

MIDWEST PAIN SOCIETY

49TH SCIENTIFIC MEETING
OCTOBER 24–25, 2025
PRENTICE WOMEN'S HOSPITAL
NORTHWESTERN MEDICINE
CHICAGO, ILLINOIS



ADVANCEMENTS IN CHRONIC PAIN TREATMENT

Bridging Technology & Holistic Care

CONFERENCE OBJECTIVES

- 1 Enhance Emotional Resilience and Empathy in Chronic Pain Care:** Participants will explore strategies to sustain passion and purpose in chronic pain management by integrating techniques such as navigating grief and loss, leveraging humor as a survival tool, and cultivating compassionate, empathy-driven clinical strategies to foster resilience and maintain meaningful patient connections in challenging clinical environments.
- 2 Integrate Advanced Interventional and Behavioral Techniques for Comprehensive Pain Management:** Attendees will evaluate and apply cutting-edge interventional approaches, including spinal cord stimulation, peripheral nerve and multifidus stimulation, and nerve regeneration advancements, alongside behavioral strategies like mindfulness-based stress reduction for pain and PTSD, to optimize patient outcomes in chronic pain care.
- 3 Strengthen Communication and Patient-Centered Care in Evolving Treatment Landscapes:** Participants will develop skills to improve provider-patient communication through insights from a patient panel and effective communication of new medication options like FDA-approved Suzetrigine, while fostering workforce resilience to ensure sustainable, patient-focused care delivery in chronic pain management.

WHO SHOULD ATTEND

All health care professionals involved in assessment, treatment, and/or research in the area of pain, including those working in alternative /complementary disciplines. Primary care professionals are strongly encouraged to attend, as pain is one of the most common reasons patients seek medical attention.

PROGRAM HIGHLIGHTS

- ◆ The latest information on today's most important pain care topics
- ◆ Sessions for both clinicians and researchers
- ◆ Interdisciplinary faculty and panel discussions
- ◆ Opportunities for networking and collaboration
- ◆ Poster presentations
- ◆ Continuing Education credit available to physicians, pharmacists, nurses, social workers, physical therapists, and psychologists
- ◆ Problem Based Learning Discussions

SERVING YOU AND OUR REGION

The Midwest Pain Society is devoted to advancing pain-related research, education, treatment, and professional practice in the Midwestern States of: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. Physicians, psychologists, nurses, pharmacists, physical therapists, social workers, and any other health professionals interested in pain care are welcome.

MPS CONFERENCE SCHEDULE

Friday

October 24, 2025

8:00 am

Registration and breakfast

8:45 am

President's Welcome – Dalia Elmofty, MPS President

SESSION ONE

COMPASSIONATE PAIN MANAGEMENT

Moderator: Rebecca Fleming, BS

9:00 am

Compassion & Pain Management: The Heart of Healing

Leelach Rothschild, MD

9:45 am

Debra Gordon Award: Sustaining Workforce Resilience in Challenging Clinical Environments

Leigh Flegge-Schlie, DNP-S, FNP-S, BSN, RN

10:30 am

Break/Exhibits/Posters

SESSION TWO

NOVEL THERAPIES – MEDICATION AND MINDFULNESS

Moderator: Sarah Rasmussen, DNP

10:45 am

Communicating New Medication Options in Chronic Pain Management: FDA-Approved Suzetrigine

Jessica Geiger, PharmD, MS, BCPS

11:30 am

Applying Mindfulness-Based Stress Reduction for Comorbid Pain and PTSD

David Cosio, PhD, ABPP

12:15 pm

Lunch

12:30 pm

PBLDs (registration required)

PROBLEM BASED LEARNING DISCUSSIONS

October 24, 2025

12:30 pm to 1:30 pm

1. Perioperative Management of Buprenorphine, Heejung Choi, MD
2. Recognizing sensory processing impairment in patients with persistent pain, Devra Sheldon, PT

