

# LUNCH

# & LEARN

The activity is approved for 0.5 AMA PRA Category 1 Credits™

## A PATIENT'S PERSPECTIVE: PAIN AFTER SURGERY



### Description

This monthly learning event addresses the important issue of postoperative pain management, focusing on the detrimental impact of stigma. Participants will explore the complex nature of postoperative pain, acknowledging the interplay of physical, emotional, and social factors that shape a patient's experience. A key emphasis will be placed on recognizing and mitigating the stigma patients face when discussing or seeking treatment for pain, which often creates obstacles to effective care. The program will equip healthcare providers with practical strategies to foster a supportive and non-judgmental environment, encouraging open communication and ultimately leading to improved patient outcomes and reduced stigma surrounding postoperative pain.

**APRIL 9**  
**12:10 PM - 12:50 PM CT**

### Objectives

- Recognize the stigma some patients face when discussing or seeking treatment for postoperative pain, and how this stigma can impact their care
- Describe the multifaceted nature of pain after surgery, including physical, emotional, and social factors that influence a patient's experience
- Identify strategies healthcare providers can use to create a supportive and non-judgmental environment that encourages open communication about pain, thereby reducing stigma and improving patient outcomes.



### Speaker: Tom Bowen

Tom Bowen has been living with chronic pain since unplanned surgery in 2009. His recovery started after attending a formal interdisciplinary pain rehabilitation program and accepting personal responsibility for self-managing the pain and changing how he thinks about, feels about, and behaves concerning the pain. He began his role as a pain champion and educator in 2019. His work includes published articles, a Facebook support group, a free e-book, a pain course, and a comprehensive online educational resource center.

### Audience

Iowa surgical providers, clinical teams, and patients who were prescribed pain medications



**FREE CME**

**Registration**

# Continuing Education

## **Accreditation:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Iowa Medical Society (IMS). Compass Healthcare Collaborative is accredited by the IMS to provide continuing medical education for physicians.

## **Designation:**

Compass Healthcare Collaborative designates this live activity for a maximum of **0.5 AMA PRA Category 1 Credit(s)**<sup>™</sup> Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## **Commercial Support:**

This activity was developed without support from any ineligible company. \*The ACCME defines ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Note: The ACCME does not consider providers of clinical service directly to patients to be commercial interests unless the provider of clinical services is owned, or controlled by, and ACCME defined ineligible company.

## **Disclosure:**

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Note: AMA PRA Category 1 Credits<sup>™</sup> are accepted for nursing and other healthcare discipline license renewal purposes, provided the topic is relevant to the applicant's field or discipline. After participating, you will receive a Certificate of Attendance detailing the number of AMA PRA Category 1 Credits<sup>™</sup> you can claim. This certificate is provided for self-reporting requirements and must be submitted to your state board for license renewal.

