



# Institutes of Health Speakers Bureau

# 2022



## Presentations

Education on the treatment of Epidemic Chronic Pain, Brain Injuries, PTSD, Sleep Problems and Prescription Drug Addictions for the Workers' Compensation Community

**CEU APPROVED**

# Reversing Chronic Pain & Disability

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## The #1 Cost Driver in Work Comp

Three reversible epidemics drive the majority of costs in Workers' Compensation: Chronic Pain, Brain Injury, and PTSD. Chronic pain alone drives nearly 80% of the overall costs in the system. Nationwide, over 100 million Americans suffer chronic pain at a cost of over \$625 billion annually, yet according to the landmark study of the Institute of Medicine, only 5 of the Nation's 133 medical schools provided any curriculum on the treatment of chronic pain. Despite the fact that all three epidemics and their associated disability and costs can be systematically reversed, evidence-based treatment is not routinely available - until now.

Implementing evidence-based best practices ensures the greatest impact on accelerating improved outcomes and reversing the overall cost of claims. Best practices guidelines are found in such compendiums as that of the American College of Occupational & Environmental Medicine (ACOEM), the Official Disability Guidelines (ODG), and generally following the hierarchy of evidence, a core principle of Evidence-Based Practice (EBP).

This presentation will demonstrate how to systematically reverse chronic pain syndromes, disability, and the overall cost of claims using evidence-based treatment and biometric telehealth.

## Brain Injuries

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### Employing Evidence-based Advances to Improve Evaluation and Outcomes

Brain injury is often referred to as a "silent epidemic," as it is not well understood by the general public nor by many healthcare professionals. Often, people with a brain injury have not been properly diagnosed, and have not received treatment essential to healing. As a result, individuals are often over-medicalized, with a corresponding increase in disability, with costs and lost productivity estimated at \$76.5 billion annually. This panel presentation will demonstrate how advanced biopsychosocial systems are employed to dramatically improve diagnosis, treatment, accelerate MMI and decrease overall costs.

This presentation will discuss how advanced diagnostic methods are employed to diagnose whether or not a brain injury occurred, how to identify the best type of treatment to improve outcomes, and how transdisciplinary and interdisciplinary treatment and case management with stakeholders can accelerate MMI/P&S and decrease overall costs.

# PTSD In the Workplace

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## How To Systematically Reverse PTSD and Accelerate MMI (Maximum Medical Improvement)

PTSD devastates lives. The good news is, with expert treatment, PTSD can be systematically reversed. The lifetime prevalence of PTSD in the general population is approximately 8% and can be higher in some professions (estimated at 37% among firefighters). Additionally, approximately 80% of individuals with PTSD have a comorbid disorder including depression. If left untreated suicidal ideation and behavior can become a critical issue. Even when suicide does not occur, untreated PTSD can lead to poor physical health including hypertension, impaired decision-making, problems in the workplace and needless disability. This conversational style presentation will discuss the targeted support and treatment offerings available for patients suffering from PTSD and other related issues. The goal is to help patients increase career longevity and overall improvement in their quality of life.

# Chronic Opiates Cause Chronic Pain

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## How to Reverse the Vicious Cycle of Opiate Dependence

The use of chronic, high dose opiates for long term pain control was the standard of care less than 10 years ago. Because patients rapidly develop a tolerance to addictive medications, the dose had to be increased over and over to maintain any control over pain. Eventually, the pain control is negligible, but the side effects are serious and life-threatening. Moreover, individuals on chronic opiates experience more pain and disability.

The fact is that injured workers actually have less pain and disability after chronic opiates have been stopped completely. Patients become physically healthier and are mentally able to participate more effectively in treatment, and then in their lives once again.

This presentation will discuss the physiologic effects of opiates and the management of opiate detoxification along with alternative, non-addicting treatments for pain. Other topics addressed are the side effects of addictive substances causing impairment in cognitive function that block the capacity to learn new coping strategies, physical impairments that are aggravated by opiate dependence, along with the cutting-edge strategies for reversing this damage. A final component of this presentation will be the use of Biometric Telehealth to monitor patients during detoxification, evaluate the quality of their sleep, and the documentation of improvement in levels of agitation and physical distress.

For information on scheduling IOH speakers, please contact:

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# Speakers

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## **Dr. Tomer Anbar, Ph.D., CGP, CTC**

### **CEO, Clinical Group - Institutes of Health**

Dr. Anbar is Founding Director and CEO I Clinical Group of Institutes of Health. In 2002 he launched the Mind/Body Health Initiative to address the chronic pain epidemic in the work comp space, and 2008 founded the Interdisciplinary Chronic Pain & Functional Restoration Program at Scripps Health in San Diego. As Chief Clinical Advisor of the California Employers' Fraud Task Force, he advised the California Department of Industrial relations, insurance carriers, claims administrators, and employers on how to systematically improve clinical outcomes and more effectively address chronic pain, delayed recovery and related conditions. He is former Chairman of the Pain Rehabilitation SIG of the American Pain Society and former Treasurer of the Musculoskeletal Pain SIG of the International Association for the Study of Pain comprised of 125 countries. Dr. Anbar today continues to focus on promoting advances in the field of interdisciplinary biopsychosocial evidence- based care to reverse the epidemic nature of chronic pain, PTSD and brain injuries.



