



# NEW MEXICO MULTISPECIALTY

PAIN MANAGEMENT &  
OPIOID SYMPOSIUM

**December 9, 2023**

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DOMENICI CENTER FOR  
HEALTH SCIENCES EDUCATION

1001 Stanford NE  
Albuquerque, New Mexico

PRESENTED BY



SCHOOL OF  
MEDICINE

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CONTINUOUS  
PROFESSIONAL LEARNING

## CONFERENCE DESCRIPTION

The conference provides opportunities to learn about pain management and opioid use not only generally but also through breakout sessions with emphasis in different specialties. Participants will be able to learn and share experiences regarding pain management with others in their own, or collaborating, specialties with a focus on New Mexico patient care.

## CONFERENCE OBJECTIVES

At the conclusion of this conference, the participant should be able to:

1. Assess patients with acute or chronic pain and determine an effective treatment plan.
2. Utilize evidence-based strategies to determine an effective treatment plan in the inpatient or outpatient setting for opioid naïve patients, patients on opioids, and patients with opioid use disorders.
3. Evaluate patients for opioid use disorders and describe methods to prevent opioid overdoses including harm reduction.

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## THE UNIVERSITY OF NEW MEXICO SCHOOL OF MEDICINE & GUEST FACULTY

### SPEAKERS

**Nicholas Andrews, MD, PhD**

Associate Professor  
UNM School of Medicine, Dept. of Obstetrics & Gynecology

**Eileen Barrett, MD, MPH, SFHM, MACP**

Faculty  
Institute for Healthcare Improvement

**Elizabeth Bisio**

Medical Cannabis Program  
New Mexico Department of Health  
Santa Fe, NM

**Valerie Carrejo, MD, FAAFP, FASAM**

Associate Professor, Program Director, Addiction Medicine Fellowship Clinical  
Vice Chair  
UNM School of Medicine, Dept. of Family & Community Medicine

**Jimmie Cotton, MD**

Assistant Professor  
UNM School of Medicine, Department of Emergency Medicine

**Monique Davis, MD**

PGY-3  
UNM School of Medicine, Dept. of Internal Medicine

**Sara Doorley, MD**

Associate Professor  
UNM School of Medicine, Dept. of Internal Medicine, Div. of Geriatrics

**Reza Ehsanian, MD**

Assistant Professor  
UNM School of Medicine, Dept. of Anesthesiology

**Gary French, MD**

Medical Cannabis Program  
New Mexico Department of Health  
Santa Fe, NM

**Francheska (Sevy) Gurule, MD**

Assistant Professor  
UNM School of Medicine, Dept. of Family & Community Medicine

**Athena Huckaby, MPH**

New Mexico Community Outreach Coordinator  
Ideal Option  
Las Cruces, NM

**Sergio Huerta II, MD**

Associate Professor  
UNM School of Medicine, Dept. of Internal Medicine, Div. of Hospital Medicine

**Eugene Koshkin, MD**

Professor, Division Chief  
UNM School of Medicine, Dept. of Anesthesiology, Div. of Interventional Pain  
Medicine

**Gwen (Nicky) Lacerda, MD**

Physician  
Lovelace UNM Physical Medicine and Rehabilitation Clinic

**Emily McQuaid-Hanson, MD**

Assistant Professor  
UNM School of Medicine, Dept. of Anesthesiology

**Lauren Mehok, PhD**

Postdoctoral Fellow in Clinical Health Psychology  
New Mexico VA Health Care System  
Albuquerque, NM

**Julie Muché, MD**

Assistant Professor, UNM School of Medicine, Dept. of Orthopaedics &  
Rehabilitation  
Medical Director, Lovelace UNM Rehabilitation Hospital

**Ned Rubin, PsyD**

Clinical Educator  
Center for Health Innovation  
Las Cruces, NM

**Andrea Sandoval, MD**

Associate Professor  
UNM School of Medicine, Dept. of Anesthesiology

**Gurdeep Singh, DO**

Associate Professor  
UNM School of Medicine, Dept. of Internal Medicine, Div. of Hospital Medicine

