

# AGENDA

## 15<sup>th</sup> Pediatric Pain Master Class

Saturday, December 7 – Friday, December 13, 2024

Mission Bay Conference Center at UCSF  
San Francisco, California, United States

**UCSF**

University of California  
San Francisco

Stad Center for Pediatric Pain, Palliative and Integrative Medicine



**UCSF** Benioff Children's Hospitals  
Oakland | San Francisco

Text

**UCSF**

Department of  
Pediatrics

Division of Pain, Palliative and Integrative Medicine.  
University of California in San Francisco School of Medicine

**UCSF** Benioff Children's Hospitals  
Stad Center for Pediatric Pain,  
Palliative & Integrative Medicine

Saturday, December 7<sup>th</sup>, 2024

Start Time	End Time	Duration	Title	Presenter
0900	0930	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0930	1050	80 min	<b>Welcome, Announcements &amp; Introductions</b> & Zoom practice for online audience	<b>Karen Sun, MD &amp; Stefan J. Friedrichsdorf, MD</b>
1050	1100	10 min	<b>Coffee Break</b>	
1100	1150	50 min	<b>Does prescribing opioids to children in acute pain increase the risk of substance use disorder in adulthood?</b> Addressing myths and barriers preventing adequate pediatric analgesia	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1150	1240	50 min	<b>Integrative Medicine in the Treatment of Pain and Distressing Symptoms in Children</b>	<b>Jenifer Matthews, MD, Anna Hoffman, MSN, RN, FNP-C</b>
1240	1340	60 min	<b>Lunch @ Conference Center</b>	
1340	1430	50 min	<b>Responding to Non-Medical Opioid Use in Children and Teenagers</b>	<b>Lucien Gonzalez, MD, MS, FAAP</b>
1430	1520	50 min	<b>The Global Comfort Promise:</b> Prevention of Pain and Anxiety from Needle Procedures in Children with Cancer in Low- and Middle-Income Countries.	<b>Michael McNeil, MD, MPH</b>
1520	1535	15 min	<b>Coffee Break</b>	
1535	1715	100 min	<b>Multimodal Analgesia Workshop:</b> Advanced pediatric pain treatment and prevention	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1715	1730	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>
1730	1930	120 min	<b>The Awesome Analgesia Animal Challenge Evening Social: Appetizers &amp; Drinks</b>	

Sunday, December 8<sup>th</sup>, 2024

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements</b> <b>10-minute Experiential "Progressive Muscle Relaxation" by Anna Hoffman, MSN, RN, FNP-C</b>	
0815	0955	100 min	<b>Treating Neuropathic Pain in Children.</b> From graded motor imagery to adjuvant analgesics	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Pain, Sex, and Death</b>	<b>Jeffrey Mogil, PhD, FCAHS, FRSC</b>
1100	1150	50 min	<b>Buprenorphine for patients with opioid use disorder.</b> An introduction	<b>Lucien Gonzalez, MD, MS, FAAP</b>
1150	1320	90 min	<b>Lunch @ Restaurant</b>	
1320	1410	50 min	<b>Massage in Pediatric Pain &amp; Symptom Management</b>	<b>Carolyn Tague, MA, CMT</b>
1410	1500	50 min	<b>Pain Treatment in Neonates and Infants</b>	<b>Brian Carter, MD</b>
1500	1515	15 min	<b>Coffee Break</b>	
1515	1605	50 min	<b>Know Pain and Know Gain:</b> Pain neurophysiology education	<b>Michael Sangster, BScPT, MBA, DPT</b>
1605	1655	50 min	<b>Opioid Selection in the Pediatric Population (Part I):</b> Mixed agonist/antagonist, partial opioid agonists & multi-mechanism analgesics	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1705	1720	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>