## **Dr. Clark Smith, M.D., DFAPA**

### **Chief Medical Officer - Institutes of Health**

Dr. Smith is Chief Medical Officer of Institutes of Health. He is triple Board Certified in Pain Medicine, Addictions and Forensic Psychiatry. Dr. Smith completed an Internal Medicine internship and worked as an emergency medicine physician while completing specialty training in Psychiatry. He was Chief Resident at the University of California San Diego (UCSD) Medical Center and Chief of Staff at Mesa Vista Hospital. Dr. Smith is former president of the San Diego Psychiatric Society, the San Diego Psych-Law Society, and was an Adjunct Professor in Forensic Studies at Alliant University in San Diego. Dr. Smith was founding Medical Director of the Sharp McDonald Center hospital for treatment of chemical dependency, where he witnessed the ravages of prescription opiate medication addiction. He became board-certified in pain medicine and began to manage postoperative and chronic pain for his patients in recovery. He joined Institutes of Health as Chief Medical Officer to become part of a comprehensive interdisciplinary organization, providing advanced treatment for Complex Trauma/Polytrauma, Chronic Pain, Brain Injuries, PTSD, Sleep Problems and Prescription Drug Addictions for the Workers' Compensation Community.



## **Dr. Crystal Cobos, DPT, CBIS**

### **Director, Head Injury & Concussion Clinic - Institutes of Health**

In addition to heading the Brain Injury Intensive Outpatient Program, Dr. Cobos is involved in the diagnoses, treatment and rehabilitation of orthopedic, neurological, cardiac cases as well as general surgery and trauma care. Within the chronic pain and delayed recovery space, Dr. Cobos leads the Specialty Rehabilitation Clinic for Complex Regional Pain Syndrome/ Regional Sympathetic Dystrophy. Dr. Cobos is a Certified Brain Rehabilitation Specialist and the recipient of the Clinical Excellence Award, Academic Achievement Award and Exception Clinical Research Award from Touro College.

## Speakers

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### **Dr. Shelby Moreira, Psy.D.**

#### **Forensic & Neurocognitive Specialist - Institutes of Health**

Dr. Moreira, is a bilingual team member of the Brain Injury Intensive Outpatient and Chronic Pain Rehabilitation Programs where she brings her expertise in diagnostic, neuro, forensic assessment and treatment to patients with varying degrees of traumatic brain injuries and neurocognitive disorders. Dr. Moreira's research has focused on the important differences in neurocognitive capacities of specific patient populations. Prior to joining Institutes of Health, Dr. Moreira worked as a trauma therapist at Rady Children's Hospital, and in the California State Prison System where she primarily focused on forensic, diagnostic, cognitive, neuro assessment and treatment.



### **Dr. Alan Acre, Psy.D.**

#### **Clinical Director, Advanced PTSD Clinic - Institutes of Health**

Dr. Alan Acre is the PTSD Clinic Coordinator at Institutes of Health. Dr. Acre's personal statement sheds light on similarities found in the military and workers' compensation experience, and the importance of providing expert care to accelerate recovery. Dr. Acre's tours of service in Iraq introduced him to the severe effects trauma has on strong, stable, healthy individuals and their families. Dr. Acre's experience of losing friends to mortars, IED attacks, small arms fire, suicide, and the reckless behaviors associated with PTSD, redefined and strengthened his passion to help those that were suffering from trauma, so that they could heal and become stronger than they were prior to enduring their trauma.

Dr. Acre trained at the VA Health Care Center in Harlingen, TX with experts in PTSD, suicide prevention, substance use, and outpatient general mental health. Dr. Acre is a former chief investigator (CI) at the Veterans & Trauma Intensive Outpatient Program research assistant-ship (RA), having developed studies to calculate reduction rates of PTSD symptoms of those treated in Intensive Outpatient Programs, and our ability to evoke posttraumatic growth.



### **Dr. Vianney Luis-Quero, Psy.D., CBIS**

#### **Sleep Clinic Coordinator | Institutes of Health**

Dr. Vianney Luis-Quero specializes in the interdisciplinary treatment of stress disorders, PTSD, chronic pain, substance use issues, and brain injuries. Dr. Quero is Clinical Coordinator of the IOH Sleep Clinic, and is a clinical psychologist with advanced practicum training in Neuropsychology from the University of California, San Diego Medical Center. At UCSD she was engaged in brain mapping of surgical candidates, as well as conducting comprehensive neuropsychological evaluations of patients impacted by traumatic brain injuries, concussions, and memory disorders. As an intern she provided supervision to clinical practicum students, and as a bilingual/cross-cultural supervising clinician, she has extensive experience treating individuals from many backgrounds and professions experiencing abuse, trauma, depression, and anxiety. In addition to her involvement in forensics and occupational health, Dr. Quero treats first responders, frontline healthcare workers and is part of the clinical team treating post-acute COVID.