



WRIISC Conference for Providers
Chronic Symptoms in Post-Deployment Veterans:
An Integrative Approach
Tuesday and Wednesday, September 11 - 12, 2012
San Francisco Bay Area or TBD, CA

Sponsored by: the War Related Illness and Injury Study Center (WRIISC), Employee Education System, and Public Health of the Department of Veterans Affairs (VA)

DRAFT AGENDA

| Pre-Registration, Monday September 10, 2012 at 6pm | |
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| DAY 1, Tuesday, September 11th | |
| 7:00am | ▶ Registration |
| 8:00am | ▶ Opening Ceremony |
| 8:10am | ▶ Employee Education System (EES) Welcome |
| 8:15am | ▶ Welcome and Introduction – Wes Ashford, MD, PhD, <i>Director, CA WRIISC</i> |
| 8:20am | ▶ Keynote Speaker - William Dement, MD, PhD, <i>Stanford University</i> |
| 9:15am - 10:30am | PLENARY SESSION II: <u>SLEEP DISORDERS AND CHRONIC FATIGUE</u> – Jamie Zeitzer, PhD, <i>Stanford University</i> , Moderator |
| 9:15am | ▶ Overview of Sleep Disorders and Chronic Fatigue - Jon-Erik Holty, MD, <i>VA Palo Alto Health Care System</i> |
| 9:30am | ▶ PTSD and Sleep - Steve Woodward, PhD, <i>VA Palo Alto Health Care System</i> |
| 9:45am | ▶ Yoga Nidra and Sleep – Richard Miller, PhD, <i>iRest Institute</i> |
| 10:00am | ▶ Break |
| 10:15am - 12:00pm | PLENARY SESSION I: <u>CHRONIC PAIN</u> – Sean Mackey, MD, <i>Stanford University</i> , Moderator |
| 10:15am | ▶ Approaches to Pain Management in VA - Medication - John Chardos, MD, - <i>VA Palo Alto Health Care System</i> |
| 10:40am | ▶ Pain and the Brain - Sean Mackey, MD, PhD, <i>Stanford University</i> |
| 11:00am | ▶ Yoga and Pain - Peter Bayley, PhD, <i>VA Palo Alto Health Care System</i> |
| 11:15am | ▶ Sleep and Pain Panel, Q & A - morning presenters |
| 11:45am | ▶ iRest™ Yoga Nidra Experience, Richard Miller, PhD, <i>iRest Institute</i> |
| 12:00pm - 2:00pm | LUNCH, Poster Session, and Exhibits |
| 2:00pm - 3:15pm | BREAKOUT SESSION I |
| 2:00pm | ▶ Chronic Pain Track I <ul style="list-style-type: none"> ○ Yoga Nidra - Richard Miller, PhD, <i>iRest Institute</i> |
| 2:00pm | ▶ Chronic Pain Track II <ul style="list-style-type: none"> ○ Behavioral Methods for Pain Management - Nyasanu Barbee, PhD, <i>NJ WRIISC</i> |
| 2:00pm | ▶ Sleep/Fatigue Track I |

DRAFT AGENDA

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| | <ul style="list-style-type: none"> ○ Here's CBT-I – Leah Friedman, PhD, <i>Stanford University</i> ○ Adjusting to the CPAP – Joy Taylor, PhD, <i>Stanford University</i> |
| | <ul style="list-style-type: none"> ▶ Chronic Pain Track III <ul style="list-style-type: none"> ○ Secondary Effects of De-conditioning on Chronic Pain and Fatigue: Exercise as Medicine - Mike Falvo, PhD, <i>NJ WRIISC</i> |
| 3:15pm | Break |
| 3:30pm - 4:45pm | BREAKOUT SESSION II - Repeat of Session I |
| 3:30pm | <ul style="list-style-type: none"> ▶ Chronic Pain Track I <ul style="list-style-type: none"> ○ Mind/Body Practice for Pain Management or repeat of Yoga Nidra |
| 3:30pm | <ul style="list-style-type: none"> ▶ Chronic Pain Track II <ul style="list-style-type: none"> ○ Behavioral Methods for Pain Management - Nyasanu Barbee, PhD, <i>NJ WRIISC</i> |
| 3:30pm | <ul style="list-style-type: none"> ▶ Chronic Pain Track II <ul style="list-style-type: none"> ○ Secondary Effects of De-conditioning on Chronic Pain and Fatigue: Exercise as Medicine - Mike Falvo, PhD, <i>NJ WRIISC</i> |
| 3:30pm | <ul style="list-style-type: none"> ▶ Sleep Fatigue Track <ul style="list-style-type: none"> ○ Here's CBT-I – Leah Friedman, PhD, <i>Stanford University</i> ○ Adjusting to the CPAP – Joy Taylor, PhD, <i>Stanford University</i> |
| 5:30pm - 6:30pm | OPTIONAL EXPERIENTIAL PRACTICE |
| 5:30pm | <ul style="list-style-type: none"> ▶ QiGong for Healing - Anna Rusiewicz, PhD, <i>NJ WRIISC</i> |

