



Greetings!

Our Annual Meeting next week will tackle a very timely topic of pain, pain management and healing. Did you see opioid tapering guidelines release YESTERDAY? On Thursday, the U.S. Department for Health and Human Services issued [new guidelines for physicians](#) on how best to manage opioid prescriptions. They recommend a deliberate approach to lowering doses for chronic pain patients who have been on long-term opioid therapy. Here is a link to a story that describes this guidance: <https://www.npr.org/sections/health-shots/2019/10/10/768914092/dont-force-patients-opioids-abruptly-new-guidelines-say-warning-of-severe-ri>

You've heard about the opioid crisis and know that managing pain is a huge challenge for patients, advocates and the healthcare system.

At our meeting we will cover the following topics:

- **Bridging the Pain - Healing Through Empathy**

Dora Gyarmati, BS, BA, Inventor of M3B® methodology, Owner of SPIRA POWER YOGA LLC

- **What Is Pain: Why is it so Difficult?**

David Tauben, MD, Director of Medical Student Education in Pain Medicine and Medical Director for UW Tacoma

- **Managing Pain During the Opioid Overdose Crisis**

Steven Stanos, DO, Medical Director of Swedish Pain Services

- **Navigating the Language of Pain**

Sharna Prasad DPT, Lebanon Community Hospital-Samaritan Health Services

- **The Leading Edge of Health Advocacy: WASHAA and National Efforts**

Robin Shapiro, WASHAA Board Chair

- **Panel Discussion: Integrative Strategies to Address Pain and Healing**

Moderator Steve Overman, MD, MPH, Sr Medical Director KenSci, Inc and Professor of Medicine at UW Medical School

Panel Member 1: Mind-Body Connection - Brad Lichtenstein, ND, BCB, BCB-HRV, Physician, Writer, Educator

Associate Professor, Bastyr University

Panel Member 2: Movement and Healing : Dora Gyarmati, BS, BA, Inventor of M3B® methodology and Owner of SPIRA POWER YOGA LLC

Panel Member 3 : Cannabis, the Endocannabinoid System, and Pain - Garth E Terry, MD, PhD, Acting Assistant Professor, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine, Physician/Research Associate, Mental Illness Research, Education, and Clinical Center (MIRECC) VA Puget Sound

- **Creating A Safe Haven Workshop Afternoon Experience Session**

David Monson, MD, Orthopedic Spine Surgeon (Retired) and Founder, Mentor, Inc

If you have ever joined us for our Annual Meeting, you know how fun, inspiring and educational it is. We are very selling out, so please don't delay registering at www.washaa.org. I hope to see you there!

Here's to your good health,

Robin

Robin Shapiro
WASHAA Board Chair

Upcoming Events

Next Thursday, Oct 17 - WASHAA 7th Annual Meeting **Register Today Before We Sell Out!**



The WASHAA 7th Annual Meeting will focus on defining the many aspects of pain and how to heal. Join us for a day of learning, engaging with our WASHAA community and practicing techniques in an interactive and fun way. We are fortunate to have clinical leaders in the field of pain management joining us. We are almost sold out - Register Today! Registration and CEU signup are here: <https://www.eventbrite.com/e/washaa-7th-annual-meeting-understanding-healing-tickets-55927520720>

We are grateful to our sponsors and Partners, whose generous support helps us host our annual meeting. Please join us in thanking:

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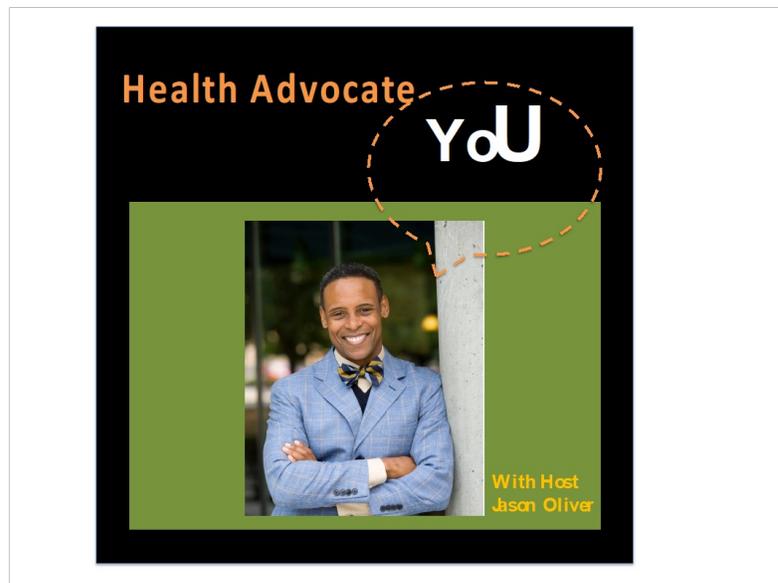


