

# AGENDA

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

Saturday, January 23 – Friday, January 29, 2027

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



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



Benioff Children's Hospitals

Stad Center for Pediatric Pain,  
Palliative & Integrative Medicine

Saturday, January 23<sup>rd</sup>, 2027

| Start Time | End Time | Duration | Title                                                                                                                                                                              | Presenter                                               | Specialty Credit              |
|------------|----------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------|
| 0900       | 0930     | 30 min   | Registration                                                                                                                                                                       |                                                         |                               |
| 0930       | 1050     | 80 min   | Welcome, Announcements & Introductions & Zoom practice for online audience                                                                                                         | Karen Sun, MD & Stefan J. Friedrichsdorf, MD            |                               |
| 1050       | 1100     | 10 min   | Coffee Break                                                                                                                                                                       |                                                         |                               |
| 1100       | 1150     | 50 min   | Does prescribing opioids to children in acute pain increase the risk of substance use disorder in adulthood? Addressing myths and barriers preventing adequate pediatric analgesia | TBD                                                     | Pain<br>Trauma<br>MATE        |
| 1150       | 1240     | 50 min   | Integrative Medicine in the Treatment of Pain and Distressing Symptoms in Children                                                                                                 | Robyn Adcock, DACM, L.Ac., Anna Hoffman, MSN, RN, FNP-C | Pain<br>EOL                   |
| 1240       | 1340     | 60 min   | Lunch at Conference Center                                                                                                                                                         |                                                         |                               |
| 1340       | 1430     | 50 min   | Pain - nothing but a memory?                                                                                                                                                       | TBD                                                     | Pain<br>EOL<br>Trauma         |
| 1430       | 1520     | 50 min   | Pain Treatment in Neonates and Infants                                                                                                                                             | TBD                                                     | Pain<br>EOL                   |
| 1520       | 1535     | 15 min   | Coffee Break                                                                                                                                                                       |                                                         |                               |
| 1535       | 1715     | 100 min  | Multimodal Analgesia Workshop: Advanced pediatric pain treatment and prevention                                                                                                    | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM              | Pain<br>EOL<br>Trauma<br>MATE |
| 1715       | 1730     | 15 min   | Q&A                                                                                                                                                                                | All Faculty                                             |                               |
| 1730       | 1930     | 120 min  | The Awesome Analgesia Animal Challenge<br>Evening Social: Appetizers & Drinks                                                                                                      |                                                         |                               |

Sunday, January 24<sup>th</sup>, 2027

| Start Time | End Time | Duration | Title                                                                                                                                                    | Presenter                                  | Specialty Credit              |
|------------|----------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------|
| 0730       | 0800     | 30 min   | Registration                                                                                                                                             |                                            |                               |
| 0800       | 0815     | 15 min   | Welcome, Announcements                                                                                                                                   |                                            |                               |
|            |          |          | 10-minute Experiential "Self-Hypnosis" (Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM)                                                                      |                                            |                               |
| 0815       | 0955     | 100 min  | Treating Neuropathic Pain in Children. From graded motor imagery to adjuvant analgesia                                                                   | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM | Pain<br>EOL<br>Trauma<br>MATE |
| 0955       | 1010     | 15 min   | Coffee Break                                                                                                                                             |                                            |                               |
| 1010       | 1100     | 50 min   | Pediatric Pain Prevention and Treatment as a Human Right                                                                                                 | TBD                                        | Pain<br>EOL<br>MATE           |
| 1100       | 1150     | 50 min   | Pediatric pain treatment - what have we learned over the past 40 years and where are we going?                                                           | TBD                                        | Pain<br>MATE                  |
| 1150       | 1320     | 90 min   | Lunch at Restaurant "SF Kebab"                                                                                                                           |                                            |                               |
| 1320       | 1410     | 50 min   | Know Pain and Know Gain: Pain neurophysiology education                                                                                                  | Michael Sangster, BScPT, MBA, DPT          | Pain<br>EOL                   |
| 1410       | 1500     | 50 min   | It's all in our bodies AND heads: Addressing mental health in children with pain                                                                         | TBD                                        | Pain<br>EOL<br>Trauma<br>MATE |
| 1500       | 1515     | 15 min   | Coffee Break                                                                                                                                             |                                            |                               |
| 1515       | 1605     | 50 min   | From Erythromelalgia to Suzetrigine: sodium channel and non-sodium channel genes in painful and painless diseases and in development of novel analgesics | TBD                                        | Pain<br>Trauma<br>MATE        |
| 1605       | 1655     | 50 min   | Pediatric Pain Treatment in LMIC                                                                                                                         | The Jennifer Smorgon Scholars              | Pain<br>EOL                   |
| 1655       | 1710     | 15 min   | Q&A                                                                                                                                                      | All Faculty                                |                               |

