



**Release date:** August 31, 2010  
**Expiration date:** August 31, 2011  
**Estimated time to complete activity:** 1.5 hours

*This CME/CE-certified podcast is based on a roundtable discussion held on January 19, 2010.*

This educational initiative is co-provided by Curatio CME Institute, Penn State College of Medicine, the University of Tennessee College of Pharmacy, and EduPro Resources LLC. This activity has been created in collaboration with the American Pain Foundation and Friends Research Institute and in consultation with the National Institute on Drug Abuse.

This educational initiative is supported by educational grants from Endo Pharmaceuticals and Pricara, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc., administered by Ortho-McNeil Janssen Scientific Affairs, LLC.

#### **Hardware/Software Requirements**

- Active high-speed Internet connection
- Adobe Acrobat Reader

#### **Activity Overview**

The use of opioid analgesics for the treatment of chronic pain can present a challenge to clinicians. The most significant hindrance to effective treatment is a lack of long-term efficacy and safety data regarding the use of opioids to treat chronic pain. Several guidelines and review articles have been published that are designed to advise clinicians on how to best use opioid therapy for the treatment of chronic pain. This activity uses a case-based approach to demonstrate how these published recommendations can be implemented in daily practice.

#### **Target Audience**

This activity has been designed to meet the educational needs of primary care physicians, nurses, nurse practitioners, physician assistants, and pharmacists who treat chronic pain patients.

#### **Learning Objectives**

Upon completion of this activity, participants should be able to:

- Select the most appropriate analgesic agents for each patient based on their medical condition, personal characteristics, medical history, drug abuse history, and any other information that has bearing on how his or her pain can be best treated

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

- Educate patients/caregivers on the proper use of analgesic agents, the use of self-assessment tools to track pain relief, and other pain-reducing strategies
- Assess patients for the risk of drug misuse, abuse, and addiction, and develop strategies to mitigate those risks
- Formulate treatment plans to select, dose, and monitor opioid therapy; evaluate opioid therapy outcomes; and transition from opioids when they are not effective or become problematic
- List the social and regulatory factors that affect provider prescribing habits
- Recognize the need to eliminate prescribing patterns that are not based on scientific evidence and best clinical practices

### **Faculty**

*Paul Arnstein, RN, PhD*

Clinical Nurse Specialist for Pain Relief  
Massachusetts General Hospital  
Associate Professor  
MGH Institute for Health Professions  
Boston, Massachusetts

*Bill H. McCarberg, MD*

Adjunct Assistant Clinical Professor  
University of California, San Diego  
Founder, Chronic Pain Management Program  
Kaiser Permanente  
San Diego, California

*Mary Lynn McPherson, PharmD, BCPS, CPE*

Professor, Vice Chair  
Department of Pharmacy Practice and Science  
University of Maryland School of Pharmacy  
Baltimore, Maryland

### **Steering Committee**

*Russell Portenoy, MD—Chair*

Chairman and Gerald J. Friedman Chair in Pain Medicine and Palliative Care  
Department of Pain Medicine and Palliative Care  
Beth Israel Medical Center  
Professor of Neurology and Anesthesiology  
Albert Einstein College of Medicine  
Chief Medical Officer  
Metropolitan Jewish Hospice and Palliative Care/Jacob Perlow Hospice  
New York, New York

*Paul Arnstein, RN, PhD*

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

*Bonnie J. Bixler, MEd*  
Director of Special Projects and Physician Programs  
Penn State Hershey College of Medicine  
Hershey, Pennsylvania

*Dorothy Caputo, MA, APRN, BC-ADM, CDE*  
Lead Nurse Planner  
EduPro Resources LLC  
West Keansburg, New Jersey

*Glen E. Farr, PharmD*  
Professor of Clinical Pharmacy and Associate Dean  
University of Tennessee College of Pharmacy  
Knoxville, Tennessee  
Paul Arnstein, RN, PhD

*Perry G. Fine, MD*  
Professor of Anesthesiology  
University of Utah  
Salt Lake City, Utah

