



ACQUIRED BRAIN INJURY

Clinical Continuing Education Series

Acquired Brain Injury and the Problem of Chronic Pain

- Date & Time:** Thursday, June 13, 8:30 a.m. - 4:30 p.m.
Check-in begins at 8:00 a.m.
- Cost:** \$250 BIA-MA Members, \$275 Non-members
- Venue:** UMASS Medical School Campus
Shrewsbury Campus-Amphitheater, 4th Floor
333 South St.
Shrewsbury, MA 01545
- Faculty:** Frank R. Sparadeo, Ph.D., Clinical Neuropsychologist

Description of Training:

Events and situations that cause Acquired Brain Injury often result in various physical injuries or conditions that result in not only cognitive impairment and physical disability but also pain. The co-existence of chronic pain and Acquired Brain Injury appears to represent a significant problem because chronic pain compounds cognitive deficits, compromises emotional well-being, and limits functional capacity. Chronic pain can be an obstacle to rehabilitation and cognitive impairment can be an obstacle to effective pain management. Adding insult to injury is the problem of opiate analgesic medications, which are initially effective in reducing pain, but lead to addiction, greater loss of functioning and worsening cognitive impairment. Chronic pain worsens deficits in attention/concentration and also interferes with optimal restorative rehabilitation.

The research suggests that the problem of chronic pain impacts a significant percentage of people surviving traumatic brain injury but ironically the incidence and prevalence of chronic pain seems worse in those experiencing mild TBI. Recent research has indicated that approximately 50% of people surviving moderate/severe TBI experience chronic pain, while approximately 58% of mild TBI survivors experience chronic pain. It is important that ABI rehabilitation clinicians include assessment measures that evaluate whether a patient experiences chronic pain and also the extent the pain compromises the patient's quality of life and effectiveness of rehabilitation techniques.



Sponsored by the Brain Injury Association of Massachusetts

Upon completion of this training participants will be able to:

- Define chronic pain developed by the International Association for the Study of Pain.
- Identify the various forms of pain (e.g. neuropathic, muscular, inflammatory) and the prevalence of pain in the ABI population.
- Describe the pathophysiology of pain and chronic pain.
- Explain the interface of the opioid epidemic, chronic pain and Acquired Brain Injury.
- Model the Gate Control Theory of Pain and the Neuromatrix theory of Chronic pain.
- Apply cognitive behavior therapy strategies for the management of chronic pain and the ultimate improvement in quality of life for the person with combined TBI and chronic pain. New treatment techniques will be discussed in the context of cognitive impairment.
- Evaluate and recommend specific techniques for chronic pain and several methods of assessment will be reviewed and demonstrated.
- Explore the opioid epidemic specifically focusing on the impact of opioid analgesic medication and brain function.

Faculty:

Dr. Sparadeo is a nationally-recognized expert regarding the neuropsychology of addiction, who served as Clinical Assistant Professor of Psychiatry at Brown University School of Medicine for 18 years, and previously held the position of Director of Rehabilitation Psychology at Rhode Island Hospital (1981-1988). Dr. Sparadeo has also served as President of the Brain Injury Association of Rhode Island; Chairman of the Governor's Permanent Advisory Commission on Traumatic Brain Injury; and consultant to the United States Substance Abuse and Mental Health Services Administration (SAMHSA) and Massachusetts Statewide Head Injury Program. Dr. Sparadeo is currently an instructor at Salve Regina University, where he teaches substance abuse rehabilitation and psychopharmacology in the Graduate Program in Rehabilitation Counseling. He also serves as Director of Research for Calmar Pain Relief Center; Director of a specialty program for assessment and treatment of chronic pain and addiction at the Meadows Edge Recovery Center; and Clinical Program Development Director for the Center for Community Independence, serving individuals who have sustained a traumatic brain injury.

Who should attend?

- Case Managers
- Licensed Alcohol & Drug Counselors
- Nurses
- Psychologists
- Program Directors/Managers of residential, day and other programs that serve persons with ABI.
- Certified Brain Injury Specialists
- Mental Health Clinicians
- Occupational Therapists
- Rehabilitation Counselors
- Family Counselors
- Neuropsychologists
- Physical Therapists
- Social Workers

Continuing Education Credits:

- Questions about Continuing Education Credits - Please reach out to Education Manager Beth Pusey at bpusey@biama.org.