

# SHOW-ME ECHO

EXTENSION FOR COMMUNITY HEALTHCARE OUTCOMES

## PAIN MANAGEMENT ECHO



### TAKING INTERDISCIPLINARY PAIN MANAGEMENT INTO PRIMARY CARE

ECHO uses videoconferencing to connect interdisciplinary teams of specialists and subject matter experts. Learn to improve outcomes and reduce risk of harm for people with chronic pain through an interdisciplinary model of care. Participants will share their expertise on such subjects as deepening the understanding of pain as a complex phenomenon with biological, behavioral, social and psychological elements, expanding a repertoire of evidence-based tools for managing pain, and facilitating collegial consultations and relationships among participants to improve pain management in the community. This ECHO meets **every 2nd and 4th Thursday of the month from 9:30-10:30 a.m.**

#### PARTICIPANTS WILL BE ABLE TO:

- Improve outcomes and reduce risk of harm for people with chronic pain through an interdisciplinary model of pain care.
- Use their understanding of pain as a complex phenomenon to identify, educate and treat patients using a bio-psycho-social approach in an interdisciplinary team
- Utilize multi-modal evidence-based tools including physical therapy/behavioral health/non-opioid medication to manage pain
- Utilize relationships and resources in the community to help manage pain for those in their care

### MEET OUR HUB TEAM

#### **Muhammad Farhan, MD**

Sleep and Pain Specialist  
University Health - Truman Medical Center

#### **Tony Brenneke, PT, MPT, OCS**

Physical Therapist  
State Technical College of Missouri

#### **Azam Chizari, APRN**

Nurse Practitioner  
University Health - Truman Medical Center

#### **Mirissa Corbin, LMSW**

Social Worker  
University Health - Truman Medical Center

#### **Michelle Gates, PhD**

Psychologist  
University Health - Truman Medical Center

#### **Richard Nobles, PhD**

Clinical Psychologist

#### **Sarah Young, PharmD, BCPS**

Pharmacist  
University Health - Truman Medical Center

### TOPICS FOR LEARNING AND DISCUSSION:

- Medication management for chronic pain
- Pain psychology: CBT and biofeedback
- Sleep disorder and chronic pain
- Mind-body unit/trauma as a source of emotional pain
- Motivational interviewing
- Interventional technique for chronic pain
- Nutrition and chronic pain
- Acceptance and chronic pain
- Uncommon pain conditions

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