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WASHAA Launches New Podcast Series



We are proud to announce that WASHAA has created the first two episodes of a new podcast series, **Health Advocate You**, with host Jason Oliver. The episodes are focused on stories and interviews with healthcare insiders that teach you how the healthcare system works and what we can do to get the best care possible. Take a listen and let us know what you think! We are also looking for additional guests. Special thanks to our first two interviewees: Dr. David Hanscom (who will be speaking at our Annual Conference and leading our Safe Haven Workshop) and Brad Schwartz, the Founder of Greater National Advocates. <https://podcasts.apple.com/us/podcast/health-advocate-you/id1482078407>



PINNACLE CARE

PinnacleCare strives to help each member in the way that will best support their health and unimpeded care. Member record collection and review allows a full understanding of health challenges. An in-house medical team and expert research team support the PinnacleCare health advisor in their efforts to identify the most appropriate providers and ensure the member is directed to the right specialist for their condition. Access to care through knowledgeable and efficient navigation of healthcare systems is a hallmark of the PinnacleCare health advisor.

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At Guardian Nurses,
we go with the Flo...

...Florence Nightingale
that is!

As nurses who are passionate about patient advocacy,
we take our inspiration from Florence Nightingale.

Best Wishes to Robin, Beth and all
the members of WASHAA as you
host your 7th Annual Meeting

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Save the Date for our November 19 Webinar on Financial Toxicity with Dana Hudson

How can patient help prevent the "Financial Toxicity" of innovative medicine and serious illness? Financial Toxicity is the financial side effects of navigating illness. This webinar will be led by Dana Hutson, CEO of Cancer Champions, L. Dana will share her passion for helping people feel prepared, and confident navigating an increasingly complex healthcare system. Dana will provide practical tips and resources to mitigate effects of higher out of pocket healthcare costs.

Highlights of the presentation include:

- * Understanding what is driving costs
- * Identifying the risk factors
- * Practical tips and resources to reduce the financial stress induced by higher out of pocket medical costs

BPCA CEUs will be applied for (1 CEU). Registration is at: <https://www.eventbrite.com/e/washaa-webinar-on-financial-toxicity-tickets-76504148969>

Train the Trainer/ABCs of an Effective Doctor Visit Now Available!

If you are interested in becoming a presenter of the ABCs of an Effective Doctor Visit, go to the WASHAA website more: http://www.washaa.org/professional_development.html

WASHAA Calendar

Mark Your Calendar - Join WASHAA! Public Presentations, Trainings, Networking Events, and More!

Oct 17 - WASHAA Annual Meeting [Topic: Understanding Pain & Healing]

Nov 6 - Case Review (available to WASHAA Professional Members)

Nov 19 - Save the Date for WASHAA Webinar on Financial Toxicity

Dec 3 - Networking Meeting ([Sign Up](#))

WASHAA Programs & Presentations

Although WASHAA speakers can give presentation on many topics, here are a few of our presentations:

- Advance Care Planning (In partnership with Honoring Choices)
- Taming Your Medicine Cabinet (New in 2019!)
- The ABCS of an Effective Doctor Visit
- Patient Know More...Patient No More!
- The Emerging Field of Health Advocacy
- Safe & Sound in the Hospital: A Short Course in Patient Safety
- Volunteer Health Advocate Training: Understanding the Role & Skills to Be Effective

To schedule a speaker for your community, please submit your request here: <http://www.washaa.org/request-a-presentation.html>

Have a topic you wish we offered? Let us know - let's talk!

Do you have something you would like to share with the WASHAA community?

Please submit ideas to info@washaa.org.

Washington State Health Advocacy Association
E-mail us | Call us: 206.377.3000 | Visit Our Website

See what's happening on our social sites:    