A Tough Pill to Swallow: 
Addressing the Epidemic of Prescription Drug Abuse

Friday, August 18, 2017
7:30 AM – 4:45 PM
Millennium Centre,
Johnson City, TN

Agenda & Learning Objectives

Learning Objective(s)
As a result of participating in this activity, the attendee will be able to:

Friday, August 18th

7:30 AM – 7:50 AM  Registration and breakfast

8:00 AM – 10:00 AM Opioid Safe Prescribing and the Tennessee State Guidelines *

Steven J. Baumrucker, MD, FAAHPM, FAAFP

• Understand state guidelines on opioid prescribing.

*Meets Tennessee and Virginia Prescribing Practices Credit Requirements

10:00 AM – 10:15 AM  Break
10:15 AM – 11:15 AM  
**An Update on the Opioid Epidemic: Perceptions versus Reality**  
Moderator Angie Hagaman, MA, LPCA  
**Panel**  
→ Agent Tommy Farmer, BS  
→ Nick Hagemeier, PharmD, PhD  
→ Jon Koeppen, BS  
→ Cindy Thomas, DO, MPH  
- Describe current perceptions and trends in prescription drug and heroin misuse.  
- Cite examples of prevention and harm reduction strategies for a given population to reduce maternal substance use and prenatal drug exposure.  
- Describe enforcement and prevention strategies from the perspective of the Drug Enforcement Administration.

11:15 AM – 12:05 PM  
**Community Resources for Medical Providers**  
Jilian Reece, BA, CLC  
and  
**Treatment of Substance Use Disorders**  
Jack Woodside, MD  
- Understand the pharmacology of buprenorphine as it applies to opiate substitution therapy.  
- Learn treatments for opiate use disorder.  
- Review the long-term outcomes of opiate substitution therapy.

12:05 PM – 12:15 PM  
**Question & Answer/Overview of afternoon**

12:15 PM – 1:10 PM  
**Lunch**

1:10 PM – 2:10 PM  
**Breakout Session #1**

<table>
<thead>
<tr>
<th>Group A - Room 120</th>
<th>Group B – Room 130</th>
<th>Group C – Auditorium/137</th>
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<tbody>
<tr>
<td><strong>Neonatal Abstinence Syndrome Track</strong></td>
<td><strong>Childhood Trauma Track</strong></td>
<td><strong>Pain Management Track</strong></td>
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<tr>
<td>Best Practices for Treating Dependent Mothers</td>
<td>ACE’s Initiative: Building Better Brains</td>
<td>Pain Clinic Guidelines &amp; Writing Pain Contracts</td>
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<td>Kevin Visconti, MD</td>
<td>Alice McCaffrey, BS-BA</td>
<td>Tim Smyth, MD</td>
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<td>• Explain brain architecture, serve &amp; return, toxic stress and air traffic control.</td>
<td>• Learn how to build resilience.</td>
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**TN** Department of Mental Health & Substance Abuse Services
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<tr>
<th>Time</th>
<th>Session</th>
<th>Track Name</th>
<th>Topic</th>
<th>Speakers</th>
<th>Activities</th>
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| 2:10 PM   | Breakout Session #2      | **Group A**                               | Neonatal Abstinence Syndrome Track                                   | Shawn Hollinger, MD and Karen Schetzina, MD | - Evaluate newborns for neonatal abstinence syndrome.  
- Determine management for drug-exposed infants and infants with neonatal abstinence syndrome. |
| 3:10 PM   | Breakout Session #2      | **Group B**                               | Childhood Trauma Track                                               | Andrea Clements, MA                | - Define the “Three E’s” of trauma: Event, Experience, and Effect.  
- Analyze environments and activities to determine whether there is a likelihood of traumatization or re-traumatization. |
| 3:20 PM   | Breakout Session #3      | **Group C**                               | Pain Management Track                                               | KariLynn Dowling, PharmD           | - Summarize the depth and quality of evidence for treating pain with opioids.  
- Describe communication strategies that can be used in difficult conversations. |
| 3:10 PM   | Breakout Session #3      | **Group A**                               | Neonatal Abstinence Syndrome Track                                   | Ashlie Harrod, RN, BSN             | - Learn family planning options.  
- Educate community on NAS Prevention and VRLAC. |
| 3:20 PM   | Breakout Session #3      | **Group B**                               | Childhood Trauma Track                                               | Andrea Clements, MA                | - Learn what worked best for real people, real stories. |
| 3:30 PM   | Breakout Session #3      | **Group C**                               | Pain Management Track                                               | Craig Wassinger, PT, PhD Michelle Bouton, L Ac | - Learn alternative treatments to pain. |

4:20 PM - 4:30 PM | Return to Auditorium | Post test/Evaluations |
A Tough Pill to Swallow:  
Addressing the Epidemic of Prescription Drug Abuse

Friday, August 18, 2017  
7:30 AM – 4:45 PM  
Millennium Centre,  
Johnson City, TN

Activity Director  
Jennifer Berven, Director, Northeast Prevention Advisory Council, Johnson City, TN

Target Audience  
Physicians from family medicine, internal medicine, OB/GYN, pediatrics, and emergency medicine, as well as advanced practice nurses, physician assistants, pharmacists, psychologists, medical students, nursing students, and addiction prevention specialists.

