

The Chronic Pain & Opioid Management team welcomes you to participate in our weekly Pain TeleECHO sessions. Our multidisciplinary specialist team supports primary care clinicians, pharmacists, behavioral health providers, physical therapists and other members of the clinical team to safely manage chronic pain and opioid prescribing.

Each weekly TeleECHO session includes brief lectures or hands-on demonstrations by specialists on specific topics of interest. The 2019-20 curriculum appears on the back of this flyer.

At every session, community clinicians present clinical cases for feedback and recommendations. This participatory group learning will:

- Increase your knowledge of up-to-date pain management approaches,
- Improve your ability to screen for opioid use disorder, and
- Assist you to provide optimal care for your chronic pain patients.

Free continuing education credits for physicians, advanced practice clinicians and pharmacists are available at the end of each session.

### How to Participate:

- Email [painecho@salud.unm.edu](mailto:painecho@salud.unm.edu) to join our email list.
- Join us via Zoom connection and/or telephone on Tuesdays from 12-1:30pm MT
- Participate in didactic presentations and case discussions
- Complete online evaluation forms to receive CME/CPE credits



# Chronic Pain & Opioid Management TeleECHO

Thursdays  
12:00 – 1:30 pm MT



# Chronic Pain & Opioid Management TeleECHO Clinic

## Curriculum

July 2019 – June 2020

Date	Topic
July 4	Holiday - No Session
11	Overview of Chronic Pain
18	Eliciting the Pain Story
25	Examination of the Patient with Chronic Pain: The Neurological Exam
Aug 1	Examination of the Patient with Chronic Pain: The Musculoskeletal Exam
8	The Chiropractic Exam
15	Principles of Myofascial Pain
22	Treatment of Myofascial Pain
29	Physical Therapy and Treatment of Pain
Sept 5	Anxiety, Depression and Chronic Pain
12	Cognitive-Behavioral Therapy
19	Mindfulness
26	Trauma and Chronic Pain
Oct 3	Trauma-Focused Therapy
10	Treating Patients with Pain Related to Cancer
17	Pediatric and Adolescent Pain
24	The Elderly Patient with Chronic Pain
31	Pain and Native American Culture
Nov 7	Native Traditional Healing Practices
14	Latin American Healing Practices and Curanderismo
21	Overview of Common Peripheral Neuropathies
28	Holiday - No Session
Dec 5	Rheumatologic Conditions that Cause Chronic Pain
12	Sleep Disorders and Chronic Pain
19	Fibromyalgia
26	Holiday - No Session

Date	Topic
Jan 2	Holiday - No Session
9	Migraine
16	Low Back Pain Basics
23	Basic Radiology and Chronic Pain
30	Acupuncture
Feb 6	Biobedback
13	Kinesiological Taping
20	Nutritional Techniques for Managing Chronic Pain
27	Non-Opioid Medications (Part 1)
March 5	Non-Opioid Medications (Part 2)
12	Considerations in Treating Pain with Multiple Medications (drug-drug interactions, serotonin syndrome, etc.)
19	Opioids and Chronic Pain: CDC Guidelines
26	Cannabis and Chronic Pain
April 2	Buprenorphine for Chronic Pain
9	Overview of Substance Use in US and New Mexico
16	Alcohol Use Disorder
23	Opioid Use Disorder
30	Benzodiazepine Use Disorder/Tapering Benzodiazepines
May 7	The Pregnant Patient with Substance Use Disorder
14	Management of Pain Patients with OUD
21	Injections for Chronic Pain
28	Spinal Cord Stimulators and Nerve Blocks
Jun 4	Transcranial Electrical Stimulation, Transcranial Magnetic Stimulation for Pain
11	New Drugs, Nocebo
18	Coping with Challenging Patients and Insurers
25	Clinician Self-Care

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