*Thomas Finnegan, PhD*  
Associate Medical Director  
Curatio CME Institute

*Matthew Horn, MD*  
Medical Director  
Curatio CME Institute

*Arthur G. Lipman, PharmD, FASHP*  
University Professor, Department of Pharmacotherapy, College of Pharmacy  
Adjunct Professor of Anesthesiology, School of Medicine  
Director of Clinical Pharmacology, Pain Management Center  
University of Utah Health Sciences Center  
Salt Lake City, Utah

*Bill H. McCarberg, MD*

*Mary Lynn McPherson, PharmD, BCPS, CPE*

*Steven D. Passik, PhD*  
Clinical Psychologist  
Department of Psychiatry and Behavioral Sciences

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

Memorial Sloan-Kettering Cancer Center  
New York, New York

*Micke A. Brown, BSN, RN*  
Director of Communications  
American Pain Foundation  
Baltimore, Maryland

*Samantha Libby-Cap*  
Director, PainSAFE Program  
American Pain Foundation  
Baltimore, Maryland

*Will Rowe*  
Chief Executive Officer  
American Pain Foundation  
Baltimore, Maryland

*Frank Vocci, PhD*  
President  
Friends Research Institute  
Baltimore, Maryland

*Richard Denisco, MD, MPH*  
Medical Officer, Services Research Branch  
Division of Epidemiology, Services and Prevention Research  
National Institute on Drug Abuse  
Bethesda, Maryland

*Cathrine Sasek, PhD*  
Office of Science Policy and Communications  
Science Policy Branch  
National Institute on Drug Abuse  
Bethesda, Maryland

*David A. Thomas, PhD*  
Behavioral and Cognitive Research Branch  
Division of Neuroscience and Behavioral Research  
National Institute on Drug Abuse  
Bethesda, Maryland

### **Accreditation and Credit Designation Statements**

#### *Physician*

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Penn State College of Medicine designates this educational

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

activity for a maximum of 1.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

#### *Pharmacist*



The University of Tennessee College of Pharmacy (UTCOP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.

Successful completion of this knowledge-based educational activity will provide a statement for 1 contact hour credit (0.1 CEUs) and will be available following successful completion of the program. Successful completion includes participating in the program, completing a self-assessment instrument and completing an evaluation instrument. ACPE Program # 064-000-10-220-H01-P

#### *Grievance Statement*

A participant, sponsor, faculty member, or other individual wanting to file a grievance with respect to any aspect of a program sponsored or co-sponsored by the UTCOP may contact the Associate Dean for Continuing Education in writing. The grievance will be reviewed and a response will be returned within 45 days of receiving the written statement. If not satisfied, an appeal to the Dean of the College of Pharmacy can be made for a second level of review.

#### *Nurse*

EduPro Resources LLC is an approved provider of continuing nursing education by New Jersey State Nurses Association (NJSNA), an accredited approver by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation. Provider number P208-8/08-11.

EduPro Resources LLC is also an approved provider by the California Board of Registered Nursing (CERN), Provider Number CEP-14387.

This activity is accredited for 1.5 contact hours upon successful completion of the activity. Successful completion includes participating in the program, completing a self-assessment instrument, and completing an evaluation instrument.

#### *Disclaimer*

Accreditation refers to educational content only and does not imply endorsement of products by NJSNA, ANCC, CERN, or EduPro Resources.

#### *Co-Provider Statement*

This activity is co-provided by Curatio CME Institute and EduPro Resources LLC.

#### *Nurse Practitioners*

This program is approved for 1.5 contact hours of continuing education by the American Academy of Nurse Practitioners (AANP). Program ID 1007233.

Available at <http://www.curatiocme.com>

Evaluation: Search "chronic pain podcast" at CuratioCME.com

This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards.

### *Physician Assistants*



This program has been reviewed and is approved for a maximum of 1.5 hours of American Academy of Physician Assistants (AAPA) Category 1 CME credit by the Physician Assistant Review Panel. Approval is valid for 1.0 year(s) from the issue date of August 2010. Participants may submit the self-assessment at any time during that period.

This program was planned in accordance with AAPA's CME Standards for Enduring Material Programs and for Commercial Support of Enduring Material Programs.

