

## 22<sup>nd</sup> Annual Scientific Meeting

### IPPS PRE-CONFERENCE SESSION

Clinical Foundations: An Integrated Approach to the Evaluation and Treatment of Chronic Pelvic Pain

*Optional Session – requires separate registration*

Thursday, October 17, 2019

06:30AM-5:30PM	Registration/Information Desk Open
06:30-7:30 AM	Continental Breakfast
07:30-07:50 AM	Program Introduction - Welcome <i>Speakers: Jorge Carrillo, MD; Alexandra Milspaw PhD</i>
07:50-08:35 AM	Pain Pathophysiology Unraveled <i>Speaker: Janelle Moulder, MD</i>
08:35-09:20 AM	Gynecology – Dysmenorrhea, Dyspareunia, Vulvodynia <i>Speaker: Kathy Witzeman, MD</i>
09:20-09:35 AM	Break
09:35-10:05 AM	Urology <i>Speaker: Kathy Witzeman, MD</i>
10:05-10:35 AM	Gastrointestinal <i>Speaker: Janelle Moulder, MD</i>
10:35-11:00 AM	Psychosocial Assessment <i>Speaker: Alexandra Milspaw, PhD</i>
11:00-11:10 AM	Break
11:10-12:15 PM	Neuro-Musculoskeletal Foundations Neuro-Musculoskeletal Physiotherapy and Physical Medicine Treatment Approaches <i>Speakers: Meryl Alappattu, DPT; Karen Brandon, DPT, Allyson Shrikhande, MD</i>
12:15-01:15 PM	Lunch “The A Team” – Building an Interdisciplinary Team - Faculty at each table ( <i>for all attendees and 7 faculty</i> )
01:15-01:55 PM	Physical Exam Simplified <i>Speaker: Karen Brandon, DPT</i>
01:55-02:30 PM	Pain Pharmacology 101: Clinical Applications <i>Speaker: Jorge Carrillo, MD</i>
02:30 – 02:35 PM	Break
02:35-03:40 PM	Behavioral Approaches in Chronic Pain <i>Speaker: Alexandra Milspaw, PhD</i>
03:40-03:50	Break
Interactive Session: 12 tables with 2 moderators each	
03:50-04:35 PM	1 <sup>st</sup> CASE <i>Moderator Jorge Carrillo, MD</i>
04:35-05:20 PM	2 <sup>nd</sup> CASE <i>Moderator Jorge Carrillo, MD</i>
05:20-05:30 PM	Q&A
05:30 PM	Adjourn
3:00 PM-5 PM	POSTER SET UP OPENS
6:00-8:0 PM	WELCOME RECEPTION
7:00-9:30 PM	BOARD OF DIRECTOR'S MEETING (with dinner)

**MAIN CONFERENCE SESSION**  
**Innovation in Pelvic Pain Therapeutics**  
**Friday, October 18, 2019**

6:00 AM – 7:00 AM	<b>Morning Yoga: Using Mindfulness, Breath, and Gentle Movement for Pain Management (Optional Event)</b>
6:00 AM - 5:00 PM	<b>Registration/Information Desk Open</b> <i>Location: TBA</i>
6:00 AM – 7:30 AM	<b>Continental Breakfast in Poster and Exhibit Hall</b>
7:00 AM - 8:00 PM	<b>Exhibit and Poster Hall Open</b>
	<b>Plenary Session</b>
7:30 AM - 8:00 AM	<b>Welcome and Announcements- Erin Carey / 5 min</b> <b>Presidential Address- Colleen Fitzgerald/ 20 min</b>
8:00 AM - 8:50 AM	<b>KEYNOTE LECTURE: Paul Perry</b> Topic: Related to Endometriosis Speaker: <b>Andrew Horne MB ChB, PhD, FRCOG, FRCP Edin, University of Edinburgh</b> Biography: Professor Horne is an expert in Endometriosis and the co-author of “Endometriosis: the expert’s guide to treat, manage and live well with your symptoms.”
8:50 AM - 9:00 AM	<b>Q&amp;A</b>
	<b>CLUSTER 1 –GENERAL MECHANISMS OF PAIN</b>
9:00 AM - 9:10 AM	<i>Moderator: Jason Kutch, PhD (to be confirmed)</i>
9:10 AM – 9:35 AM	Early trauma and its effect on vaginal pain modeling Speaker: Julie A. Christianson, PhD University of Kansas
9:35 AM - 10:00 AM	Sex and gender differences in pain perception and treatment Speaker: Andrea Nicol, MD University of Kansas
10:00 AM - 10:25 AM	Pain biology/ focus on the study of the efficacy of pain therapeutics in clinical trials Speaker: John Farrar, MD PhD U Penn
10:25 AM - 10:40 AM	<b>Abstract Presenter</b> Speaker: TBA
10:40AM - 10:50 AM	<b>Q&amp;A</b>
10:50AM -11:05 AM	<b>Break</b>
	<b>CLUSTER 2 – VISCERAL PAIN SYNDROMES</b>
	<i>Moderator: Mario Castellanos, MD</i>
11:05 AM-11:30 AM	Functional nutrition for pain: the science of how the gut and the mind interact Speaker: Jessica Drummond, PT
11:30 AM – 11:55 AM	Breakthroughs from the MAPP project Speaker: Henry Lai, MD
11:55 AM - 12: 10 PM	<b>Abstract Presenter</b> Speaker: TBA
12:10 PM- 12:20 PM	<b>Q&amp;A</b>
12:20 PM - 1:30 PM	<b>INDUSTRY SPONSORED LUNCHEON</b>
	<b>CLUSTER 3 – ENDOMETRIOSIS/DYSMENORRHEA CanSAGE</b>
1:30 PM - 1:45 PM	<i>Moderator: Catherine Allaire, MD, FRCSC</i>
1:45 PM - 2:10 PM	Pain from Endometriosis and adenomyosis Speaker: Sony Singh, BSc, MD, FRCSC, FACOG
2:10 PM – 2:35 PM	Adolescent dysmenorrhea Speaker: Lisa Allen MD FRCSC



