



To: PCPs
From: IEHP – Provider Relations
Date: September 18, 2018
Subject: **Primary Care Pain Management Fellowship**

IEHP has partnered with the UC Davis Health Program to fund the tuition and travel expenses for **ten** interested Providers for the Train New Trainers Primary Care Pain Management (TNT PCPM) Fellowship facilitated by UC Davis Center for Advancing Pain Relief. The fellowship is a multi-disciplinary, evidence-based education program created to support primary care clinicians and trainees who seek advanced training in the safe and effective management and treatment of chronic pain.

The program begins **this Saturday, September 22, 2018**; please apply as soon as possible. If you are interested, submit the application directly to UC Davis at the link below.

Fellowship information:

<http://www.ucdmc.ucdavis.edu/advancingpainrelief/Projects/TrainNewTrainers.html>

Application for fellowship:

https://ucdavis.co1.qualtrics.com/jfe/form/SV_380bmdf8WsHHSmx

Pending acceptance by IEHP and UC Davis, the sponsorship will include:

- Fellowship tuition cost (\$15,000) paid to UC Davis on behalf of Provider; and
- Travel stipend (\$3,400) paid to Provider through the Letter of Agreement (LOA).

If you have any questions regarding the LOA, funding, and other IEHP requirements associated with the conference or fellowship, please do not hesitate to contact:

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County Programs Expert Liaison
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As a reminder, all communications sent by IEHP can also be found on our Provider portal at the following address: <https://ww3.iehp.org/en/providers/correspondence/>.

Program Overview

Train the Trainers: Primary Care Pain Management Fellowship

A UC DAVIS HEALTH PROGRAM

Expanding and Optimizing the Chronic Pain Management Workforce

Background

In the midst of a public health crisis of prescription drug abuse and inappropriate pain management, it is estimated that more than 100 million Americans suffer from chronic pain, at a cost of more than \$600 billion per year. Pain is the most common reason a patient seeks health care, yet it has not been widely incorporated into health education. Prescription drug abuse associated with chronic pain continues to mount and there is an increasing expectation that primary care clinicians are competent to diagnose and treat pain. A cause for concern is that primary care providers were never adequately trained to recognize, manage and treat chronic complex pain.

Description

The UC Davis Train the Trainers: Primary Care Pain Management Fellowship is a 10-month multidisciplinary, evidence-based educational program to support primary care clinicians and trainees (e.g. internal medicine, family medicine, physician assistant, nurse practitioner, pharmacy) who seek advanced training in the safe and effective management and treatment of chronic pain. The fellowship curriculum targets the most frequently encountered issues in primary care pain management with a significant *emphasis on addressing the epidemic of prescription drug abuse and responsible opioid prescribing*. The overarching goal of the fellowship is for individuals to gain knowledge and skills with which they can help educate their colleagues on the primary care front line and raise the standard of safe and effective pain management across their primary care community, networks, and region.

Expert Guidance

Leaders from Pain Medicine, Psychiatry, Internal Medicine, Physical Therapy, Pharmacy, and other departments will serve as faculty members and mentors.

Fellowship Core Training

The fellowship provides over 40 continuing education hours of training during non-work hours (i.e. lunch hour and early evening). Fellows who complete the program will receive a certificate of completion from the UC Davis Center for Advancing Pain Relief. Core components of the fellowship include:

1. Two intensive weekend learning sessions in Sacramento (minimum 24 CME hours)
2. Bi-monthly, live, case-based videoconference sessions with a focus on integrated primary care pain management (minimum 20 CME hours)
3. Individualized monthly mentoring with a fellowship faculty member (10 non-CME hours)
4. Monthly office hours on selected topics in primary care pain management

Fees

Tuition for the program is \$15,000. Please email hs-capr@ucdavis.edu with any questions.



"The Train the Trainers: Primary Care Pain Management Fellowship tackles issues impacting public health and safety, and the economic viability of care that supports healthy people rather than care that reacts to illness."

DAVID COPENHAVER, MD, MPH

Director, Train the Trainers: Primary Care Pain Management Fellowship

Benefits of participation

- *Up-to-date, evidence-based training from a multi-disciplinary team of experts on all aspects of primary care pain management.*
- *No cost AMA CME credits provided.*
- *Opportunity to share de-identified cases with the pain medicine faculty for discussion and real-time feedback.*
- *Opportunity for one-on-one mentoring and individualized learning with fellowship faculty mentor.*
- *Access to a participant-only website with fellowship presentations and recordings and other resources.*
- *Optional Medication Assisted Treatment (MAT) Waiver Training to qualify to prescribe for the treatment of opioid use disorder.*
- *Participants will learn how to extend their knowledge and to teach these principles to their primary care colleagues.*

Directors

Scott Fishman, MD, Executive Director

Pain Medicine, Psychiatry, Internal Medicine, Palliative Care

David Copenhaver, MD, MPH, Director

Pain Medicine, Anesthesiology

Charles DeMesa, DO, MPH, Co-Director

Pain Medicine, Physical Medicine

Sergio Aguilar-Gaxiola, MD, PhD, Associate Director

Internal Medicine

Gagan Mahajan, MD, Associate Director

Pain Medicine, Anesthesiology

Core Curriculum Topics

- Introduction to Rational Polypharmacy
- Responsible Opioid Prescribing
- Physical Exam
- The Intersection between Pain and Mood
- Neuropathic Analgesia
- Best Practices: Antidepressants and Pain Management
- Analgesic Pharmacology of Opioids
- Analgesic Pharmacology of NSAIDs
- Compounding Medications for Pain
- Risk Assessment
- Evaluating Candidacy for Chronic Opioid Therapy
- Opioid Screening Tools
- Surveillance and Adherence Monitoring
- Evaluating Aberrant Behavior
- Motivational Interviewing Techniques, Cognitive Reframing, and Encouraging Behavior Change
- Tapering Methodologies
- Marijuana, Cannabinoids, and Pain Management
- Pain Management and Addiction
- Naloxone as a Rescue for Unintentional Overdose
- Cognitive Behavioral Therapy for Chronic Pain Patients
- Neurology and Headaches
- Geriatric Pain
- Complex Regional Pain Syndrome
- Physical Therapy for Pain Management

Selected Faculty

Tim Cutler, PharmD, BCGP

Outpatient Pharmacy

Shelly Henderson, PhD

Family and Community Health

Mark Holtsman, PharmD

Pain Medicine, Anesthesiology, Inpatient Pharmacy

Ian Koebner, PhD, MSc, MAOM, L.Ac

Pain Medicine

Samir Sheth, MD

Pain Medicine, Anesthesiology

Naileshni Singh, MD

Pain Medicine, Anesthesiology

Now accepting applications for the 2018-19 fellowship class! Visit our website or email hs-capr@ucdavis for more information!

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Center for Advancing Pain Relief