**Christopher Smith, MD**

Assistant Professor  
UNM School of Medicine, Dept. of Internal Medicine, Div. of Hospital Medicine

**Michelle Thomas, MD**

PGY-2  
UNM School of Medicine, Dept. of Internal Medicine

**Riana Wurzberer, MD**

Assistant Professor  
UNM School of Medicine, Dept. of Internal Medicine, Div. of Hospital Medicine

**Matt Zabel, MD**

PGY-2  
UNM School of Medicine, Dept. of Internal Medicine

### PLANNING COMMITTEE

#### CHAIR

**Sarah Burns, DO, MS, FACP, FHM**

Associate Professor, UNM School of Medicine, Dept. of Internal Medicine  
Director, Continuing Medical Education, UNM School of Medicine, Office for  
Continuous Professional Learning

#### COMMITTEE

**Gary A. Smith, PhD**

Associate Dean  
UNM School of Medicine, Office for Continuous Professional Learning

### CME REVIEWERS

#### FROM THE UNM SCHOOL OF MEDICINE, OFFICE FOR CONTINUOUS PROFESSIONAL LEARNING

Catherine Abuhilu  
Jennifer Harbaugh

# NEW MEXICO MULTISPECIALTY

## Pain Management & Opioid Symposium

8 - 8:45 am	<b>Registration / Networking / Continental Breakfast</b> (provided)
8:45 - 9 am	Welcome and Announcements <i>Sarah Burns, DO, MS, FACP, FHM</i>
9 - 10 am	Addressing the Opioid Epidemic in the Fentanyl Era <i>Sergio Huerta II, MD</i>
10 - 10:10 am	<b>BREAK</b>
10:10 - 11:10 am	<b>Breakout Session #1</b>
	Updates in Managing Opioid Medications: A Review of the 2022 CDC Guidelines <i>Valerie Carrejo, MD, FAAFP, FASAM</i>
	Use of Nerve Blocks and/or Ketamine to Treat Inpatient Acute Pain <i>Andrea Sandoval, MD</i>
	Nonsurgical Approach to Chronic Pain <i>Julie Muché, MD</i>
	Racial Inequities in Opioid Prescribing <i>Gurdeep Singh, DO</i>
	Acute Pelvic Pain <i>Nicholas Andrews, MD, PhD</i>
	Treatment Options for Vertebrogenic Lumbar and Thoracic Pain With or Without Compression Fractures: Case Study on How Delayed Treatment Can Hurt Your Patient <i>Eugene Koshkin, MD</i>
11:10 - 11:20 am	<b>BREAK</b>
11:20 am - 12:20 pm	<b>Breakout Session #2</b>
	The Psychology of Pain: Understanding Psychosocial Influences and Management <i>Lauren Mehok, PhD</i>
	Academic Detailing <i>Athena Huckaby, MPH and Ned Rubin, PsyD</i>
	Chronic Pelvic Pain <i>Nicholas Andrews, MD, PhD</i>
	Neck Pain and Degenerative Cervical Myelopathy <i>Gwen (Nicky) Lacerda, MD</i>
	Advocacy and Opioid Use Disorder <i>Eileen Barrett, MD, MPH, SFHM, MACP</i>
	Interactive Stations: Trigger Points, Common Nerve Blocks, Dental Blocks <i>Jimmie Cotton, MD</i>
12:20 - 1:30 pm	<b>LUNCH</b> (provided)
1:30 - 2:30 pm	<b>Breakout Session #3</b>
	Helping Patients Access Medical Cannabis for the Treatment of Chronic Pain <i>Elizabeth Bisio and Gary French, MD</i>
	Pain Management and Medications for Opioid Use Disorder in Pregnancy <i>Francheska (Sevy) Gurule, MD and Emily McQuaid-Hanson, MD</i>
	Lifestyle Medicine: The Impact on Chronic Pain <i>Julie Muché, MD</i>
	Outpatient Management of Opioid Use Disorder <i>Sara Doorley, MD</i>
	Inpatient Management of Opioid Use Disorder <i>Christopher Smith, MD and Riana Wurzberger, MD</i>
	Low Back Pain <i>Reza Ehsanian, MD</i>
2:30 - 2:40 pm	<b>BREAK</b>
2:40 - 3:40 pm	Interactive Case Based Discussions: Opioid Use Disorder <i>Sarah Burns, DO, MS, FACP, FHM, Monique Davis, MD, Michelle Thomas, MD and Matt Zabel, MD</i>
3:40 - 4 pm	Wrap Up Reflections <i>Sarah Burns, DO, MS, FACP, FHM</i>



