

2020 MARY FREE BED FIBROMYALGIA CONFERENCE

Virtual Conference
Friday, Oct. 9



REGISTRATION/LOGIN 7:45 A.M.

CONFERENCE 7:55 A.M. - 2 P.M.

OVERVIEW

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Recent research indicates it involves more than just the physical aspects of your original illness or injury. Accumulating scientific evidence suggests chronic pain is related to how the brain processes pain. This conference brings together experts in the field to discuss key topics, including treatment for pain based on the underlying mechanism and physical and occupational therapy strategies for fibromyalgia. Treating fibromyalgia with a rehabilitation approach includes Acceptance and Commitment Therapy (ACT), Adverse Childhood Events (ACES) and the challenges a patient may encounter on their fibromyalgia journey.

TARGET AUDIENCE

- Physicians
- Medical residents/students
- Nurses/Nurse practitioners/students
- Physician assistants/students
- Occupational, physical, recreational and speech therapists/students
- Psychologists
- Social workers
- Exercise physiologists
- Rehabilitation program administrators
- Rehabilitation specialists
- Case managers
- Claims specialists
- Other professionals involved in fibromyalgia care

OUTCOMES

As a result of attending this conference, the learners will be able to discuss treating pain based on the underlying mechanism and physical and occupational therapy strategies for fibromyalgia. They will be able to explain treating fibromyalgia with a rehabilitation approach, including Acceptance and Commitment Therapy (ACT). Attendees will be able to describe Adverse Childhood Events (ACES) and identify challenges and successes a patient may encounter on their journey.

FACULTY

Lisa Daniel J. Clauw, M.D., director of Chronic Pain and Fatigue Research Center; professor of Anesthesiology, Rheumatology and Physiatry, University of Michigan

Mark DeKraker, OTR/L, occupational therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

James Hudson, M.D., medical director, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Lance Jongekrijg, PT, DPT, physical therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Eric Lake, LLP, CADC, psychologist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Evan Parks, Psy.D, psychologist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Rebekah Rajlich, M.D., physician, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Erin Spruit, PT, DPT, physical therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

VIRTUAL AGENDA

7:45-7:55 a.m.	Registration/Login
7:55-8 a.m.	Welcome - James Hudson, M.D.
8-9 a.m.	Daniel J. Clauw, M.D. <i>Topic: Treating Pain Based on the Underlying Mechanism: Are We There Yet?</i>
9:05- 9:10 a.m.	BREAK
9:10-9:40 a.m.	Eric Lake, LLP, CADC <i>Topic: Treating Fibromyalgia with a Rehabilitation Approach, including Acceptance and Commitment Therapy (ACT)</i>
9:40-9:45 a.m.	BREAK
9:45-10:30 a.m.	Erin Spruit, PT, DPT; Lance Jongekrijg, PT, DPT; Mark DeKraker, OTR/L <i>Topic: Physical and Occupational Therapy Strategies</i>
10:30-10:40 a.m.	BREAK
10:40-11:25 a.m.	Evan Parks, Psy.D.; Rebekah Rajlich, M.D. <i>Topic: Adverse Childhood Events (ACES)</i>
11:25-11:30 a.m.	BREAK
11:30 a.m.-12:30 p.m.	James Hudson, M.D., and patient <i>Topic: Patient Journey led by Dr. Hudson</i>
12:30-1 p.m.	Lunch
1-2 p.m.	Daniel J. Clauw, M.D. <i>Topic: Evidence of the Benefits and Risks of Cannabis and Cannabinoids for Treating Pain</i>
2 p.m.	Conclusion/Evaluation

DISCLOSURES

Planning Committee

The Planning Committee members do not have any relevant financial relationships or non-financial relationships to disclose.

SPEAKERS

Daniel J. Clauw, M.D.

Financial — Employed as director of Chronic Pain and Fatigue Research Center; professor of Anesthesiology, Rheumatology and Physiatry, University of Michigan; Consultant: Aptinix, Daiichi Sankyo, Intec Pharma, Eli Lilly, Pfizer, Samumed, Theravance, Tonix, Zynerva; Advisory Board: Intec Pharma, Pfizer, Zynerva; Grant recipient: Aptinix, Pfizer; Expert Witness: Nix Patterson LLP, Williams & Connolly LLP

Nonfinancial — No relevant nonfinancial relationship exists.

