



The Walton Centre   
NHS Foundation Trust

*Excellence in Neuroscience*



**The Pain Relief Foundation**

# LIVERPOOL COURSE ON CLINICAL MANAGEMENT OF CHRONIC PAIN: A PRACTICAL APPROACH

**30<sup>th</sup> June – 2<sup>nd</sup> July 2016**

**An advanced practical course in Pain Medicine**

**RCoA CPD Matrix: 2E03 & 3E00**



Liverpool Pier Head, with the Royal Liver Building, Cunard Building and Port of Liverpool Building

**[www.painrelieffoundation.org.uk](http://www.painrelieffoundation.org.uk)**

## THE HISTORY OF THE PAIN RELIEF FOUNDATION

The pain clinic at The Walton Centre is one of the largest in the UK, treating more than 3,000 patients a year. The clinic's founder and Director for nearly 30 years was the late Sam Lipton, who, together with later colleagues, pioneered many pain relieving techniques. Sam Lipton and two of his colleagues, John Miles, then Consultant Neurosurgeon, and David Bowsher, then a Reader at the University of Liverpool, set up **The Pain Relief Foundation** in 1979 as a Registered Charity. Supported entirely by voluntary contributions, the purpose of the Foundation was to create and run a **Pain Research Institute** in association with the clinic. The Pain Relief Foundation is currently situated in the Clinical Sciences Centre for Research and Education (CSCRE) on the Aintree University Hospitals Fazakerley site.

Chris Wells succeeded Sam Lipton as Director of the Walton Centre pain clinic in 1983, John Wiles took over in 1994 and the current Director, since 2011, is Manohar Sharma. In January 1995 a Finnish Consultant Neurologist, Turo Nurmikko, and the then President of the Pain Society, Tim Nash, joined the Centre as full-time pain clinicians. In January 2001 Turo Nurmikko was appointed as the **Pain Relief Foundation Professor of Pain Science**, at the University of Liverpool. Tim Nash retired in 2006. Manohar Sharma joined the Centre in 2004, Andreas Goebel in 2007, Bernhard Frank in 2009, Rajiv Chawla in 2010, Praveen Ganty in 2012 and Sumit Gulati in 2013 and Manish Gupta in 2015 as Consultants in Pain Medicine. In 2008 Andreas Goebel was appointed as a Clinical Senior Lecturer at the University of Liverpool.

In 1993 Paul Eldridge joined as a neurosurgeon with a further colleague, Mr Varma joining in 2000. John Miles retired in 2001 & Mr Varma in 2008. Jibril Osman-Farah was appointed as a consultant neurosurgeon in 2008.

The Pain Team at Walton Centre Pain Clinic currently has seven Pain Consultants and two Neurosurgeons with an interest in pain, who work in close association with the Pain Research Institute. The Pain Team also includes 6 psychologists led by Kerry Mathews, three Pain Specialist and Neuromodulation Nurses, five Pain Specialist Physiotherapists and four Occupational Therapists. Walton Centre also has an outpatient Pain Management Programme.



Samson Lipton OBE 1922 - 1994

### **Course Information**

**Fee: £395 for Early Bird registration (after 30<sup>th</sup> April, 2016, £500)**

*(Early registration secures first choice of workshops on days 1 and 2)*

**Maximum number of candidates: 30**

### **Venue:**

Clinical Sciences Centre, University Hospital Aintree and The Walton Centre NHS Foundation Trust, Liverpool

### **Course Aims:**

This course aims to further develop skills of assessing and treating complex chronic pain patients. This practical and interactive course develops an evidence based approach to assessment, examination and formulation of a diagnosis and designing a comprehensive management plan.

### **Who Should Attend:**

Anaesthetic, Neurosurgery and Pain Trainees. Pain Consultants, GPs with Special Interest in Pain Medicine, Advanced Nurse Practitioners and Senior Physiotherapists with Specialist Interest in the management of chronic pain.

### **Royal College of Anaesthetist's CPD and Revalidation Matrix category:**

2E03 Basic assessment and management of chronic pain

3E00 "Specialist interest area in Pain Medicine"

**A copy of the award winning BMA book of the year 2015 a "Practical Management of Complex Cancer Pain Handbook" will be offered as complimentary copy.**

The Course Handbook will be available on the PRF Webpage with the lecture slides, workshop and carefully selected references (Available during the course and for 4 weeks after the course to participants using a secure password).

