 2-hour workshop on the subject.

Because of the overwhelmingly positive feedback we received from participants in the hands-on workshops at the Phoenix meeting, we will again run 10 different sessions, which include day-long programs on practice management, opioids prescribing, hypnosis, and a cadaver course for interventional treatments.

In response to attendees who wanted more extensive education on specific topics, we have invited Jay Shah, MD, and Robert Rhode, PhD, to lead workshops on myofascial pain and motivational interviewing, respectively. Bettina Herbert, MD, will conduct a workshop on osteopathic manipulation. Thomas Watson, PT, DPT, and Debbie Arnold, PT, will teach a course on physical therapy for pain management.

To further strengthen our commitment to integrative medicine, we will be working in partnership with the University of Arizona Center for Integrative Medicine. Victoria Maizes, MD, Executive Director, has put together faculty that will address topics such as “Chronic Stress and Pain” (Roberta Lee, MD), “Cannabis in Pain and Palliative Care” (Donald Abrams, MD), “Nonpharmacologic Approaches to Rheumatologic Conditions” (Randy Horwitz, MD, PhD), and “Solving the Integrative Medicine Conundrum” (Lance Luria, MD).

The assortment of topics being offered in collaboration with AzCIM reflects the programming throughout the rest of our meeting. In a departure from longer disease-specific tracks, we will be running 1- and 2-hour didactic sessions that focus on a variety of topics,

and are planning 2-hour “workshops” or in-depth didactic sessions at the end of Wednesday and Thursday. These sessions may be hands-on or simply offer a deeper look at some of topics that consistently appear in our needs assessment (e.g., neuropathic pain, back pain, opioid screening and abuse).

The one exception to this will be a special 4-hour program Friday morning on Integrative Pain Management in the Military and Veterans Administration (VA), chaired by Salvatore V. Libretto, PhD, and Stephen S. Frost, MD. The faculty will include Mona Bingham, PhD; Rajnikant C. Patel, MD; Richard Petri, MD, LTC(P); Kathleen Sitley Brown, PhD; and Alain Duncan, Mac, LAc. They will cover a variety of topics, including developing a comprehensive pain management strategy for the US Army Medical Command in collaboration with the Department of Defense and the VA; a definition and the pharmacodynamics of multimodal therapy in chronic pain; and clinical and research initiatives in integrative care for combat troops.

Our goal is to provide balanced and challenging education, and in doing so, blend the science and art of pain management. We hope that you will join us. ■




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