DAY 2, Wednesday, September 12th

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| 8:00am | ▶ Welcome to Day 2 / Overview - WRIISC Staff |
| 8:15am | ▶ Opening Remarks , TBD |
| 8:45am - 10:15am | PLENARY SESSION III: <u>RESPIRATORY / GASTROINTESTINAL PROBLEMS</u> – Paul Ciminera, MD, VACO OPH, Moderator |
| 8:45am | ▶ Exposure Issues - Paul Ciminera, MD, <i>VA Office of Public Health</i> |
| 9:00am | ▶ Respiratory Problems in Post-Deployment Veterans - Ware Kuschner, MD, <i>VA Palo Alto Health Care System</i> |
| 9:15am | ▶ Chronic Gastrointestinal Problems facing Veterans after Deployment - Robert Owen, MD, <i>Chief, Environmental Medicine, VA San Francisco Medical Center</i> |
| 9:30am | ▶ Panel, Q & A |
| 10:00am | ▶ Break |
| 10:15am | PLENARY SESSION IV: MULTI-SYMPTOM ILLNESS – Matt Reinhard, PhD, Moderator |
| 10:15am | ▶ Identifying and Managing Medically Unexplained Symptoms/ Chronic Multi symptom Illness in Veterans - Drew Helmer, MD, MS, <i>NJ WRIISC</i> |
| 10:45am | ▶ Empowering Veterans to Self-Manage Chronic Multi-Symptom Illness/Medically Unexplained Illness - Lisa McAndrew PhD, <i>NJ WRIISC</i> |
| 11:00am | ▶ Cognitive Impairment in Veterans with Chronic Deployment Related Illnesses - Wes Ashford, MD, PhD, <i>CA WRIISC</i> |
| 11:15am | ▶ mSinging for Health - Andrew Tubman, MT-BC, CMT |
| 11:30am | ▶ Panel, Q & A |
| 12:00pm - 1:00pm | LUNCH – ON YOUR OWN |
| 1:00 pm - | PLENARY SESSION V: RESEARCH DESIGN |

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| 2:15 pm | |
| 1:00pm | ▶ Research Designed to Fit - Alexander Young, MD, MSHS, <i>Associate Director, HSR&D Center of Excellence, Greater Los Angeles VA, Professor, UCLA Department of Psychiatry</i> |
| 1:30pm | ▶ Advances in Chronic Pain Research – Jarred Younger, PhD, <i>Stanford University</i> |
| 2:00pm | ▶ Acupuncture for Chronic Conditions – Cory Jecmen, MAC, LAC, <i>DC WRIISC</i> |
| 2:15pm | Break |
| 2:30 pm - 3:00 pm BREAKOUT SESSION III | |
| 2:30pm | ▶ Clinical Track <ul style="list-style-type: none"> ○ Exposure Resources - Paul Ciminera, MD, <i>VA Office of Public Health</i> |
| 2:30pm | ▶ Behavioral Medicine Track I <ul style="list-style-type: none"> ○ Social Obstacles to Change/Social Determinants of Health, Kelly McCoy, PsyD and Katharine Bloeser, LICSW, <i>DC WRIISC</i> |
| 2:30pm | ▶ Behavioral Medicine Track II <ul style="list-style-type: none"> ○ Music Therapy - Andrew Tubman, MT-BC, CMT |
| 2:30pm | ▶ CAM Track <ul style="list-style-type: none"> ○ A Taste of Integrative Medicine: Self-Care Healing Tools (a Patient Centered Care funded Project) - Anna Rusiewicz, PhD, <i>NJ WRIISC</i> |
| 3:00pm - 3:30pm BREAKOUT SESSION IV - Repeat of Session III | |
| 3:00pm | ▶ Clinical Track <ul style="list-style-type: none"> ○ Exposure Resources - Paul Ciminera, MD, <i>VA Office of Public Health</i> |
| 3:00pm | ▶ Behavioral Medicine Track <ul style="list-style-type: none"> ○ Social Obstacles to Change/Social Determinants of Health - Kelly McCoy, PsyD and Katharine Bloeser, LICSW, <i>DC WRIISC</i> |
| 3:00pm | ▶ Behavioral Medicine Track II <ul style="list-style-type: none"> ○ Creative Arts Therapy - Jeff Stadler, <i>VA Palo Alto Health Care System</i> |
| 3:00pm | ▶ CAM Track <ul style="list-style-type: none"> ○ A Taste of Integrative Medicine: Self-Care Healing Tools (a Patient Centered Care funded Project) - Anna Rusiewicz, PhD |
| 3:30pm | ▶ BREAK |
| 3:45pm - 4:30pm CLOSING SESSION: <u>MOVING FORWARD</u> | |
| 3:45pm | ▶ Patient Care Aligned Teams - Patient Centered Care - Lucile Burgo, MD and Stephen Hunt, MD, MPH |
| 4:05pm | ▶ The War Related Illness and Injury Study Center: <i>Overview of WRIISCs – Our Services, Who and How to Refer</i> – WRIISC Staff |
| 4:20pm | ▶ Closing Comments - Michael R. Peterson, DVM, MPH, DrPH, <i>Chief Consultant, Environmental Health Strategic Healthcare Group, Public Health</i> |