Pain Resource Nursing Conference
May 23rd, 2012
8:00 a.m. – 5:00 p.m.

Integrative Therapies Workshop
May 24th, 2012
8:00 a.m. – 3:00 p.m.

Participants may register to attend one or both days.

If you would like to attend both the PRN Conference and the Integrative Therapies Workshop, you will need to register for EACH DAY SEPARATELY.

Target Audience: RNs interested in learning about pain assessment and pain management through traditional and integrative therapies.

FREE TO MHS EMPLOYEES

NON MHS EMPLOYEES:
- The cost to attend the PRN Conference on May 23rd is $60.
- The cost to attend the Integrative Therapies Workshop is $20.

REGISTRATION
- You may register on the MNET or Internet at: www.memorialhealthsystem.com
- Please call Clinical Education at (719) 365-5087 for assistance with registration, cancellation or to request a refund.
- The last day to receive a refund if you cancel is May 2nd, 2012.
- The last day to register is May 2nd, 2012.
- You must attend the entire session(s) that you have registered for to receive contact hours.
- As per MHS’ dress code, business casual attire is required – NO JEANS.

DIRECTIONS TO EL POMAR FOUNDATION

Getting Here
El Pomar Foundation
Penrose House
1661 Mesa Avenue
Colorado Springs, CO 80906

- From I-25, take Exit 138 "Circle Drive"
- Proceed West by turning right onto Lake Avenue
- Stay on Lake Avenue until you reach the Broadmoor Hotel (approximately 3.3 miles)
- At the roundabout in front of the Broadmoor, bear right on Lake Circle (mileage from Broadmoor Hotel to Penrose House is approximately .5 mile)
- At next roundabout, bear left and take the second right through the roundabout (heading west)
- Proceed approximately 50 yards and take the next right onto Mesa Avenue
- Continue approximately a ¼ of a mile, following the white concrete wall
- Penrose House will be on your left at 1661 Mesa Avenue
- Guest Parking Lot is 2nd lot on the Right

http://www.elpomar.org/

Memorial Health System is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on accreditation.
Provider #MHS-0513 Expiration date: 05/31/13
**Pain Resource Nursing Conference**

**6.75 Contact Hours**

**PRN Conference Schedule**

- Registration & Breakfast 0800 - 0815
- Welcome & Introductions 0815 - 0830
- Scope of the Problem: Prevalence of Pain 0830 – 0915
- Assessment of Pain Using Validated Scales 0915 – 1000
- Break 1000 - 1015
- Pharmacology of Pain Mgmt Part I & II 1015 - 1145
- Pain Management Delivery Systems 1145 – 1215
- Lunch 1215 - 1245
- Non Pharmacological Pain Mgmt 1245 – 1330
- Principles of Acute and Chronic Non Cancer Pain Mgmt 1330 – 1430
- Break 1430 – 1445
- Principles of Cancer Pain Mgmt 1445 – 1530
- Principles of Pain Mgmt in Patients with a h/o Substance Abuse 1530 - 1615
- Post Test and Course Evaluation 1615 – 1700

**Who Should Attend the PRN Conference?**

The purpose of the Pain Resource Nurse (PRN) conference is to educate staff nurses to function as resources in pain management to their peers. Modeled after the original City of Hope program in California, the Pain Resource Program is designed to prepare a number of designated staff to function as resources in pain management on their respective clinical units. Pain Resource Nurses disseminate information, role model best practices, promote patient advocacy, and influence the quality of pain management.

Our curriculum is designed to prepare staff nurses for this role. It provides the foundation you need to succeed as a PRN. It features local and regional leaders and experts in pain management.

**Speakers**

- Kim Spinelli, MSN, RN, BC, CNS
  Pain Mgmt Clinical Nurse Specialist
  Memorial Health System
- Carrie Brunson MSN, APRN, ACNS-BC
  Trauma & Pain Clinical Nurse Specialist
  Parker Adventist Hospital
- Pat Reynolds, RN, MS
- Robert Montgomery, ND, RN-BC, ACNS-BC
  Assistant Professor/Clinical Coordinator Anesthesiology Acute Pain Service
  University of Colorado Hospital
- Ann Zobec, RN, MS, NP, AOCN
  Rocky Mountain Cancer Center
  Colorado Springs, Colorado
- Dan Chatelain, RN, CNS, APRN
  Acute Pain Clinical Nurse Specialist
  Penrose Hospital

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**Integrative Therapies Workshop**

**4.75 Contact Hours**

**Workshop Schedule**

- Registration & Breakfast 0800 – 0830
- Welcome & Introduction 0830 – 0845
- Foundations of Integrative Nursing 0845 – 0930
- Mind/Body Skills I 0930 – 1015
- Break 1015 – 1030
- Mind Body Skills II 1030 – 1115
- Mind Body Skills III 1115 – 1200
- Lunch 1200 – 1300
- Clinical Aromatherapy & Acupressure 1300 – 1345
- Summary: From Theory to Practice: Teaching Self Regulation Skills 1345 – 1430
- Evaluation & Questions 1430 - 1500

The **Integrative Therapies Workshop** will be presented by **Dr. Tim Culbert**, an Integrative Medicine Specialist at Ridgeview Medical Center in Minnesota. Dr. Culbert specializes in holistic mental health, chronic pain, and self-care skills.

**For a complete list of objectives for both the PRN Conference and the Integrative Therapies Workshop, please visit the MHS registration website.**