



### About ASAM

ASAM, founded in 1954, is a professional medical society representing over 6,000 physicians, clinicians, and associated professionals in the field of addiction medicine.

ASAM is dedicated to increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addiction.

FACULTY

Gregory Rudolf, MD, DFASAM

**Gregory Rudolf, MD**, is a board-certified physician in addiction medicine, pain medicine, medical acupuncture, and family medicine, practicing at Swedish Pain Services in Seattle. The clinic integrates multidisciplinary pain care approaches to optimize patient functional outcomes and self-efficacy. He has also worked extensively in inpatient substance use disorder treatment settings and published on opioid withdrawal management.

He is the current Chair of the ASAM Pain and Addiction Committee and the immediate past president of the Washington Society of Addiction Medicine, and a clinical associate professor at University of Washington.

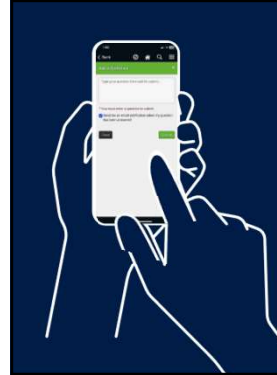
**No disclosures or conflicts of interest.**



## About this Course

The **ASAM Pain & Addiction: Common Threads Course** is one of ASAM's longest running and popular medical education programs. This advanced course is designed to deepen the clinical providers' understanding of the complexities of treatment as patients and providers navigate the gray area between pain and addiction together.

Join us for an exploration of insights from recent critical research developments in pain and addiction treatment and consider their implications for clinical decision-making and patient-centered care. You will be offered practical strategies for integrating these new takeaways and techniques into your clinical practice to optimize patient care and outcomes.



## Q&A Panels

Participant Engagement



Submit your questions using the **Q&A tool** in the **ASAM Annual Conference app**.

*Need to download the app? Instructions can be found on the back of your badge.*

## Course Learning Objectives

- 01 Examine the historical context of prescription opioid use for chronic non-cancer pain, reflecting on lessons learned from the opioid epidemic, and their implications for future directions in treating complex patients with pain and addiction.
- 02 Discuss recent research on interventions for chronic pain and consider how it can inform treatment planning that may include both pharmacologic and non-pharmacologic treatment options.
- 03 Explore techniques for establishing effective patient-centered dialogues which focus on improving quality of life and functional outcomes, while optimizing the management of their chronic pain.
- 04 Analyze common neurologic mechanisms and central nervous system pathways influencing the overlapping etiology and treatment of opioid use disorder, alcohol use disorder, and chronic pain.
- 05 Discuss ways to integrate optimal diagnostic and treatment approaches for patients on long-term opioid therapy for chronic pain who do not meet the criteria for opioid use disorder.
- 06 Discuss the clinical implications of recent research regarding the benefits and risks associated with cannabis use for chronic pain.
- 07 Evaluate the impact of changes to state cannabis laws on attitudes and health outcomes related to cannabis use.
- 08 Evaluate the bidirectional relationship between unhealthy alcohol use and chronic pain.
- 09 Formulate an understanding of the therapeutic potential of psychedelic drugs in the treatment of headache and chronic pain disorders based on the available research.
- 10 Analyze common neurologic mechanisms and central nervous system (CNS) pathways influencing the overlapping etiology and treatment of opioid use disorder (OUD), alcohol use disorder (AUD), and chronic pain.

## Overview of Course Sessions: Morning

Thursday, April 4, 2024 | 8:00 am – 5:00 pm EST

| TIME              | SESSION/ACTIVITY   | FACULTY  |
|-------------------|--|--|
| 8:00 AM–9:00 AM   | <b>BREAKFAST</b>   |  |
| 9:00 AM–9:10 AM   | WELCOME REMARKS & Setting the Stage  | Gregory Rudolf, MD, DFASAM   |
| 9:10 AM–9:55 AM   | SESSION 1<br>Opioid Analgesia, Dependence and Addiction Linked by Opioid Reward            | Mark Sullivan, MD, PhD   |
| 9:55 AM–10:30 AM  | SESSION 2<br>The State of Evidence-Based Pain Care   | Roger Chou, MD   |
| 10:30 AM–10:45 AM | <b>REFRESHMENT BREAK (15 MINUTES)</b>  |  |
| 10:45 AM–11:15 AM | SESSION 3<br>Do As I Say! Facilitating Treatment Adherence in Pain Medicine                | Martin Cheatle, PhD  |
| 11:15 AM–11:45 AM | SESSION 4<br>Central Sensitization of Pain in Opioid Use Disorder and Alcohol Use Disorder | Trent Hall, DO   |
| 11:45 AM–12:15 AM | SESSION 5<br>Complex Persistent Opioid Dependence: The Good and the Bad of Opioids         | Ajay Manhappa, MD, FASAM   |
| 12:15 AM–12:30 AM | SPEAKER PANEL<br>Audience Question & Answer  | Mark Sullivan, MD, PhD, Roger Chou, MD, Martin Cheatle, PhD, Trent Hall, DO & Ajay Manhappa, MD, FASAM |

