



NORTHEAST TENNESSEE
prevention
ADVISORY COUNCIL



OFFICE of CONTINUING
MEDICAL EDUCATION
Quillen College of Medicine
EAST TENNESSEE STATE UNIVERSITY

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

7:30 AM – 4:45 PM

Millennium Centre, Johnson City, TN

Friday August 17, 2018

7:30 AM – 7:50 AM

Registration and breakfast

7:50 AM – 8:00 AM

Welcome and Introductions

Learning Objective(s):

As a result of participating in this activity, the attendee will be able to:

8:00 AM – 10:00 AM

Opioid Safe Prescribing and the Tennessee State Guidelines *

- Understand Tennessee and Virginia state guidelines of opioid prescribing.

Tim Smyth, MD
Medical Director, Over Mountain Recovery;
Clinician, Addiction Medicine, Cherokee Indian Hospital;
Adjunct Faculty, East Tennessee State University
College of Public Health

*Meets Tennessee and Virginia Prescribing Practices Credit Requirements

10:00 AM – 10:15 AM

Break

10:15 AM – 12:00 PM

Overview of Treatment Modalities for Opioid Use Disorder and Key Terminologies

Moderator: Angie Hagaman, MA, LPCA

Panel

- Jack Woodside, Jr., MD
- Jason M. Abernathy
- Meagan V. Fisher, MA
- Sam Pettyjohn, MPh
- Laurie Street, MBS, BSN

- Identify opioid related terminology and treatment options.
- Distinguish between best practice and minimum standards as it relates to opioid treatment programs.

12:00 PM – 12:55 PM

Lunch

Breakout Session #1

1:00 PM – 2:00 PM

Group A - Room 120

Prevention and Harm Reduction

Naloxone Training

Sarah T. Melton,
PharmD, BCPP, BCACP

Brianne Dunning, BSN,
RN

- Explain the epidemiology of opioid overdose in Tennessee.
- Describe the naloxone rescue act of Tennessee and associated Good Samaritan protection.
- Incorporate overdose prevention education and naloxone rescue kits into medical

Group B - Room 130

Identifying the Problem

Adverse Childhood Experiences Initiative

Alice McCaffrey, BS, BA

- Implement screening for Adverse Childhood Experiences (ACEs).
- Understand the impact of Adverse Childhood Experiences (ACEs) and trauma on brain development and its implications for future health, behavior, and life potential outcomes.

Group C - Auditorium/137

Alternative Pain Relief Methods

Music Therapy

Erin Aubrey, MM, MT-BC

- Discuss treatment options for pain using music therapy.

Pain Relief Techniques

Paula Dukes

- Demonstrate methods to physically and emotionally release pain.
- Assess where pain originates.

and pharmacy practice by educating patients about overdose risk reduction and furnishing naloxone rescue kits.

2:00 PM – 3:00 PM

Group A - Room 120

Prevention and Harm Reduction

Medication Storage and Disposal

Jennifer Berven, BS, CPS II

- Provide guidance to patients or clients on the safe storage and disposal of medication.

Breakout Session #2

Group B - Room 130

Identifying the Problem

Identifying misuse/abuse

SBIRT

Sharon Davis, DNP, APRN, WHNP-BC

- Implement a brief intervention for substance use based on motivational interviewing techniques.
- Determine the severity of substance use disorders to help guide treatment.

Group C - Auditorium/137

Alternative Pain Relief Methods

Yoga

Rachel Fogg, BA, RYT

Meg Blevins, RYT

- Judge whether a patient may be a candidate for utilizing yoga as a viable alternative to pain medication.

Acupuncture

Stephen Sedita, LAc

- Recognize patients who could benefit from acupuncture treatment.
- Describe an Acupuncture treatment session.