Monday, January 25<sup>th</sup>, 2027

| Start Time | End Time | Duration | Title                                                                                                                                                | Presenter                                  | Specialty Credit              |
|------------|----------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------|
| 0730       | 0800     | 30 min   | <b>Registration</b>                                                                                                                                  |                                            |                               |
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements</b>                                                                                                                        |                                            |                               |
| 0815       | 0955     | 100 min  | <b>The Comfort Promise: Preventing Pain and Anxiety Caused by Needle (and Other Painful) Procedures.</b> <i>The "Why", the "What", and the "How"</i> | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM | Pain<br>EOL<br>Trauma         |
| 0955       | 1010     | 15 min   | <b>Coffee Break</b>                                                                                                                                  |                                            |                               |
| 1010       | 1100     | 50 min   | <b>The Comfort Promise:</b> Utilizing quality improvement methodology to bring evidence to the bedside.                                              | TBD and Kristen Beckler, M.Ed, CTRS, CCLS  | Pain<br>EOL<br>Trauma         |
| 1100       | 1150     | 50 min   | <b>How to Start a Movement:</b> Innovative Physical Therapy Approaches for the Patient with Pain                                                     | Michael Sangster, BScPT, MBA, DPT          | Pain<br>EOL<br>Trauma         |
| 1150       | 1250     | 60 min   | <b>Lunch at Conference Center</b>                                                                                                                    |                                            |                               |
| 1250       | 1300     | 10 min   | <b>Soothing Color Muscle Relaxation</b>                                                                                                              | Anna Hoffman, MSN, RN, FNP-C               | Pain                          |
| 1300       | 1350     | 50 min   | <b>Opioid Selection in the Pediatric Population (Part I):</b> Mixed agonist/antagonist, partial opioid agonists & multi-mechanism analgesics         | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM | Pain<br>EOL<br>Trauma<br>MATE |
| 1350       | 1440     | 50 min   | <b>Responding to Non-Medical Opioid Use in Children and Teenagers</b>                                                                                | Lucien Gonzalez, MD, MS, FAAP              | Pain<br>EOL<br>MATE           |
| 1440       | 1455     | 15 min   | <b>Coffee Break</b>                                                                                                                                  |                                            |                               |
| 1455       | 1545     | 50 min   | <b>Adverse Childhood Events (ACEs) and Pediatric Pain</b>                                                                                            | Cristina Benki, PhD                        | Pain<br>Trauma                |
| 1545       | 1635     | 50 min   | <b>Cannabis and Cannabinoids for Pain Treatment in Pediatrics: Safe and effective?</b><br>Pro: Gary Walco<br>Contra: Stefan Friedrichsdorf           | Gary Walco & Stefan J. Friedrichsdorf, MD  | Pain<br>EOL<br>Trauma<br>MATE |

| Start Time | End Time | Duration | Title                      | Presenter   | Specialty Credit |
|------------|----------|----------|----------------------------|-------------|------------------|
|            |          |          | Moderated by Dr. Karen Sun |             |                  |
| 1635       | 1645     | 10 min   | Q&A                        | All Faculty |                  |