## CONFERENCE REGISTRATION RATES

Advance registration is encouraged. Minimum and maximum registration numbers have been established for this activity, register early to avoid disappointment. Your registration will be confirmed via email. If you do not receive a confirmation email, please contact CPL at [HSC-CPL@salud.unm.edu](mailto:HSC-CPL@salud.unm.edu) to verify your attendance. Please confirm your registration before making travel arrangements. Registration includes conference materials, breakfasts, lunches and breaks.

	Early Bird Now through 11/16/23	Regular 11/17/23-12/3/23	Onsite 12/4/2023-12/9/2023
MD, DO, PharmD, PhD, PhC <i>paying with UNM Tuition Remission</i>	\$175.00 <i>\$165.00</i>	\$215.00 <i>\$205.00</i>	\$240.00 <i>\$230.00</i>
RN, LPN, NP, PA, Other <i>paying with UNM Tuition Remission</i>	\$125.00 <i>\$115.00</i>	\$165.00 <i>\$155.00</i>	\$190.00 <i>\$180.00</i>
Non-UNM Current Preceptor	\$75.00	\$115.00	\$140.00
Residents*/Fellows/Students**	\$40.00	\$80.00	\$105.00

*\*Must provide proof of resident status \*\*Must provide proof of student status*

## CANCELLATION

If you pre-register and cannot attend, CPL will refund tuition, less a \$40.00 administrative fee, provided the cancellation notice is received in writing **via email on or before November 27, 2023**. No refunds will be issued after this date or for non-attendance. Activities are subject to cancellation. In the event this activity is canceled, registrants will be notified via email and will receive a full refund. CPL is not responsible for any computer/device equipment rental, airfare, hotel, car rental or other costs incurred by participants.

## HOW TO REGISTER

**CREDIT CARDS, CHECK, OR UNM PR: [bit.ly/Pain23](https://bit.ly/Pain23)**

Checks should be made payable to UNM CPL, include the attendees name and mailed to: The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. It is UNM policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check. **CPL does not accept POs or paper registrations. All registrations need to be completed online with the link above.**

## UNM TUITION REMISSION

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

1. Complete the **[conference registration form](#)** and select that you will be paying with UNM Tuition Remission.
2. If you need your supervisor's approval to use your tuition remission you will need to upload a completed **[UNM Tuition Remission](#)** form with proper signatures to the online registration form.

## LODGING

We do not have a room block secured for this conference. However, The University of New Mexico has negotiated agreements with several local hotels, should you need lodging during the conference. These rates are based on availability and hotel occupancies. Some hotels may require proof of UNM eligibility. **<https://purchase.unm.edu/local-hotel-information/index.html>**

## ACCREDITATION

### PHYSICIANS

The University of New Mexico School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of New Mexico School of Medicine designates this live activity for a maximum of **5.00 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### MAINTENANCE OF CERTIFICATION

MOC is being reviewed and is pending by these specialties: American Board of Internal Medicine, American Board of Pediatrics, American Board of Surgery, and American Board of Anesthesiology.

### NEW MEXICO MEDICAL BOARD'S PAIN MANAGEMENT CME REQUIREMENT

This activity has been approved for 5 hours of the New Mexico Medical Board's Pain Management CME requirement.

## SPECIAL ACCOMMODATIONS

Individuals requiring special accommodations should contact CPL as soon as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

### Questions?

UNM Office for Continuous Professional Learning  
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Web: [goto.unm.edu/cpl](https://goto.unm.edu/cpl)