<p>3:00 PM - 3:15 PM</p>	<p>Break</p>	
	<p>Breakout Session #3</p>	
<p>3:15 PM – 4:15 PM</p>		
<p><u>Group A - Room 120</u></p>	<p><u>Group B - Room 130</u></p>	<p><u>Group C - Auditorium/137</u></p>
<p><u>Prevention and Harm Reduction</u></p>	<p><u>Identifying resources</u></p>	<p><u>Alternative Pain Relief Methods</u></p>
<p>Harm Reduction Panel</p>	<p>Crisis Stabilization, Acute Intoxication, and Abuse/Misuse Addiction</p>	<p>Physical Therapy Treatments/Options</p>
<p>Bill Brooks, DPh, MPH</p>	<p>Cicely Alvis, LCSW Frontier Health</p>	<p>Danny Smith, DHSc, PT</p>
<p>Lisa Bynum, BSN, RN</p>		<ul style="list-style-type: none"> • Use physical therapy to treat pain.
<p>Karilyn Dowling, PharmD, MPH</p>		
<p>Deidre Gudger, MBA, LBSW</p>		
<ul style="list-style-type: none"> • Describe HIV/HCV prevalence in TN and Central Appalachia. • Understand syringe access in pharmacy settings. Identify and refer clients to local syringe service programs. 		

Please note*

You must log in to your profile and complete the evaluation within 72 hours from completion of this activity to receive ACCME, ANCC, or ACPE credits. Detailed instructions are found at the end of the packet.

<https://ww2.highmarksce.com/etsu/>



OFFICE of CONTINUING
MEDICAL EDUCATION
Quillen College of Medicine
EAST TENNESSEE STATE UNIVERSITY



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

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	<p>As a result of attending this activity, the participant will be able to:</p> <ul style="list-style-type: none">• 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.• Implement new skills and strategies to create patient plans of care for pain.
Disclosure Information and Potential Conflicts of Interest	East Tennessee State University's Quillen College of Medicine, Office of Continuing Medical Education (OCME) holds the standard that its continuing medical education programs should be free of commercial bias and conflict of interest. It is the policy of the OCME that each presenter and planning committee member of any CME activity must disclose any significant financial interest/arrangement or affiliation with corporate organizations whose products or services are being discussed in a presentation. All commercial support of an educational activity must also be disclosed to the conference attendees.

Participants with No Potential Conflicts of Interest

Each of the following individuals in a position to influence the content of this activity have completed a disclosure form indicating that neither they nor members of their immediate family 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 of this activity:

Activity Director

Jennifer Berven, CPS II

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

Patricia Harnois- Church, MSN, MHA, RN, Nursing Instructor, BSN Traditional Program and Continuing Nurse Education Coordinator, College of Nursing, East Tennessee State University

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

Jilian Reece, BA, Director Carter County Drug Prevention Coalition

Christy Smith, Executive Director, A.C. T. I. O. N. Coalition, Inc.

Cynthia C. Thomas, DO, MPH, Assistant Health Officer, Preventive Medicine and Public Health, Northeast Tennessee Regional Health Office,

Speakers/Presenters

Jason Abernathy,
Insight Alliance, Lifeline Peer Project Coordinator

Cicely Alvis, LCSW
Division Director,
Frontier Health Specialty Services

Erin Aubrey Batkiewicz, MT
Music Therapist, JourneyPure

Jennifer Berven, CPS II
Director, Insight Alliance

Meg Blevins, RYT
Mountain Yoga Instructor and Trainer

Bill Brooks, DPh, MPh
Professor, College of Public Health, East Tennessee State University

Lisa Bynum, BSN, RN
Executive Director, Center of Excellence, East Tennessee State
University

Sharon Davis, DNP, APRN, WHNP-BC
Clinical Assistant professor, University of Tennessee, Knoxville, College
of Nursing

Paula Dukes
President, The Salt Mind Experience Inc.

Brianne Dunning, BSN, RN
Regional Overdose Prevention Specialist,
Sullivan County Anti-Drug Coalition

Karilyn Dowling, PharmD, MPh
Community Pharmacy Research Fellow and Clinical Instruction, Bill
Gatton College of Pharmacy, East Tennessee State University

Meagan V. Fisher, MA
Site Director, Frontier Health

Rachel Fogg, BA, RYT
Veterans Outreach Coordinator, East Tennessee State University

Deidre Gudger, MBA, LBSW
Director of Prevention and Outreach, East Tennessee State University