Monday, December 9<sup>th</sup>, 2024

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Announcements &amp; Welcome from Judie Boehmer, MN, RN, NEA-BC, FABC</b> , Vice President, Chief Nursing Officer, UCSF Benioff Children's Hospitals	
0815	0905	50 min	<b>Preventing Pain and Anxiety Caused by Needle (and Other Painful) Procedures. Part 1: The "Why" and the "What"</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0905	0955	50 min	<b>The Comfort Promise:</b> Utilizing quality improvement methodology to bring evidence to the bedside. <i>Part 2: The "How"</i>	<b>Barbette Murphy, MSN, RN, CPNP; Kristen Beckler, M.Ed, CTRS, CCLS</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>How to Start a Movement:</b> Innovative Physical Therapy Approaches for the Patient with Pain	<b>Michael Sangster, BScPT, MBA, DPT</b>
1100	1150	50 min	<b>Mistakes Were Made:</b> How to fix pain research (and treatment)	<b>Jeffrey Mogil, PhD, FCAHS, FRSC</b>
1150	1250	60 min	<b>Lunch @ Conference Center</b>	
1250	1300	10 min	<b>10-minute Experiential "Qigong"</b>	<b>Robyn Adcock, DACM, L.Ac.</b>
1300	1350	50 min	<b>How to Implement Nitrous Oxide Sedation into Clinical Practice</b>	<b>Mindy Brice, RN-BSN, CLC, CPN</b>
1350	1440	50 min	<b>Opioid Selection in the Pediatric Population. Part II: Full <math>\mu</math>-opioid agonists</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1440	1455	15 min	<b>Coffee Break</b>	
1455	1545	50 min	<b>Acupuncture and East Asian Medicine in Pediatric Analgesia</b>	<b>Robyn Adcock, DACM, L.Ac.; Karen Villanueva, DAIM, LAc, Dipl. OM, RN, FAIHM</b>
1545	1600	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>

**Tuesday, December 10<sup>th</sup>, 2024**

Start Time	End Time	Duration	Title	Presenter
0730	0800	45 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b> <b>Dr. Raphael Hirsch</b> Chair, Department of Pediatrics WH & Marie Wattis Distinguished Professor. UCSF School of Medicine Physician-in-Chief, UCSF Benioff Children's Hospitals	
0815	0905	50 min	<b>The Neurobiology of Pain Generation and its Control</b>	<b>Allan Basbaum, PhD</b>
0905	0955	50 min	<b>Opioid-Rotation in Infants &amp; Children:</b> The complete crux of the incomplete cross-tolerance	<b>Stefan J. Friedrichsdorf, MD</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Back to the Future?</b> Where did we come from, where do we go to in pain medicine? Looking into the crystal ball	<b>Allan Basbaum, PhD</b>
1100	1150	50 min	<b>Meditation Experiential:</b> From focusing, wandering or clearing your mind	<b>Jennifer Smorgon, PsyD</b>
1150	1320	90 min	<b>Lunch on own: SPARK Social SF Food Trucks</b>	
1320	1330	10 min	<b>10-minute Experiential "Biofeedback"</b>	<b>Anna Hoffman, MSN, RN, FNP-C</b>
1330	1510	100 min	<b>Psychotherapy for Kids in Pain:</b> From Skills-based training to CBT and ACT	<b>Cristina Benki, PhD</b> <b>Colleen Cullinan, PhD</b> <b>Mary-Jayne Sims, PhD</b>
1510	1525	15 min	<b>Coffee Break</b>	
1525	1615	50 min	<b>Regional anesthesia modalities to treat and prevent pain in children</b>	<b>Jocelyn Wong, MD</b>
1615	1645	30 min	<b>Cannabis and Cannabinoids for Pain Treatment in Pediatrics: Safe and effective?</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1645	1700	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>
1700	1800	60 min	<b>Optional: Visit of Stad Center Outpatient Clinics San Francisco</b>	
1800	1930	90 min	<b>Social Outing with Drinks and Appetizers</b>	

