

Tuesday, April 18, 2017
4 p.m. – 5 p.m.

Title: Dose-Extending Placebos: Clinical and Ethical Aspects
School of Pharmacy, Pharmacy Hall-N211

The second in a series of four, this lecture provides a systematic presentation on the clinical and ethical aspects of placebo effects. Nurses, pharmacists, and physicians will find this information relevant to education, research and practice.

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Placebo effects can occur when placebos are used following the administration of active and effective painkillers. Pharmacological studies indicate that placebos might mimic the action of active treatments and promote the endogenous release of opioids in both humans and animals. Here I present recent behavioral and neurobiological advances on the placebo effect. It is becoming clear that every analgesic treatment is significantly modulated by placebo effects and drug specific actions and placebo effects interact additively or synergistically depending on the condition. In clinical settings, learned placebo analgesic effects can be elicited in patients suffering from pain disorders even when pain appears to be refractory to conventional pharmacological interventions. Since placebo effects act as reinforcers of clinical outcomes, gaining deeper understanding of the top-down mechanisms of pain modulation has enormous implications for personalizing and optimizing pain management. While the novel prospect of using placebos has the potential to change our general thinking about some treatments, the typical regimens of these applications and the ways in which treatments are evaluated require a careful ethical analysis of use of deception and appropriate disclosures

Objectives

At the conclusion of the presentation, learners will be able to:

- I. Differentiate between use of placebos and placebo effects to develop strategies to maximize benefits from therapeutic interventions
- II. Analyze possible clinical and ethical requirements to harness placebo effects in daily clinical practice

Target Audience

Nurses, pharmacists, and physicians will find this information relevant to education, research and practice.

Additional Resources

1: Colloca L, Enck P, DeGrazia D. Relieving pain using dose-extending placebos: a scoping review. *Pain*. 2016 Aug;157(8):1590-8. doi: 10.1097/j.pain.0000000000000566. PubMed PMID: 27023425.

2: Ortiz R, Chandros Hull S, Colloca L. Patient attitudes about the clinical use of placebo: qualitative perspectives from a telephone survey. *BMJ Open*. 2016 Apr 4;6(4):e011012. doi: 10.1136/bmjopen-2015-011012. PubMed PMID: 27044586; PubMed Central PMCID: PMC4823468.

Continuing Education for Nurses

Nurses may receive 1.0 contact hours (one CE) for completing this one hour lecture for the cost of \$10. To receive a CE certificate, participants must attend the entire lecture, complete the online evaluation survey and the verification of attendance form provided on site. Participants will receive a CE certificate via email from the University of Maryland School of Nursing approximately two to four weeks after submitting the required documentation. All requests must be received within 90 days of the activity.

Commercial Support: This educational activity has not received any form of commercial support.

The University of Maryland School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Continuing Education for Pharmacists



The University of Maryland School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity (UAN: 0025-0000-17-003-L01-P) is approved for 1.0 hours (0.1 CEU) of continuing education credit. Statements of credit will be posted to CPE Monitor within three weeks for all participants who successfully complete the activity. Successful completion of this activity requires the attendee's signature on the sign-in sheet, participation in the entire activity, and completion of an online activity evaluation.

Continuing Education for Physicians

Accreditation: The University of Maryland School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation: The University of Maryland School of Medicine designates this Live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Registration

There is no cost to attend the lecture and reception.

Nurses who wish to receive Continuing Nursing Education (CNE) Credit: \$10

Register now.

Upcoming Lectures: An Interprofessional Pharmacology Lecture Series

Sept. 19: When Beliefs Make You Sick: What is the Nocebo Effect?
School of Medicine, Taylor Lecture Hall

Nov. 14: Nocebo Effects: Preventing Unintended and Harmful Side Effects
School of Nursing, Room 150