



# Chronic Pain Management Project ECHO

1<sup>st</sup> & 3<sup>rd</sup> Fridays, 7:30-8:30am

Pain ECHO Website: [http://rwjms.rutgers.edu/community\\_health/other/project-echo/chronic-pain-management](http://rwjms.rutgers.edu/community_health/other/project-echo/chronic-pain-management)

## Series Leaders

- Jason Womack, MD - Sports Rehabilitation, Rutgers Robert Wood Johnson Medical School
- Mary Bridgeman, PharmD – Pharmacy, Rutgers Ernest Mario School of Pharmacy
- Vamsee Chaguturu, MD - Addiction Psychiatry, Rutgers University of Behavioral Health Care
- Kate Hottinger, PhD - Pain Psychologist, Children’s Specialized Hospital
- Scott Mellender, MD – Anesthesiologist, Rutgers Robert Wood Johnson Medical School
- Oleksiy Lelyanov, DO - Pain Interventionalist, Rutgers Robert Wood Johnson Medical School
- Sue Paparella-Pitzel, DPT - Physical Therapy, Rutgers New Jersey Medical School
- Joyce Schneiderman, MD - Primary Care, Rutgers Robert Wood Johnson Medical School
- Ann Hirschman, ANP - Field Utility Nurse

## Learning Objectives

After participating in ECHO, providers will be able to:

- Describe the screening tools useful for management of chronic pain in primary care setting, including those measuring pain intensity, function, and addiction risk
- Identify pharmacologic and non-pharmacologic treatment modalities available for patients
- Self-regulate attitudes and beliefs about patient presentations to provide safe and effective pain mgmt
- Demonstrate ways to manage requests for opioid therapy from patients for whom this type of therapy is appropriate, and those for whom it is not appropriate

## Series Curriculum

Week	Date	Didactic Topic	Didactic Presenter
1	9/4/2020	Pain Management During COVID-19	Pain ECHO Hub
2	9/18/2020	Measuring Pain Severity	Jason Womack
3	10/2/2020	NSAIDs	Mary Bridgeman
4	10/16/2020	Opioids & Non-Cancer Pain	Joyce Schneiderman
5	11/6/2020	Utilizing Physical Therapy	Sue Paparella-Pitzel
6	11/20/2020	Alternative Pain Therapies	Ann Hirschman
7	12/4/2020	Acupuncture	Karen Lin, MD, MS
8	12/18/2020	Medical Cannabis	Mary Bridgeman
9	1/15/2021	Osteoarthritis	Jason Womack
10	2/5/2021	Neuropathic & Function Pain Syndromes	Jason Womack
11	2/19/2021	Mental Health for Chronic Pain	Vamsee Chaguturu
12	3/5/2021	Pain & Disability	Ann Hirschman

## For More Information

Contact Ruben Nanez, Program Coordinator: [Ruben.Nanez@Rutgers.edu](mailto:Ruben.Nanez@Rutgers.edu) , 732-595-6546

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