### **Method of Participation**

There are no fees for participating in this CME/CE activity. To receive credit during the period August 2010 to August 31, 2011, participants must (1) read the learning objectives and disclosure statements, (2) study the educational activity, and (3) complete the online activity posttest and evaluation form.

### **Medium**

The Internet was selected as the instructional format to accommodate the learning preferences of a significant portion of the target audience.

### **Disclaimer**

The information presented in this activity is for continuing medical education purposes only and is not meant to substitute for the independent medical judgment of a clinician regarding diagnosis and treatment of a specific patient's medical condition.

### **Disclosure**

In accordance with the ACCME and ACPE Standards for Commercial Support, all CME/CPE providers are required to disclose to the activity audience the relevant financial relationships of everyone in a position to control content of an educational activity. A relevant financial relationship is a relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CE activity content over which the individual has control. Relationship information appears below:

### **Faculty Disclosure Information—All Contributing Faculty and Partners**

Available at <http://www.curatiocme.com>

Evaluation: Search "chronic pain podcast" at CuratioCME.com

The co-providers and educational partners are committed to offering CME/CE programs that promote improvements or quality in health care and are developed free of the control of commercial interests. Reasonable efforts have been taken to ensure that our programs are balanced, independent, objective, scientific, and in compliance with regulatory requirements. Faculty and course directors have disclosed all relevant financial relationships with commercial companies, and the co-providers have a process in place to resolve any conflict of interest. Disclosure of a relationship is not intended to suggest or condone bias but is made to provide participants with information that might be of importance to their evaluation of this educational activity.

**Paul Arnstein, RN, PhD**, has disclosed the following relevant financial relationships:

*Consultant, Advisor* Cephalon, Inflexion, King Pharmaceuticals, Ortho-McNeil-Janssen

**Perry G. Fine, MD**, has disclosed the following relevant financial relationships:

*Consultant, Advisor* Ameritox, Cephalon, Covidien, Janssen, Meda Pharmaceuticals, Ortho-McNeil-Janssen, PriCara, Purdue Pharma

Medical/Legal Consultant Johnson & Johnson

**Arthur G. Lipman, PharmD**, has disclosed the following relevant financial relationships:

*Speakers Bureau* Johnson & Johnson, Merck, Wyeth/Pfizer  
*Consultant, Advisor* Covidien, Johnson & Johnson, NiCox, Wyeth/Pfizer

**Bill H. McCarberg, MD**, has disclosed the following relevant financial relationships:

*Speakers Bureau* Abbott, Cephalon, Endo Pharmaceuticals, Forest Labs, King Pharmaceuticals, Ligand, Lilly, Merck, Mylan, Pfizer, PriCara, Purdue Pharma

**Mary Lynn McPherson, PharmD, BCPS, CPE**, has disclosed the following relevant financial relationships:

*Consultant, Advisor* Meda Pharmaceuticals

**Steven D. Passik, PhD**, has disclosed the following relevant financial relationships:

*Speakers Bureau* Cephalon, King Pharmaceuticals, PriCara  
*Consultant, Advisor* Cephalon, King Pharmaceuticals  
*Research Grant* Cephalon, King Pharmaceuticals

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

**Russell Portenoy, MD**, has disclosed the following relevant financial relationships:

<i>Consultant, Advisor</i>	Afferent Pharmaceuticals, Ameritox, Cephalon, CNSBio, Grupo Ferrer, King Pharmaceuticals, Nicox, ProStrakan Pharmaceuticals, Shire, Solvay, Wyeth, Xenon
<i>Research Grant</i>	Archimedes, Baxter Healthcare Corporation, Calloway Labs, Cephalon, Endo Pharmaceuticals, Flamek Corporation, Fralex, GW Pharmaceuticals, King Pharmaceuticals, Pfizer, Purdue Pharma, Tempur-Pedic Corp, United BioSource Corp, Wyeth

**Frank Vocci, PhD**, has disclosed the following relevant financial relationships:

<i>Consultant, Advisor</i>	Catalyst Pharmaceutical Partners, Purdue Pharma, Reckitt Benckiser, Roxane Labs, Teva Pharmaceuticals, US WorldMeds
----------------------------	---

American Pain Foundation representatives indicated that they have no relevant financial relationships to disclose.