\$45

SESSION THREE

ADVANCES IN INTERVENTIONAL PAIN MANAGEMENT

Moderator: Bhuvana Sandeep, MD

1:30 pm

Advances in Spinal Cord Stimulation and Waveforms

Tolga Suvar, MD

2:15 pm

Peripheral Nerve Stimulation and Multifidus Stimulation

Joshua Pan, MD

3:00 pm

Break/Exhibits/Posters

3:15 pm

Vendors and Poster Session

SESSION FOUR

LEVERAGING HUMOR AS A HEALTHCARE SURVIVAL TOOL

Moderator: Matthew Moynihan, DO

4:15 pm

Leveraging Humor as a Healthcare Survival Tool

Justin Drogos, PT

5:00 pm

Networking/Social hour

6:00 pm

Dismissal

Saturday

October 25, 2025

8:00 am

Business meeting and breakfast

SESSION FIVE

THE PATHWAY OF PAIN AND THE PATIENT EXPERIENCE

Moderator: Sara Gehrig, ThD

9:00 am

**Dr. Richard Blonsky Award: Long-term Opioid Therapy for Chronic Pain—
Care, Consequences & Conundrums**

Gary Brenner, MD, PhD

9:45 am

Navigating Grief and Loss in Chronic Pain Care

Rachel Zentner, LPC

10:30 am

Break/Posters

10:45 am

**Beyond Words: Strengthening Provider/Patient Communication to
Address Chronic Pain Concerns**

Patient panel: Bob Wold and Kelly Rice

11:30 am

Wrap Up

12:00 pm

Dismissal

SCIENTIFIC PLANNING COMMITTEE

Amean Amra, DO, Adjunct Clinical Assistant Professor of Orthopaedic Surgery, Indiana University, Indianapolis, IN

Aneta Capraru, AGACNP-BC, BSN, RN, Swedish Hospital/Endeavor Health System, Chicago IL

Oscar Coppes, MD, Assistant Professor, Department of Anesthesia, Pain Medicine, Medical College of Wisconsin, Milwaukee, WI

Alyson Engle, MD, Assistant Professor of Pain Medicine, Department of Anesthesiology, Northwestern University, Chicago, IL

Lindsay G. Flegge, MSW, PhD, HSPP, SPC Co-Chair, Assistant Professor of Clinical Psychiatry, Indiana University School of Medicine, Indianapolis, IN

Rebecca Fleming, BS in Business Administration, U.S. Pain Foundation, Patient Panelist, Chicago, IL

Ann Marie Flores, PT, MSPT, MA, PhD, Certified Lymphedema Therapist, Associate Professor, Director of Cancer Rehabilitation, Cancer Survivorship Institute, Robert H. Lurie, Comprehensive Cancer Center of Northwestern University; Department of Physical Therapy and Human Movement Sciences, Department of Medical Social Sciences, Feinberg School of Medicine, Northwestern University, Chicago, IL

Kellie Gates, MD, Anesthesiologist and Interventional Pain Management Physician, Illinois Bone and Joint Institute, Glenview, IL

Sara Gehrig, ThD, Assistant to the Director of Mental Health and Support, U.S. Pain Foundation, Patient Panelist, Bloomer, WI

Zahra Khudeira, PharmD, MA, BCPS, CPPS, PMP, Pharmacist, Mount Sinai Hospital, Chicago, IL

Matthew Moynihan, DO, SPC Co-Chair, Assistant Clinical Professor, of Anesthesia and Pain Medicine, University of Illinois, at Chicago, Chicago, IL

Sarah Rasmussen, MSN, RN, Nurse Associate, The University of Chicago Medicine, Chicago, IL

Bhuvana Sandeep, MD, Assistant Professor, Department of Anesthesiology and Critical care medicine University of Chicago Medical Center, Chicago, IL

Veronica Zador, BSc., CIAYT, RYT500, SPC Co-Chair, Program Director, International Institute of Yoga Therapy, Detroit, MI



MPS FACULTY

Gary Brenner, MD, PhD, Director, Pain Medicine Fellowship, Massachusetts General Hospital, Associate Professor, Harvard Medical School, Boston, MA

Heejung Choi, MD, Assistant Professor, Program Director of Pain Fellowship, Department of Anesthesiology, Northwestern University, Feinberg School of Medicine, Chicago, IL

David Cosio, PhD, ABPP, Clinical Psychologist, Interdisciplinary Pain Program, Jesse Brown VA Medical Center, Chicago, IL

Justin M Drogos, PT, DPT, Assistant Professor, Physical Therapy and Human Movement Science, Physical Medicine and Rehabilitation, Chicago, IL

Leigh Flegge-Schlie, DNP, APRN, FNP-BC, Hematology Oncology of Indiana, Indianapolis, IN

Jessica Geiger, PharmD, MS, BCPS, Facility PMOP Coordinator, VA Illiana Health System, Danville, IL

Joshua Pan, MD, Assistant Professor of Anesthesia and Critical Care, University of Chicago, Chicago, IL

Leelach Rothschild, MD, Associate Professor, Department of Anesthesiology, University of Illinois at Chicago, Chicago, IL