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

Sarah T. Melton, PharmD, BCPP, BCACP
Professor of Pharmacy Practice, Gatton College of Pharmacy, East
Tennessee State University

Samuel Pettyjohn, MPh, Doctor of Public Health Candidate, Center for
Prescription Drug Abuse and Treatment, East Tennessee State
University

Stephen Sedita, LAc
Acupuncturist, Appalachian Acupuncture

Danny Smith, DHSc, DPT
President and Founder, Physical Therapy Services/ Center for Athletic
Medicine

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

Laurie Street, MBA, BSN
Executive Director, Overmountain Recovery

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

**Commercial
Support
Disclosure**

It is the policy of the Office of Continuing Medical Education at Quillen College of
Medicine, East Tennessee State University to disclose all commercial supporters of this
educational activity from which educational grants were received. This activity has
received NO commercial support via educational grants.

Handouts

Presentations will be posted online for viewing and download if the author has granted
permission. Presentations can be found at:
https://drive.google.com/open?id=12T9mEAN4LOW-uMwyBk_q5m5Y1n2d0oOZ
Or you may go to the etsu.edu/com/cme.

Presentations not provided to the OCME prior to the conference will be posted at the
same web address within two weeks of the activity and can be downloaded or viewed
online.

**Transcripts/
Certificates of
CME Credit**

You may print your certificate or transcript online from our website at after your
evaluation has been complete. Evaluations are made available during the last session
of the day and must be completed within **72 hours** to receive credit.
<https://ww2.highmarksce.com/etsu/index.cfm?>

**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 Northeast Tennessee Prevention Advisory Council. The Quillen College of Medicine, East Tennessee State University is accredited by the ACCME to provide continuing medical education for physicians.



CME Credit: Quillen College of Medicine, East Tennessee State University designates this live activity for a maximum of 7.0 **AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.



CNE Credit: Up to a total of 7.25 continuing nursing education hours have been approved for this conference with 2.50 CNE designated as pharmacology contact hours. East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

East Tennessee State University College of Nursing implements a \$15 certificate fee per conference. This fee covers the following: cost for being a provider of nursing contact hours, supplies, and nursing coordinator's time for completing necessary paperwork for each conference. If you would like to claim nursing contact hours, please contact etsucne@etsu.edu.



Tennessee Pharmacists Consortium for Education is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This seminar will provide up to 7.0 hours of continuing education credits to pharmacists who attend the sessions and complete the online activities (activity evaluations and post-tests) required to claim credit. UAN: 0575-0000-17-068-L04-P.

Remember to log in and claim your credit for attending!
You have 72 hours from the end of the conference to complete the credit claiming process.

QUILLEN COLLEGE of MEDICINE
EAST TENNESSEE STATE UNIVERSITY

Welcome Registration Courses Enduring Material

Elizabeth Wolf My Account **My Credits** My Applications My Activity Center Applications to Review My Required Forms Sign Off

1

My Credits

This page displays your credits awarded by session. To claim credit for additional sessions, please use the option below to list sessions by activity.

Claim Credit

-- Select Activity --

List Sessions By Activity

Search Sessions Print Transcript Email Transcript My External Certificates My Online Courses My Assessments

Session	Time	Hours	Action
Multi-Disciplinary Thoracic Conference	Fri, 4/27 7:00-8:00	1.00	Remove Credit Edit Session Evaluation
Total Credits:		1.00	Print Activity Transcript Email Activity Transcript

2

Pending Credits

Below are the list of sessions for which require the evaluation or post test to be completed/passed before credit is awarded. Please use the options below to complete or retake the evaluation or post test.

Session	Time	Pending Hours	Action
Tennessee Department of Health: New Issues, Data, and Laws in the Opioid Epidemic- Johnson City	Thu, 5/3 5:00- 9:00	3.00	Remove Credit Complete Evaluation

3

1. Log in to your HighMarks account at ww2.highmarksce.com/etsu.
2. Click **'My Credits'** and Locate *Tough Pill to Swallow* in the **'Pending Credits'** section.
3. Click **'Complete Evaluation'** – this will take you through the completion of the course evaluation and post-test.
4. You are finished! The hours will show up under hours instead of pending once the process is complete.

