

PALTmed Texas Geriatrics Annual Conference 2025: *GERIATRICS: A Capitol Idea*
Session Objectives and Speaker Bio(s)

Speaker(s): Norberto Vargas, MD, CMD

Title: *Pain Management in the Post-Acute and Long-Term Care Setting*

Saturday, August 2 from 4:45 pm to 5:45 pm

Objectives:

1. Identify at least three common challenges in pain management specific to post-acute and long-term care settings and explain their impact on patient outcomes.
2. Demonstrate the ability to systematically assess and document patient pain by employing the provided pain management algorithm in a clinical scenario.
3. Differentiate between acute, chronic, and neuropathic pain, and determine appropriate pain management strategies for each pain type discussed.
4. List three general principles for prudent opioid prescribing and describe how to monitor for signs of dependence, tolerance, or addiction in post-acute patients.
5. Develop a patient-centered pain management plan, incorporating both pharmacological and non-pharmacological interventions, that addresses individual treatment goals.

Dr. Norberto Vargas, M.D., CMD, is a distinguished physician specializing in Physical Medicine and rehabilitation (PM&R), Pain Medicine, Addiction Medicine, and Obesity Medicine, with a dedicated focus on post-acute care. With experience serving skilled nursing and long-term care facilities, Dr. Vargas delivers compassionate, comprehensive care designed to optimize recovery and improve the quality of life for each patient he serves. Dr. Vargas earned his medical degree from the esteemed Ponce School of Medicine in Puerto Rico, followed by his residency at Baylor University Medical Center of Dallas, where he gained exceptional training in managing complex medical conditions. He is board-certified by several prestigious institutions, including the American Board of Physical Medicine and Rehabilitation, the American Board of Addiction Medicine, the American Board of Pain Medicine, and the American Board of Obesity Medicine, underscoring his expertise and commitment to excellence in patient care. In skilled nursing and long-term care environments, Dr. Vargas utilizes advanced diagnostic and treatment techniques tailored specifically for post-acute patients. Additionally, Dr. Vargas is recognized as an expert in addiction medicine, providing vital support to patients dealing with substance use disorders involving alcohol, prescription medications, and illicit substances. His holistic, patient-centered approach emphasizes integrated care, addressing both physical and psychological aspects of addiction to foster meaningful, long-term recovery. A compassionate advocate for patient wellness, Dr. Vargas continuously contributes to enhancing care standards within the post-acute sector. His multifaceted expertise ensures that patients receive personalized, comprehensive treatment strategies, improving clinical outcomes and enhancing quality of life during their rehabilitation journey.