Devra Sheldon, PT, DPT, Board Certified in Neurologic Physical Therapy, Schwab Rehabilitation Hospital, Chicago, IL

Tolga Suvar, MD, Assistant Professor of Anesthesiology, Rush Medical College, Chicago, IL

Rachel Zentner, LPC, MSE, Director of Mental Health and Support, U.S. Pain Foundation, Wausau, WI



CONFERENCE VENUE

Northwestern Medicine Prentice Women's Hospital, at 250 East Superior Street in Chicago, is the site of the 49th Scientific Meeting of the Midwest Pain Society. This stunning facility has become a model for health care center design, with hundreds of tour groups visiting annually.

All conference facilities are fully accessible for those with disabilities.

Only blocks away, Chicago's Magnificent Mile and the Lake Michigan shoreline are home to magnificent museums, breathtaking architecture, world-class dining opportunities, professional sporting events, and superb shopping, plus over 100 theaters and performing venues. Join us for an exciting visit, both during and after the conference!

HOTEL ACCOMODATIONS

Several hotels are in the vicinity of Northwestern Hospital. The following are some recommendations: Hyatt Centric Chicago Magnificent Mile, Ivy Hotel, Aloft Chicago Mag Mile, and Hotel EMC2 Autograph Collection.

POSTER PRESENTATIONS

We are accepting poster abstracts for presentation at the annual meeting. Posters will be displayed for viewing during lunch and breaks on October 24. Abstracts are due by **August 15, 2025**.

Check the MPS website for details and online submission.

LECTURE MATERIALS

In place of printed handouts. Lecture materials and slides will be available for download and printout at midwestpainsociety.org prior to the meeting.

CANCELLATION POLICY

Cancellations before **September 26, 2025** will be accepted, minus a \$30 processing fee. No refunds will be given after October 10, 2025. Email us at midwestpainsociety.org if you need to cancel.

PROGRAM CHANGES

The Midwest Pain Society (MPS) reserves the right to substitute faculty or to cancel or reschedule courses due to low enrollment or other unforeseen circumstances. If MPS must cancel, registrants will receive full credit and refunds of their paid registration fees. MPS will make no refunds for lodging, airfare, or other expenses related to the meeting.

DEDUCTIBILITY OF EXPENSES

Please consult your tax advisor for information regarding the deductibility of registration and/or membership fees.

DISCLAIMER

The material presented in this meeting represents the opinions of the speakers and not necessarily the views of the Midwest Pain Society.

FIND US ON THE WEB

For meeting information and newsletters, please visit midwestpainsociety.org

JOINT PROVIDERSHIP STATEMENT

In support of improving patient care, this activity has been planned and implemented by RUSH University Medical Center and Midwest Pain Society. RUSH University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

CREDIT DESIGNATION STATEMENTS

For Medicine:

RUSH University Medical Center designates this live activity for a maximum of **9 AMA PRA Category 1 Credit(s)™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

For Nursing:

RUSH University Medical Center designates this live activity for a maximum of **9** nursing contact hour(s).

For Pharmacy:

RUSH University Medical Center designates this knowledge-based activity for a maximum of **9** credits contact hour(s) for pharmacists.

For Psychologists:

RUSH University Medical Center designates this live activity for **9** CE credits in psychology. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

For Social Work:

As a Jointly Accredited Organization, RUSH University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive **9** general continuing education credits.

ONLINE REGISTRATION ONLY

Visit **midwestpainsociety.org** and click on the **“Register Here!”** on the home page located under the MPS 49th Scientific Session.



MEMBERSHIP DUES

MPS Doctoral Member*	\$100
MPS Other Member	\$75
Resident/Fellow	\$25
Student	FREE
Approved Legacy Member (Over Age 65)	FREE



**Early Registration
ends Sept. 24, 2025**

REGISTRATION FEES	MEMBER	NON-MEMBER
DOCTORAL LEVEL		
Early Registration	\$375	\$475
Late Registration	\$450	\$550
OTHER HEALTH CARE PROFESSIONAL		
Early Registration	\$225	\$325
Late Registration	\$300	\$400
STUDENT / RESIDENT / FELLOW		
Early Registration	\$115	\$150
Late Registration	\$150	\$200

** Doctoral level fees apply to: physicians, dentists, chiropractors, and psychologists.*

For any questions, please email us at
info@midwestpainsociety.org

m p s.

Midwest Pain Society

Education • Advocacy • Research

