



Wisconsin Physical Therapy Association

1st Annual WPTA PAIN EDUCATION CONFERENCE

FEATURED CONFERENCE SPEAKERS



MARIE HOEGER BEMENT
PT, PHD



KATHLEEN SLUKA
PT, PHD



JESSIE PODOLAK
PT, DPT, TPS



LAURA SAUNDERS
MSSW

SEPTEMBER 13-14, 2019

7:30 am Registration

8 am - 5 pm (16 CEUs)

*Includes Continental Breakfast
and Snack Breaks*

MARQUETTE UNIVERSITY

Mary Pat Murray Lecture Hall
(Room 356)

Schroeder Health Sciences Complex
561 N. 15th St. - Milwaukee, WI

WPTA/APTA MEMBERS - \$200 | NON-MEMBERS - \$400 | STUDENTS \$50 (WITH COUPON CODE)

Register online at bit.do/paineducation

Students, contact the WPTA to receive a coupon code to save \$150!

SPEAKERS AND COURSES

FRIDAY, SEPTEMBER 13

Pain Mechanisms | 8 am - 5 pm

According to the Institute of Medicine Report on Pain, released in 2011, chronic pain affects over 100 million Americans and costs over 600 billion dollars per year in health care and lost wages. In response to this report, an Interagency Pain Research Coordinating Committee was formed to address the chronic pain problem. This committee released the National Pain Strategy in 2016 which outlines strategies aimed at improving education, research and practice, and the Centers for Disease Control released opioid prescribing guidelines in 2016 that emphasized the use of non-pharmacological treatments for pain. Increasing awareness by health professionals of the value of non-pharmacological treatments for pain management puts physical therapy as a primary profession to address this need. In order to fill this need, physical therapists need to have a greater understanding of pain mechanisms and how physical therapy treatments modify these pain mechanisms. Identification and treatment of pain, based on underlying mechanisms, is critical to effective treatment. This course provides an overview of the current scientific research on peripheral, central, neuropathic, contributors to the generation of pain. The course will also discuss how psychological factors and the movement system can influence and be influenced by pain. Lastly, the course will discuss how common physical therapy treatments for pain, such as education, exercise, manual therapy and transcutaneous electrical nerve stimulation, modify these pain mechanisms. Understanding these mechanisms will provide a conceptual framework to the clinician to individualize care in those with chronic pain. This course will use a lecture format, case studies, group learning exercises, and open discussion.

Marie Hoeger Bement, PT, PhD, received her MPT degree from the University of Iowa in 1997. Prior to returning to the University of Iowa as a PhD candidate, Dr. Bement worked in an outpatient orthopedic clinic where she was a member of the chronic pain team and was trained as a Fibromyalgia Instructor through the Arthritis Foundation. In 2004, Dr. Bement finished her PhD on the mechanisms of chronic muscle pain and started working at Marquette University in the Department of Physical Therapy. Dr. Bement's research focus is on nonpharmacological pain management of chronic pain with funding from the American Pain Society, Arthritis Foundation, and National Institutes of Health. Dr. Bement has published several research articles and book chapters pertaining to the role of exercise in the management of pain.

Kathleen Sluka, PT, PhD, FAPTA, is a professor in the Department of Physical Therapy and Rehabilitation Science at the University of Iowa. She received a physical therapy degree from Georgia State University and a PhD in Anatomy from the University of Texas Medical Branch in Galveston. After a postdoctoral fellowship with Dr. William D. Willis, she joined the faculty at the University of Iowa. Dr. Sluka's research focuses on the neurobiology of musculoskeletal pain as well as the mechanisms and effectiveness of non-pharmacological pain treatments. She has published over 200 peer-reviewed manuscripts, numerous book chapters, and a textbook on Pain Mechanisms and Management for the Physical Therapist. She has received numerous awards including the Marian Williams Award for Research in Physical Therapy and Catherine Worthingham Fellowship from the American Physical Therapy Association and the Frederick W.L. Kerr Basic Science Research Award from the American Pain Society. She is actively involved in the International Association for the Study of Pain, the American Pain Society, and the American Physical Therapy Association serving on committees, task forces and society boards.



SPEAKERS AND COURSES

SATURDAY, SEPTEMBER 14

Introduction to Pain Neuroscience Education | 8 am - Noon

Current best evidence has shown that neuroscience educational strategies utilizing neurobiology and neurophysiology are able to reduce pain, increase function, reduce fear and catastrophization, improve movement and change cognitions and brain activation during pain experiences. Therapeutic neuroscience education changes patient beliefs regarding their pain, thus reducing the threat of pain. This class will discuss the evolution of therapeutic neuroscience education and why neuroscience education is needed in patient care and for patients with acute, sub-acute and chronic pain. Special features include various metaphors, images, examples and case studies explaining neuroscience to patients in pain.

Jessie Podolak, PT, DPT, TPS, is a physical therapist with 21 years of experience and a passion for changing how pain is treated in the U.S., particularly when it comes to children. She currently works as a clinician for Phileo Health, LLC, and is a senior faculty member at the International Spine and Pain Institute. Her research includes the clinical application of pain neuroscience, graded motor imagery, and graded activity with complex regional pain syndrome.

Motivational Interviewing: Effectively Encouraging Behavior Change | 1 - 5 pm

Change is hard. Our success in helping people often depends upon our ability to effectively communicate and promote healthy behavior change. Motivational Interviewing (MI) offers an evidence-based model for effective conversations about change. This session will explore how this evidence-based communication style can increase capacity to effectively engage people in their own care and make changes to support their health. You will develop skills to access motivation and strengthen commitment to change. This session will introduce fundamental concepts, and will offer opportunities to improve your communication no matter your current skill level.

Laura A. Saunders, MSSW, is the Great Lakes Addictions, Mental Health and Prevention Technology Centers State Project Manager for Wisconsin. Her position is housed at the University of Wisconsin-Madison where she's worked since 1988. Since 2001, Laura has provided Motivational Interviewing training to physicians, nurses, medical students, psychologists, and speciality addiction treatment providers who are interested in using EBP's fidelity. She joined the International group of Motivational Interviewing Network of Trainers (MINT) in 2006 (Sophia, Bulgaria) and is an active member of the Wisconsin MINT group.

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3510 E. Washington Ave. | Madison, WI 53704

P: 608/221-9191 | wpta@wpta.org | www.wpta.org