2:35 PM – 3:00 PM	Pain in the transgender population Speaker: Helena Frecker MD FRCSC
3:00 PM - 3:15 PM	<b>Abstract Presenter</b> Speaker: TBA
3:15 PM – 3:30 PM	<b>Q&amp;A</b>
3:30 PM - 3:55 PM	<b>Break &amp; Poster Viewing Session</b>
	<b>CLUSTER 4 – MUSKULOSKELETAL</b>
3:55 PM – 4:10 PM	<i>Moderator: Amy Stein, DPT, BCB-PMD, IF</i>
4:10 PM – 4:35 PM	Evaluation and monitoring of pelvic floor dysfunction: Intersection between technology and physical exam Speaker: Linda McLean, PhD
4:35 PM – 5:00 PM	Predictors of Pelvic Floor Muscle Dysfunction among women with Lumbopelvic Pain Speaker: Carolyn Vandyken, PT
5:00 PM – 5:15 PM	<b>Abstract Presenter</b> Speaker: TBA
5:15 PM – 5:30 PM	<b>Q&amp;A</b>
5:30 PM – 5:40 PM	<b>Awards-</b> TBA
5:40 PM – 6:30 PM	<b>IPPS Annual Business Meeting- Lamvu</b>
7:30 PM – 10:30 PM	<b>Fundraising Event</b>

## Saturday, October 19, 2019

6:00 AM – 7:00 AM	<b>Morning Yoga: Using Mindfulness, Breath, and Gentle Movement for Pain Management (Optional Event)</b>
7:00 AM - 5:00 PM	<b>Registration/Information Desk Open</b> <i>Location: Grand Registration</i>
7:00 AM - 8:00 AM	<b>Continental Breakfast in Exhibit Hall</b>
7:00 AM – 3:30 PM	<b>Exhibit and Poster Hall Open</b>
7:50 AM - 8:00 AM	<b>Welcome and Announcements</b> <b>Erin Carey</b>
8:00 AM - 8:50 AM	<b>KEYNOTE LECTURE: James E. Carter</b> Title: Related to endometriosis (TBA) Speaker: <b>Catherine Allaire, MD, FRCSC</b> Biography: Dr. Allaire is a Clinical Professor at the University of British Columbia who specializes in pelvic pain and endometriosis. Her research focuses on the impact of endometriosis related pain.
8:50 AM - 9:05 AM	<b>Q&amp;A</b>
9:05 AM - 9:35 AM	<b>Break &amp; Poster Viewing Session</b>
	<b>CLUSTER 4 – NOVEL TREATMENTS IN CPP</b>
9:35 AM – 9:45 AM	<i>Moderator: Chip Butrick, MD</i>
9:45 AM – 10:10 AM	The basic science of photobiomodulation Speaker: Juanita Anders MD, PhD
10:10 AM - 10:35 AM	Photobiomodulation: the clinical evidence concerning efficacy for pain and inflammation Speaker: Brian Pryor, PhD
10:35 AM – 11:00 AM	Neuropelveology and pelvic pain Speaker: Nucelio Lemos, MD
11:00 AM - 11:25 AM	Acupuncture in CPP Speaker :Vitaly Napadow, PhD, LicAc
11:25 AM - 11: 45AM	<b>Q&amp;A</b>
11:45 AM – 1:30 PM	<b>Roundtable Luncheon with Experts Or Lunch On Own</b>
	<b>CLUSTER 5 – VULVAR/VAGINAL PAIN SYNDROMES</b>
1:30 PM – 1:40 PM	<i>Moderator: Amy Benjamin, MD</i>