## Overview of Course Sessions: Afternoon

Thursday, April 4, 2024 | 8:00 am - 5:00 pm EST

| TIME            | SESSION/ACTIVITY   | FACULTY   |
|-----------------|--|---|
| 12:30PM-1:30 PM | <b>LUNCH BREAK</b>   |   |
| 1:30 PM-2:10 PM | <b>SESSION 6</b><br>Update on Evidence Based Use of Cannabis for Pain                          | Deendra Asike, MD                                     |
| 2:10 PM-2:40 PM | <b>SESSION 7</b><br>Unleashing the Dragon: Update on Impact of Relaxing of State Cannabis Laws | Mark Bicket, MD, PhD                                  |
| 2:40 PM-3:00 PM | <b>SPEAKER PANEL</b><br>Audience Question & Answer   | Deendra Asike, MD & Mark Bicket MD, PhD               |
| 3:00 PM-3:15 PM | <b>REFRESHMENT BREAK (15 MINUTES)</b>  |   |
| 3:15 PM-3:45 PM | <b>SESSION 8</b><br>Alcohol Use Disorder and Chronic Pain                                      | Jeff Boissoneault, PhD                                |
| 3:45 PM-4:15 PM | <b>SESSION 9</b><br>Psychedelics in the Treatment of Headache and Pain Disorders               | Emmanuelle Schindler, MD, PhD                         |
| 4:15 PM-4:25 PM | <b>SPEAKER PANEL</b><br>Audience Question & Answer   | Jeff Boissoneault, PhD & Emmanuelle Schindler MD, PhD |
| 4:25 PM-4:30 PM | <b>COURSE WRAP-UP</b>  | Gregory Rudolf, MD, DFASAM                            |

## Navigating Gray Areas in Pain Care: Evidence, Experience, and Perception

### Patient Perspective

- Doctors know what will help me but are afraid of getting in trouble if they prescribe it.
- Doctor is rushed, lacks compassion, and keeps telling me to do things I know won't help.
- Why can't anyone figure out why I have such horrible pain, in this hi-tech day and age?
- Why are they worried about me abusing my prescription or dying of overdose? I've been taking these meds for 10 years!

### Doctors' Perspective

- Feeling of intense pressure to "get it right" about managing patients on controlled substances, but not sure what right looks like.
- Understand that buprenorphine might be a tool for many of these LTOT patients, but which ones and how/when to get them on it.
- Will I be risking my license and livelihood if I prescribe this medication and dose to this patient? What will my colleagues/the pharmacy/DOH/DEA think?

## Non-Clinical Factors Add to the Stew of Challenges

### OPINION GUEST ESSAY

#### The D.E.A. Needs to Stay Out of Medicine

BY SHRAYANI DURBHAKULA (NASHVILLE PAIN PHYSICIAN)

- Intentional current and planned production decreases for opioids mandated by DEA
- Despite decreases in production of oxycodone (60%) and hydrocodone (72%) since 2015, opioid overdose deaths continue to increase
- Physician fear of reprimand from DEA

### HEARING ON "LEGISLATIVE PROPOSALS TO PREVENT AND RESPOND TO GENERIC DRUG SHORTAGES"

HEARING  
Date: 7/16/2023 9:00 AM

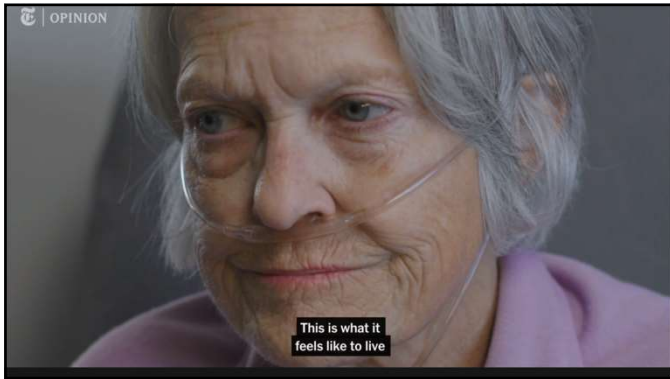
- Consequences of supply chain problems:
  - Clinical instability
  - Stress around obtaining medicine
  - Increased cost
  - Adverse effects from change in drug
  - Potential compromise in clinical outcome
- **H.R. 3008**, the Drug Shortage Prevention Act of 2023
- **H.R. 3793**, the Ensuring Access to Lifesaving Drugs Act of 2023

### NYT Opinion

## Video: They Live in Constant Pain, but Their Doctors Won't Help Them



BY VISHAKHA DARBHA, LUCY KING & ADAM WESTBROOK  
AUGUST 17, 2023



**Clinical Topics We Won't Go Deep On This Year**

**BUPRENORPHINE**

- Pharmacology, formulations used in pain, protocols for transitioning patients from LTOT, practice pearls

**NON-PHARMACOLOGIC PAIN MANAGEMENT**

- Evidence of active and passive treatments
- Self-care strategies

*Come back next year!*