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| 1645 | 1730 | 45 min | Optional: Visit of Stad Center Outpatient Clinics San Francisco |  |  |
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**Tuesday, January 26<sup>th</sup>, 2027**

| Start Time | End Time | Duration | Title                                                                                             | Presenter                                  | Specialty Credit              |
|------------|----------|----------|---------------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------|
| 0730       | 0800     | 30 min   | <b>Registration</b>                                                                               |                                            |                               |
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>                                             |                                            |                               |
| 0815       | 0905     | 50 min   | The Neurobiology of pain and itch processing: A Yin and Yang story                                | Allan Basbaum, PhD                         | Pain<br>EOL<br>Trauma         |
| 0905       | 0955     | 50 min   | Buprenorphine for patients with opioid use disorder. An introduction                              | Lucien Gonzalez, MD, MS, FAAP              | Pain<br>EOL<br>Trauma<br>MATE |
| 0955       | 1010     | 15 min   | <b>Coffee Break</b>                                                                               |                                            |                               |
| 1010       | 1100     | 50 min   | Imaging pain processing in the brain and spinal cord                                              | Allan Basbaum, PhD                         | Pain<br>EOL<br>Trauma         |
| 1100       | 1150     | 50 min   | Opioid Selection in the Pediatric Population. Part II: Full $\mu$ -opioid agonists                | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM | Pain<br>EOL<br>Trauma<br>MATE |
| 1150       | 1320     | 90 min   | <b>Lunch on own: SPARK Social SF Food Trucks</b>                                                  |                                            |                               |
| 1320       | 1330     | 10 min   | 10-minute Experiential "Qigong"                                                                   | Robyn Adcock, DACM, L.Ac.                  |                               |
| 1330       | 1420     | 50 min   | How to Implement (and Maintain!) an RN-Administered Nitrous Oxide Sedation into Clinical Practice | Mindy Brice, RN-BSN, CLC, CPN              | Pain<br>EOL<br>Trauma         |
| 1420       | 1510     | 50 min   | Pediatric Pain Treatment in Patients with Sickle Cell Disease                                     | Karen Sun, MD & Neha Bhasin, MD            | Pain<br>MATE                  |
| 1510       | 1525     | 15 min   | <b>Coffee Break</b>                                                                               |                                            |                               |
| 1525       | 1615     | 50 min   | Opioid-Rotation in Infants & Children: The complete crux of the incomplete cross-tolerance        | Stefan J. Friedrichsdorf, MD               | Pain<br>EOL<br>Trauma<br>MATE |
| 1615       | 1705     | 50 min   | Meditation Experiential: From focusing, wandering or clearing your mind                           | Jennifer Smorgon, PsyD                     | Pain<br>EOL                   |
| 1705       | 1715     | 15 min   | Q&A                                                                                               | All Faculty                                |                               |
| 1715       | 1845     | 90 min   | <b>Social Outing with Drinks and Appetizers</b>                                                   |                                            |                               |