Overall Conference Objectives  
As a result of attending this activity, the participant will be able to:

- Increase knowledge surrounding updated chronic pain guidelines, community resources for treatment, standardized Neonatal Abstinence Syndrome (NAS) diagnosing, Adverse Childhood Experiences (ACEs), and proper pain clinic management.
- Increased ability to implement new skills and strategies to create patient plans of care.

Disclosure Information and Potential Conflicts of Interest  
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<table>
<thead>
<tr>
<th>Activity Director</th>
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<td>Jennifer Berven, CPS II</td>
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**Speakers**

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<tr>
<td>Michelle Bouton, L.Ac, Owner and manager of Appalachian Acupuncture, Inc., Diplomat of Acupuncture and Oriental Medicine, National Certification Commission for Acupuncture and Oriental Medicine</td>
<td>None</td>
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<tr>
<td>Andrea D. Clements, PhD, Professor of Psychology and Assistant Chair, East Tennessee State University</td>
<td>None</td>
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<tr>
<td>KariLynn Dowling, PharmD, Community Pharmacy Research Fellow and Clinical Instruction, Bill Gatton College of Pharmacy, East Tennessee State University</td>
<td>None</td>
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<td>Tommy Farmer, BS, Special Agent in Charge, Tennessee Bureau of Investigation, State Director of the Tennessee Dangerous Drugs Task Force</td>
<td>None</td>
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<td>Becky Haas, CPS I, Community Crime Prevention Programs Coordinator and Director of Targeted Community Crime Reduction Project, Johnson City Police Department</td>
<td>None</td>
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<td>Nicholas Hagemeier, PharmD, PhD, Associate Professor, Research Director, ETSU Center for Prescription Drug Abuse Prevention and Treatment and Director of Community Pharmacy Practice Research Fellowship, Bill Gatton College of Pharmacy, East Tennessee State University</td>
<td>None</td>
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<tr>
<td>Patricia Harnois-Church, MSN, MHA, RN, Nursing Instructor, BSN Traditional Program and Continuing Nurse Education Coordinator, College of Nursing, East Tennessee State University</td>
<td>None</td>
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<td>Ashlie Harrod, RN, BSN, Neonatal Abstinence Syndrome Nurse Educator, Sullivan County Health Department</td>
<td>None</td>
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<tr>
<td>Shawn M. Hollinger, MD, FAAP FRCPC, Assistant Professor Neonatology, Department of Pediatrics and Adjunct Professor, Department of OB/GYN</td>
<td>None</td>
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<tr>
<td>Jonathan D. Koeppen, BS, Supervisory Special Agent Federal Drug Enforcement Administration</td>
<td>None</td>
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<tr>
<td>Alice McCaffrey, BA-BS, CPS I, Director, Sullivan County Anti-Drug Coalition</td>
<td>None</td>
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Karen Schetzina, MD, MPH, CLC, Professor, Department of Pediatric, Adjunct Professor Department of Epidemiology and Biostatistics and Director Division of Community Pediatrics Research, East Tennessee State University

Timothy S. Smyth, MD, Addiction Medicine Specialist, Catalyst Health Solutions and Pain Management Specialist, Pain Medicine Associates

Cynthia C. Thomas, DO, MPH, Assistant Health Officer, Preventive Medicine and Public Health, Northeast Tennessee Regional Health Office, Assistant Professor, Department of Pediatrics, East Tennessee State University

Craig A. Wassinger, PT, PhD, Associate Professor, Department of Physical Therapy, East Tennessee State University, Physical Therapist, Physical Therapy Services

Kevin Visconti, MD, Physician, High Risk Obstetrical Consultants

Jack R. Woodside, JR., MD, Professor Office of Academic Affairs, East Tennessee State University Quillen College of Medicine

Planning Committee

Marta Gouge, BS, CHCP, Educational Planner, Office of Continuing Medical Education, East Tennessee State University

Angela Hagaman, MA, LPCA, Program Director, NIDA, R24 Drug Abuse Research Grant (DIDARP), College of Public Health, East Tennessee State University. Therapist, Frontier Health

Alice McCaffrey, BA-BS, CPS I, Director, Sullivan County Anti-Drug Coalition

Jilian Reece, BA, Director Carter County Drug Prevention Coalition

Cynthia C. Thomas, DO, MPH, Assistant Health Officer, Preventive Medicine and Public Health, Northeast Tennessee Regional Health Office, Assistant Professor, Department of Pediatrics, East Tennessee State University

Angie Wills-Dickens, CPS I, Executive Director, A.C. T. I. O. N. Coalition, Inc.
Each of the following speakers and clinical planning committee members have completed a disclosure form indicating that they or members of their immediate family do have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters involved with this activity. All presentations have been peer reviewed, any potential conflicts of interest resolved, and each presentation has been found to be balanced, evidence-based, and free of commercial bias.

### Speaker Disclosure

| Steven J. Baumrucker, MD, FAAFP, FAAHPM, System Medical Director, Hospice and Palliative Medicine, Wellmont Health System; Associate Editor in Chief, The American Journal of Hospice and Palliative Medicine. | Consultant fees from Takeda Pharmaceuticals |

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### Conference Planner

Marta Gouge
Educational Planner
Office of Continuing Medical Education
Quillen College of Medicine
East Tennessee State University
423-439-8074 gougemm@etsu.edu
Accreditation and designation:

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Quillen College of Medicine, East Tennessee State University and the (name of joint provider). The Quillen College of Medicine, East Tennessee State University is accredited by the ACCME to provide continuing medical education for physicians.

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