The National Institute on Drug Abuse representatives indicated that they have no relevant financial relationships to disclose.

The staff of Penn State College of Medicine, Curatio CME Institute, EduPro Resources, and the University of Tennessee College of Pharmacy involved in the planning of this activity have no financial relationships with any commercial interests relevant to this activity.

### **Disclaimer**

The material was prepared based on a review of multiple sources of information but is not exhaustive of the subject matter. Therefore, health care professionals and other individuals should review and consider other publications and materials about the subject matter rather than relying solely on the information contained in this material.

The information presented in this activity represents the views and opinions of the individual presenters and does not constitute the opinion or endorsement of, or promotion by, Penn State College of Medicine, Curatio CME Institute, the University of Tennessee College of Pharmacy, EduPro Resources, or the program grantors. Reasonable efforts have been made to present educational subject matter in a balanced, unbiased fashion and in compliance with regulatory requirements. Each participant must use his or her personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

## Unapproved Product Use

Faculty members are required to inform the audience when they are discussing off-label or unapproved uses of devices or drugs. Devices or drugs that are still undergoing clinical trials are identified as such and should not be portrayed as standard, accepted therapy. Please consult full prescribing information before using any product mentioned in this activity. If using products in an investigational, off-label manner, it is the responsibility of the prescribing physician to monitor the medical literature to determine recommended dosages and uses of the drugs. Penn State College of Medicine, Curatio CME Institute, the University of Tennessee College of Pharmacy, EduPro Resources, the American Pain Foundation, Friends Research Institute, the National Institute on Drug Abuse, Endo Pharmaceuticals and Ortho-McNeil-Janssen Pharmaceuticals do not promote the use of any agent outside of approved labeling.

Generic Name	Trade Name	Approved Use (if any)	Unapproved / Investigational Use
Carbamazepine	Tegretol	<p>Treatment of partial seizures with complex symptomology, generalized tonic-clonic seizures, and mixed seizure patterns that include the above or other partial or generalized seizures</p> <p>Treatment of the pain associated with true trigeminal neuralgia</p>	Treatment of diabetic peripheral neuropathy
Gabapentin	Neurontin	<p>Management of postherpetic neuralgia in adults</p> <p>Adjunctive therapy in the treatment of partial seizures with and without secondary generalization in patients over 12 years of age with epilepsy</p> <p>Also indicated as adjunctive therapy in the treatment of partial seizures in pediatric patients age 3–12 years</p>	<p>Treatment of diabetic peripheral neuropathy</p> <p>Treatment of diabetic peripheral neuropathy</p>
Lidocaine patch	Lidoderm	Indicated for relief of pain associated with postherpetic neuralgia	Treatment of diabetic peripheral neuropathy

Available at <http://www.curatiocme.com>

Evaluation: Search “chronic pain podcast” at CuratioCME.com

### **Policy on Privacy and Confidentiality**

Curatio CME Institute collects the information provided by the user. The information is used to notify users about upcoming programs and educational information that may be of interest. The information is not shared or used for commercial purposes unless prior permission has been granted by the user.

Curatio CME Institute may collect standard Web traffic data such as time and date of visit. Curatio CME Institute uses this information to administer its Web site. Browsing activity is recorded to form aggregate and anonymous demographic information, which is used as described above. Curatio CME Institute does not sell or offer to sell any user data, including registration and billing information, to any third parties for commercial purposes. Curatio CME Institute does, when required, provide the minimum subset of information to third parties that are responsible for accreditation of and issuance of certification for CME/CE tests. By participating in the Web activity, the user agrees that Curatio CME Institute has full permission to provide this minimum subset of information to the third parties as required by law.

### **Contact Information**

Curatio CME Institute  
100 Campbell Boulevard  
Suite 103  
Exton, PA 19341  
Phone: (610) 363-1619

Penn State College of Medicine  
Continuing Education, G220  
44 East Granada Avenue, Room 1108  
PO Box 851  
Hershey, PA 17033-0851  
Phone: (717) 531-6483  
Or ContinuingEd@hmc.psu.edu  
Please refer to activity code G4159-11-R.

Available at <http://www.curatiocme.com>

Evaluation: Search "chronic pain podcast" at CuratioCME.com