Wednesday, January 27<sup>th</sup>, 2027

| Start Time | End Time | Duration | Title                                                                                                                                                    | Presenter                                         | Specialty Credit      |
|------------|----------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------|
| 0730       | 0800     | 30 min   | Registration                                                                                                                                             |                                                   |                       |
| 0800       | 0815     | 15 min   | Welcome, Announcements, Reflection, Teach-Back                                                                                                           |                                                   |                       |
| 0815       | 0955     | 100 min  | <b>Primary Pain Disorders:</b><br>Chronic pain in head, abdomen, muscles, and joints                                                                     | <b>Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM</b> | Pain<br>EOL<br>MATE   |
| 0955       | 1010     | 15 min   | Coffee Break                                                                                                                                             |                                                   |                       |
| 1010       | 1020     | 10 min   | <b>10-minute Experiential "Progressive Muscle Relaxation"</b>                                                                                            | <b>Anna Hoffman, MSN, RN, FNP-C</b>               |                       |
| 1020       | 1110     | 50 min   | <b>Pain, Sex, and Death</b>                                                                                                                              | <b>Jeffrey Mogil, PhD, FCAHS, FRSC</b>            | Pain                  |
| 1110       | 1200     | 50 min   | <b>The Global Comfort Promise:</b><br>Prevention of Pain and Anxiety from Needle Procedures in Children with Cancer in Low- and Middle-Income Countries. | <b>Michael McNeil, MD, MPH</b>                    | Pain<br>EOL<br>Trauma |
| 1200       | 1300     | 60 min   | Lunch at Conference Center                                                                                                                               |                                                   |                       |
| 1300       | 1440     | 100 min  | <b>How to use Language Hypnotically to Alleviate Pain and Anxiety in Pediatric Patients</b>                                                              | <b>Leora Kuttner, PhD</b>                         | Pain<br>EOL<br>Trauma |
| 1440       | 1450     | 10 min   | Break                                                                                                                                                    |                                                   |                       |
| 1450       | 1540     | 50 min   | <b>Chronic intractable pain and irritability in children with neurological impairment</b>                                                                | <b>Julie Hauer, MD, FAAP, FAAHPM</b>              | Pain<br>EOL<br>Trauma |
| 1540       | 1555     | 15 min   | <b>Q&amp;A</b>                                                                                                                                           | <b>All Faculty</b>                                |                       |

**Thursday, January 28<sup>th</sup>, 2027**

| Start Time | End Time | Duration | Title                                                                                                                                                        | Presenter                                                 | Specialty Credit      |
|------------|----------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------|
| 0730       | 0800     | 30 min   | <b>Registration</b>                                                                                                                                          |                                                           |                       |
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b>                                                                                                        |                                                           |                       |
| 0815       | 0905     | 50 min   | <b>The Magic Glove:</b> A versatile hypnotic technique                                                                                                       | Leora Kuttner, PhD                                        | Pain<br>EOL<br>Trauma |
| 0905       | 0955     | 50 min   | <b>Basic Analgesia: Often Misunderstood, Underestimated, and Underused.</b>                                                                                  | Stephen Wilson, MD, PhD                                   | Pain<br>MATE          |
| 0955       | 1010     | 15 min   | <b>Coffee Break</b>                                                                                                                                          |                                                           |                       |
| 1010       | 1100     | 50 min   | <b>Mistakes Were Made:</b> How to fix pain research (and treatment)                                                                                          | Jeffrey Mogil, PhD, FCAHS, FRSC                           | Pain                  |
| 1100       | 1240     | 100 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. | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM                | Pain<br>EOL<br>Trauma |
| 1240       | 1340     | 60 min   | <b>Lunch at Conference Center</b><br>Biofeedback table open (Anna Hoffman, MSN, RN, FNP-C)                                                                   |                                                           |                       |
| 1340       | 1350     | 10 min   | <b>10-minute Experiential "Ear Seeds"</b>                                                                                                                    | Robyn Adcock, DACM, L.Ac and Anna Hoffman, MSN, RN, FNP-C |                       |
| 1350       | 1440     | 50 min   | <b>Intensive Inpatient Pediatric Pain Rehabilitation: Treating Pain by Restoring Function</b>                                                                | Will Bernal, MD and Cristina Benki, PhD                   | Pain                  |
| 1440       | 1530     | 50 min   | <b>From Nerve Blocks to Epidural Infusions:</b> Regional anesthesia to treat pain in children – An Introduction                                              | David Burns, MD                                           | Pain                  |
| 1530       | 1545     | 15 min   | <b>Coffee Break</b>                                                                                                                                          |                                                           |                       |
| 1545       | 1635     | 50 min   | <b>CBT versus (or and) ACT? Evidence-Based Behavioral Treatment for Kids with Chronic Pain</b>                                                               | Colleen Cullinan, PhD                                     | Pain                  |

| Start Time | End Time | Duration | Title | Presenter   | Specialty Credit |
|------------|----------|----------|-------|-------------|------------------|
|            |          |          |       |             |                  |
| 1635       | 1650     | 15 min   | Q&A   | All Faculty |                  |