Mark DeKraker, OTR/L

Financial — Employed as an occupational therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant nonfinancial relationship exists.

James Hudson, M.D.

Financial — Employed as medical director of the Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant nonfinancial relationship exists.

Lance Jongekrijg, PT, DPT

Financial — Employed as a physical therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant nonfinancial relationship exists.

Eric Lake, LLP, CADC

Financial — Employed as a psychologist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant nonfinancial relationship exists.

Evan Parks, Psy.D.

Financial — Employed as a psychologist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital; Owner of book on chronic pain, Equip to Empowered, LLC

Nonfinancial — No relevant nonfinancial relationship exists.

Rebekah Rajlich, M.D.

Financial — Employed as a physician, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant nonfinancial relationship exists.

Erin Spruit, PT, DPT

Financial — Employed as a physical therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant nonfinancial relationship exists.

CONTINUING PROFESSIONAL EDUCATION

Mary Free Bed Rehabilitation Hospital is accredited by Michigan State Medical Society to provide continuing medical education for physicians.

Mary Free Bed Rehabilitation Hospital designates this live educational activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mary Free Bed Rehabilitation Hospital is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. **6.0 contact hours** will be awarded for successful completion.

This continuing education program has been submitted for **6.0 clock hours** as recognized by the Michigan Social Work Continuing Education Collaborative.

This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with **6.0 clock hour(s)**.

This program has been submitted to the Michigan Physical Therapy Association for **6.0 credit hours** of physical therapy education in Michigan.

Mary Free Bed is an AOTA Approved Provider of continuing education. Provider #11133. Full attendance at this course qualifies for **6.0 contact hours or 0.6 CEUs** in the Category 1 Domain of OT and Category 2 Occupational Therapy. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course level: conference: mixed.



Certificate will be awarded to participants who attend the conference and complete the required post test and evaluation. The number of continuing education credits/units awarded will be based on the hours attended and the requirements of the specific accreditation body.

FIBROMYALGIA CONFERENCE PLANNING COMMITTEE MEMBERS

Mark DeKraker, OTR/L, occupational therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

James Hudson, M.D., medical director, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Lance Jongekrijg, PT, DPT, physical therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Eric Lake, LLP, CADC, psychologist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Evan Parks, Psy.D., psychologist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Bonita M. Pawloski, MEd, RT(R)(T)(ARRT), director of Education, Mary Free Bed Rehabilitation Hospital

Jeanette Pollatz, MSN, BSN, BS, RN, director of Interprofessional Education, Mary Free Bed Rehabilitation Hospital

Erin Spruit, PT, DPT, physical therapist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

REGISTRATION PROCESS

All attendees **MUST** register online.

Please copy and paste the url below and use Google Chrome, Firefox or Safari (not Internet Explorer).

<https://educationacademy.maryfreebed.com>

PAYMENT OPTIONS

Credit card: Visa or Mastercard

Check: Attendee MUST complete the online registration and indicate payment as "check."*

Please make check payable to: Mary Free Bed Fund/Fibro '20

Mail check to:

Attn: Medical Education/Fibro Registration
Mary Free Bed Rehabilitation Hospital
235 Wealthy St. SE
Grand Rapids, MI 49503-5247

**A service fee of \$35 will be assessed for all checks returned for insufficient funds or for charges made to closed accounts.*

REGISTRATION CONFIRMATION

You will receive immediate confirmation via email. If you do not receive a confirmation, please call 616.840.8851.

REFUND POLICY

If you cancel, your registration fee, less a \$75 service charge, is refundable if written notice of cancellation is received at least 30 days prior to the conference date. No refunds will be issued for cancellations received after this date or for non-attendance.

CANCELLATION OR REPLACEMENT OF SPEAKER

In the event of an activity cancellation, the liability of Mary Free Bed Rehabilitation Hospital will be limited to a full or partial refund of registration fees. Mary Free Bed reserves the right to substitute an equally qualified speaker.

CONFERENCE FEES

MFB Professionals/Network ☐ \$150

Professional Staff (outside MFB) ☐ \$175

Residents/Students ☐ \$75



If you require special arrangements to fully participate in this symposium, please call 616.840.8292.