Wednesday, December 11<sup>th</sup>, 2024



Start Time	End Time	Duration	Title	Presenter
0715	0800	45 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b> Elisa Stad, Strategic Advisor, Consultant, Investor, Philanthropist	
0815	0955	100 min	<b>Primary Pain Disorders:</b> Chronic pain in head, abdomen, muscles, and joints	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1020	10 min	<b>10-minute Experiential "Ear Seeds"</b>	<b>Robyn Adcock, DACM, L.Ac.</b>
1020	1110	50 min	<b>Pain Rehabilitation</b>	<b>Will Bernal, MD &amp; Neha Seth, PT, MSBKN</b>
1110	1200	50 min	<b>Beyond Nitrous Gas: Pediatric sedation &amp; anxiolysis for painful procedures</b>	<b>Karen Sun, MD &amp; Robin Allen, RN</b>
1200	1300	60 min	<b>Lunch @ Conference Center</b>	
1300	1440	100 min	<b>Hypnosis and Hypnotic Language to Treat and Prevent Pain and Anxiety in Pediatric Patients</b>	<b>Leora Kuttner, PhD</b>
1440	1455	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>

Thursday, December 12<sup>th</sup>, 2024

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b>	
0815	0905	50 min	<b>Software problems unrelated to a hardware problem?</b> The “Broken Smoke Detector” and other analogies explaining chronic pain to kids and their parents.	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0905	0955	50 min	<b>The Magic Glove:</b> A versatile hypnotic technique	<b>Leora Kuttner, PhD</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Pain - nothing but a memory?</b>	<b>Melanie Noel, PhD</b>
1100	1150	50 min	<b>Chronic intractable pain and irritability in children with neurological impairment</b>	<b>Julie Hauer, MD, FAAP, FAAHPM</b>
1150	1320	90 min	<b>Lunch @ Restaurant</b>	
1320	1330	10 min	<b>10-minute Experiential “Guided Imagery/Meditation”</b>	<b>Anna Hoffman, MSN, RN, FNP-C</b>
1330	1420	50 min	<b>Drowning in Sea of Pain: Advances in the Management of Pain in Sickle Cell Disease</b>	<b>Bill Zempsky, MD, MPH</b>
1420	1510	50 min	<b>Bias and Pediatric Pain Treatment</b>	<b>Marsha Treadwell, PhD</b>
1510	1525	15 min	<b>Coffee Break</b>	
1525	1615	50 min	<b>Is it Pain, Withdrawal, and/or Delirium...?</b> Assessment and Treatment of Pain Behavior in Infants, Toddlers and Children on an Intensive Care Unit	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1615	1630	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>



Friday, December 13<sup>th</sup>, 2024

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b> Stephen Wilson, MD Vice President, Chief Strategic Officer, UCSF Benioff Children's Hospitals  <b>10-minute Experiential "Walking Meditation" by Anna Hoffman, MSN, RN, FNP-C</b>	
0815	0905	50 min	<b>Metadone in Pediatrics: Taming of the shrew</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0905	0955	50 min	<b>How to grow your pain program</b> Part 1: The Institutional Vision and Mission (Wilson) Part 2: Strategies to Improve the Pain Care of Children in Hospital: The ChildKind Initiative (Zempsky)	<b>Stephen Wilson, MD &amp; Bill Zempsky, MD, MPH</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Intractable Pain and Suffering in Children with Advanced Diseases</b>	<b>Justin N. Baker, MD</b>
1100	1150	50 min	<b>Rare things are rare... and difficult to treat? From Erythromelalgia to Charcot-Marie-Tooth disease - Addressing pain in rare diseases</b>	<b>Bill Zempsky, MD, MPH</b>
1150	1220	30 min	<b>Lunch</b>	
1220	1310	50 min	It's all in our bodies AND heads: <b>Addressing mental health in children with pain</b>	<b>Melanie Noel, PhD</b>
1310	1400	50 min	<b>Long COVID, dysautonomia and chronic fatigue in patients with primary pain disorders</b>	<b>William Bernal, MD</b>
1400	1430	30 min	<b>Called to Arms: The adventure of pediatric pain management &amp; next steps</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>