

Applications for fall 2020 are now open!  
Virtual Welcome and Orientation on **October 17, 2020.**

# Train the Trainer: Primary Care Pain Management Fellowship

Expanding and optimizing the chronic pain  
management workforce

Health professionals are confronted with pain and its management every day. However, pain management receives surprisingly little attention in medical, nursing and other professional schools. Prescription drug abuse associated with chronic pain continues to mount and there is an increasing expectation that primary care clinicians are competent to diagnose and treat pain.

The UC Davis Train the Trainer (T3): Primary Care Pain Management Fellowship provides a 10-month, multidisciplinary, evidence-based educational experience for providers who wish to become expert clinicians and teachers in primary care pain management. This fellowship is designed for practicing clinicians and provides the opportunity to continue to work in their current practice while they receive the training, mentorship and resources needed to lead their primary care community to improve the practice of safe and effective pain management.

## Program

The T3 Fellowship offers expert guidance and support from leaders in pain medicine, psychiatry, internal medicine, physical therapy, pharmacy and beyond. The unique program features flipped classrooms, telementoring sessions, simulation experiences, complex case-based interactions, direct faculty fellow mentoring and academic detailing. The curriculum targets the most frequently encountered issues in primary care pain management with a significant emphasis on addressing the epidemic of prescription drug abuse and responsible opioid prescribing. We seek to help individuals gain the essential knowledge and skills needed to educate their colleagues on the primary care front line and raise the standard of pain management across their primary care community, networks and region.

## Directors

### David J. Copenhaver, MD, MPH

Associate Professor and Chief of Pain Medicine  
Education Director, UC Davis Center for Advancing Pain Relief

### Scott M. Fishman, MD

Professor and Fullerton Endowed Chair in Pain Medicine  
Director, UC Davis Center for Advancing Pain Relief

“The Train the Trainer: Primary Care Pain Management Fellowship tackles issues impacting public health and safety, and the economic viability of care that supports healthy people rather than care that reacts to illness.”

- David J. Copenhaver, MD, MPH



## Fellowship core training

Earn *AMA PRA Category 1 Credits*<sup>™</sup> during non-work hours (lunch and some early evening). Fellows who complete the program will receive a certificate of completion from the UC Davis Center for Advancing Pain Relief. Core components of the fellowship include:

1. Intensive, virtual interactive workshops
2. Regularly scheduled live telementoring sessions with a focus on integrated primary care pain management
3. Individualized monthly mentoring with a T3 Faculty Mentor
4. Monthly office hours on selected topics in primary care management

## Benefits of participation

- Up-to-date, evidence-based training from a multidisciplinary team of experts on all aspects of primary care pain management
- *AMA PRA Category 1 Credits*<sup>™</sup> (included in tuition). *AMA PRA Category 1 Credits*<sup>™</sup> are acceptable for multidisciplinary team members
- Opportunity to share de-identified cases with pain medicine faculty for discussion and real-time feedback
- One-on-one mentoring and individualized learning with T3 Faculty Mentor
- Exclusive access to presentations, recordings and other educational resources
- Skills to extend knowledge and teach principles learned through the program to primary care colleagues

## Sample curriculum topics

- Motivational interviewing techniques and cognitive reframing
- Physical exams for pain
- Nutrition and pain management
- Rational polypharmacy technique
- Analgesic pharmacology NSAIDs
- Opioid risk stratification
- Naloxone as a rescue for unintentional overdose
- Opioid tapering methodologies
- Buprenorphine: a strategy for pain management
- Addiction and chronic pain
- Marijuana, cannabis and pain management
- Failed back surgery syndrome
- Pain procedures for chronic pain
- Ultrasound guided procedures and pain care for primary care
- Regenerative medicine in the primary care setting
- Conducting a pain visit in 15 minutes

## Eligibility

All primary care-oriented providers are eligible. To be considered for enrollment, applicants must complete an application and submit their CV or resume. Please visit our website to learn more.

## Connect with us

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