



# Pain Society of Oregon Portland Monthly Meeting

## “10 Minute Spine Exam”

*John Hart, DO*



**Presentation:** Spine pain is one of the most common presenting conditions in a clinician’s office. The current medical model requires healthcare providers to see patients with limited time, resources and reimbursement. This presentation will include information about how to complete a spine assessment in 10-minutes. Additionally, Dr. Hart will discuss the diagnosis of low back pain based on tissue problems of the back, the effects of the mind and medications on the presentation of symptoms.

**Speaker:** Dr. Hart is a physiatrist who has worked in the area of physical medicine and spine pain for 35 years. He was on the Federal Task force analyzing spine treatments and is presently learning to use Suboxone in a pain practice for opioid hyperalgesia and addiction secondary to prescription opiates and exploring diagnostic ultrasound as a part of musculoskeletal medicine.

### **Learning Objectives:**

- Decide if the spine problem is mechanical or neurological in 5 minutes;
- Decide what role the patient’s brain makes in 3 minutes;
- Decide if prescription opioids are a problem in 2 minutes;
- Take a quick peek into the future, in regards to exercise and prescription opioids for pain.

### **Accreditation:**

- This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the Joint Sponsorship of Sacred Heart Medical Center and the Pain Society of Oregon. Sacred Heart Medical Center is accredited by the Oregon Medical Association to sponsor continuing medical education for physicians. **Credit Designated Statement:** Sacred Heart Medical Center designates this live activity for a maximum of 1.5 *Category 1 AMA PRA credit(s)*.™ Each physician should claim only those credits that he/she actually spent in the educational activity.
- The PSO is an approved provider by the Oregon State Board of Clinical Social Workers and the Oregon State Board of Naturopathic Examiners. This program is worth 1.5 CE hours.
- This program is pending approval by the Oregon State Board of Pharmacy for 1.5 pain management CE hours.
- This program meets the requirements of the Lane County Psychologists Association, Oregon State Board of Chiropractic Examiners, Oregon State Board of Massage Therapists, Oregon State Board of Nursing, Oregon State Board of Occupational Therapists and the Oregon State Physical Therapists Licensing Board for 1.5 pain management education hours.
- Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

**When:** Tuesday  
February 21, 2011  
6:00-6:30 pm Networking  
6:30-8:30 pm Presentation

**RSVP:** 503/804-3072 or  
info@painsociety.com  
Please RSVP by Feb 17th so  
that we can make dinner  
arrangements with the Red  
Lion. The PSO will be charged  
for all RSVPs so please notify  
our office if you need to cancel.

**Prepay Online:**  
[www.painsociety.com/  
register/prepay](http://www.painsociety.com/register/prepay)

Please note that we are unable  
to refund monthly meeting  
prepayments

**Meeting Info:**  
1.5 CMEs/CEUs, \$28. Includes  
dinner & networking!

**Where:**  
Red Lion Hotel  
Convention Center  
St. Johns Room (6th Floor)  
1021 NE Grand Ave  
Portland, OR 97232  
*Complementary parking is  
available on-site.*

Sacred Heart Medical Center  
and the Pain Society of Oregon  
encourage persons with  
disabilities to participate in its  
jointly sponsored programs and  
activities. Please call  
541.345.7300 to request  
accommodations to attend this  
program.