1:40 PM – 2:05 PM	Etiology of vaginismus Speaker: Elkie Reissing, PhD
2:05 PM - 2:25 PM	Quest for the Perfect Vagina Speaker: Cheryl Iglesia, MD
2:25 PM - 2:35 PM	<b>Abstract Presenter: TBA</b>
2:35 PM - 2:50 PM	<b>Q&amp;A</b>
2:50 PM - 3:20 PM	<b>Break &amp; Poster Viewing Session</b>
	<b>CLUSTER 6 – SEXUAL DYSFUNCTION/PYCHOSOCIAL PAIN M</b>
3:20 PM – 3:30 PM	<i>Moderator: Sara Till, MD</i>
3:30 PM – 3:55 PM	Psychosocial correlates and suicidal ideology of CPP Speaker: Dean Tripp, PhD
3:55 PM – 4:35 PM	Sexual health and sexual pain across cultures Speaker:
4:35 PM – 4:45 PM	<b>Abstract Presenter: TBA</b>
4:45 PM – 5:00 PM	<b>Q&amp;A</b>
5:00 PM	<b>Adjourn Meeting - Lamvu</b>

<p><b>IPPS POST-CONFERENCE</b></p> <p><b>Building Resilience: From Science to Clinical Practice</b></p> <p><i>Optional Session – requires separate registration</i></p> <p><b>Sunday, October 20, 2019</b></p>	
07:00 AM - 08:00 AM	<b>Continental Breakfast</b>
07:00 AM - 04:30 PM	<b>Registration/Information Desk Open</b> <i>Location:</i>
Speakers:	<b>Carolyn Vandyken, BHSc, PT, Cred MDT, CCMA</b> <b>Alison Sim, BSc (clip sci) MHSc (osteo) MSc Med (pain management)</b>
Description: 8:00-3:00 PM (Lunch from 12:00-1:00 PM)	<p>Catastrophization and self-efficacy are important temporal characteristics of persistent pain. Self-efficacy is a person's belief in his or her ability to succeed in a particular situation. Self-efficacy is considered one of the strongest predictors of treatment engagement and health status; it is strongly correlated with lower levels of pain intensity, decreased tender points and depressive symptoms. When utilizing an evidence-based approach, it is necessary to identify people who present with lower self-efficacy before prescribing therapeutic interventions. Learn how to measure self-efficacy and to utilize exercise strategies that build self-efficacy with your clients, putting the "body" back into your treatment paradigm. Further, learn effective communication styles which can positively affect your patient's behaviour, putting "psychology" back into your treatment paradigm.</p> <p>This course is designed for all health care professionals to build their client's ability to restore function in all realms, physically, psychologically and socially.</p> <p>During this course, participants will acquire the knowledge to:</p> <ol style="list-style-type: none"> <li>1. Understand the science underpinning self-efficacy as an important temporal characteristic of persistent pain</li> <li>2. Measure self-efficacy with your clients</li> <li>3. Understand the "why" behind the "what" when prescribing the most important exercises for your patients, even if you are a mental health practitioner</li> </ol>

4. Explore the value of high-quality communication when building self-efficacy
5. Acknowledge the barriers in different communication approaches
6. Review safety procedures for suicidality and self-harm expression when helplessness, instead of strong self-efficacy, exists in your clients
7. Utilize specific skills within Motivational Interviewing (MI) and Acceptance and Commitment Therapy (ACT) that enhance self-efficacy
8. Review how to define "success" with your clients utilizing a client-centered approach
9. Practice integrating some of these communication strategies within a workshop environment to enhance successful integration of these skills into your clinical practice

**Schedule:**

8:00 am – 9:00 am: **The Science:** Communication Science, Barriers to Communication and Managing Suicidal Ideation

9:00 am – 9:45 am: **The Science:** Self-Efficacy; Measuring Self-Efficacy in your clients; Using Self-Efficacy measures to guide your therapeutic interventions including manual therapy

9:45 am- 10:00 am: Coffee Break

10:00 am- 10:45 am: **The Science:** Motivational Interviewing lecture

10:45 am- 11:30 am: **The Clinical Workshop:** Reflective Listening, Open and Closed Questions, "Good" vs. "Bad" Conversations

11:30 am- 12:00 pm: Lunch

12:00 pm- 12:45 pm: **The Science:** Acceptance and Commitment Therapy

12:45 pm- 1:15 pm: **The Clinical Workshop:** "Search for The Values" Role Play

1:15 pm- 2:00 pm: **The Science:** Using Pain Education to Address Catastrophization and Low Self-Efficacy

2:00 pm- 3:00 pm: **The Clinical Workshop:** Using physical exercise to build self-efficacy; Teaching the "why" behind the "what"; Using novel movements to increase self-efficacy and patient success