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Friday, January 29<sup>th</sup>, 2027

| Start Time | End Time | Duration | Title                                                                                                                                                                                | Presenter                                                         | Specialty Credit                        |
|------------|----------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------|
| 0730       | 0800     | 30 min   | <b>Registration</b>                                                                                                                                                                  |                                                                   |                                         |
| 0800       | 0815     | 15 min   | <b>Welcome, Announcements, Reflection, Teach-Back</b><br><br><b>10-minute Experiential "Breathing Meditation" (Anna Hoffman, MSN, RN, FNP-C)</b>                                     |                                                                   |                                         |
| 0815       | 0905     | 50 min   | <b>The Pain JEDI: Justice, Equity, Diversity and Inclusion in Delivering Pediatric Pain Treatment</b>                                                                                | <b>TBD</b>                                                        | <b>Pain<br/>EOL<br/>Trauma</b>          |
| 0905       | 0955     | 50 min   | <b>Methadone in Pediatrics:</b><br>Taming of the shrew                                                                                                                               | <b>Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM</b>                 | <b>Pain<br/>EOL<br/>Trauma<br/>MATE</b> |
| 0955       | 1010     | 15 min   | <b>Coffee Break</b>                                                                                                                                                                  |                                                                   |                                         |
| 1010       | 1100     | 50 min   | <b>From Acupuncture Research to Clinical Service: Implementing an integrative medicine at your institution</b>                                                                       | <b>Robyn Adcock, DACM, L.Ac. and Anna Hoffman, MSN, RN, FNP-C</b> | <b>Pain<br/>EOL</b>                     |
| 1100       | 1150     | 50 min   | <b>Pediatric Sedation and Anxiolysis for Children Undergoing Painful Procedures</b>                                                                                                  | <b>Karen Sun, MD and Robin Alley, RN</b>                          | <b>Pain<br/>EOL<br/>Trauma</b>          |
| 1150       | 1220     | 30 min   | <b>Lunch at Conference Center</b>                                                                                                                                                    |                                                                   |                                         |
| 1220       | 1310     | 50 min   | <b>How to grow your pain program</b><br>Part 1: The Institutional Vision and Mission<br>Part 2: Strategies to Improve the Pain Care of Children in Hospital: The Role of Pain Nurses | <b>Stephen Wilson, MD, PhD, Lena Ngo, RN, PMGT-BC</b>             | <b>Pain</b>                             |
| 1310       | 1400     | 50 min   | <b>Is it Pain, Withdrawal, and/or Delirium...?</b><br>Assessment and Treatment of Pain Behavior in Infants, Toddlers and Children on an Intensive Care Unit                          | <b>Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM</b>                 | <b>Pain<br/>EOL<br/>Trauma</b>          |

| Start Time | End Time | Duration | Title                                                                          | Presenter                                    | Specialty Credit |
|------------|----------|----------|--------------------------------------------------------------------------------|----------------------------------------------|------------------|
| 1400       | 1450     | 50 min   | <b>Massage Therapy in Pediatric Pain &amp; Symptom Management</b>              | Carolyn Tague, MA, CMT<br>Erendira Mora, CMT | Pain<br>EOL      |
| 1450       | 1520     | 30 min   | <b>Called to Arms:</b> The adventure of pediatric pain management & next steps | Stefan J. Friedrichsdorf, MD, FAAP, FAAHPM   |                  |

|      |         |  |  |  |  |
|------|---------|--|--|--|--|
| 1520 | Adjourn |  |  |  |  |
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