## [DIRECTIONS TO WALTON CENTRE AND THE PAIN RELIEF FOUNDATION](#)

**Pain Relief Foundation, Clinical Sciences Centre, University Hospital Aintree,  
Lower Lane, Fazakerley, Liverpool L9 7AL, Tel. 0151 529 5820**

**By Rail:** Rail users may travel to nearby Fazakerley Station which is a main line station with regular service connections to central Liverpool and the North. Fazakerley Station is north of the hospital on Longmoor Lane. As you leave the station the hospital is on the other side of the road. The Pain Relief Foundation is on the farther side of the Fazakerley site.

**By Bus:** The following bus routes travel close to the Hospital with stops in Lower Lane and Longmoor Lane. 1,2,17c,17d,18c,20,62,122,159,209,217,218,236,356. The 102 bus travels into the Hospital.

**By Road:** Situated to the northeast of central Liverpool and close to Junction 6 off the M57, on the A506, University Hospital Aintree is easily accessible from the UK motorway network via the M6 and M62.

**From M6 Southbound:** Leave the motorway at junction 26 (signposted Skelmersdale) and join the M58. Leave the M58 at its end and at the roundabout take the second exit to join the A59 (signposted Aintree). Travel along the A59 for approx 2 miles (passing Aintree Race Course) and then turn left onto the A506 Longmoor Lane. University Hospital Aintree will be seen after 1 mile on the right-hand side.

**From M6 Northbound and M62:** Leave the M6 at Junction 21a and join the M62 (signposted Warrington, Liverpool). Leave the M57 at Junction 6 and at the roundabout take the first exit onto the A506 Longmoor Lane. University Hospital Aintree will be seen after one and a half miles on the left-hand side.

**From West via the A580:** Travel along the A580, passing under the M57, and then continue for a further 2 miles and take the third turning right onto Lower Lane. University Hospital Aintree will be seen after nearly 1 mile on the left-hand side.

**By Air:** Liverpool Airport is within easy reach of University Hospital Aintree (30 minutes by car or taxi) and has regular scheduled flights to all parts of the UK and Europe.

**Maps:** Interactive maps are available on the Walton centre website. [www.thewaltoncentre.nhs.uk](http://www.thewaltoncentre.nhs.uk)

### **ORGANISERS**

Manohar Sharma,  
Rajiv Chawla

### **GOLD SPONSORS**

Supported and sponsored by:

**Sponsor of Sam Lipton Lecture**

Standard Sponsorship

**Algotech**

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### **GENERAL INFORMATION**

#### **Registration**

Registration will be in The Foyer of the Clinical Sciences Centre (CSC)

#### **Clinical sessions**

Clinics, Theatre sessions and Pain Management Programme sessions will take place at the Walton Centre. Outpatient clinics are on the ground floor of Walton Centre, across the street from the CSC.

#### **Lectures**

Lectures, Symposia and The Grand Round will be held in the Wolfson Lecture Theatre in the Clinical Sciences Centre unless otherwise stated.

#### **Exhibition**

Trade stands will be in the Exhibition Hall/Dining Room on the ground floor of the CSC.

#### **Lunch**

Lunch will be served in the Exhibition Hall/Dining Room on the ground floor of the CSC.

**Parking on site is available in the multi-storey carpark near the CSC and across the site and costs £5.50 per day**

#### **Dinner**

The dinner on Friday evening will be held at: Liverpool Football Club Anfield Road, Liverpool, L4 0TH. There is car parking close by and some street parking.

#### **Course Assessment**

We would be very grateful if you would fill out the assessment forms which will be in your meeting folder at the end of each day. This is very helpful to us in planning future courses. In exchange for handing in these forms, you will be given a certificate of attendance for CEPD credit.

## Thursday 30<sup>th</sup> June, 2016 Programme

Clinical Sciences Centre (CSC), & The Walton Centre NHS Foundation Trust (WCFT).

**08:30-09:00** Registration Tea/Coffee and Pastries in the foyer of the CSC

**08:45-09:00** Course Opening and Introduction: Dr M L Sharma

**09:15-12:30** **SESSION 1** in Sid Watkins Building

**09:15-12:30** Choice of 1 of 6 Demonstration Pain Clinics:

1. **Acute Sciatica:** (*Mr Martin Wilby & Dr Manish Gupta*)
2. **Cancer Pain:** (*Dr Kate Marley & Dr Manohar Sharma*)
3. **CRPS:** (*Dr Andreas Goebel & Ms Selina Johnston*)
4. **Pelvic Pain:** (*Dr Rajiv Chawla, Ms Shaireen Aleem & Dr Natalie Lane*)
5. **PMP Assessment Clinic:** (*Dr John Wiles & Dr Kerry Mathews, Mrs Helen Rylance, Ms Alison Bradshaw*)
6. **Opioid Management:** (*Dr Bernhard Frank & Ms Alison Cox*)

**13:00-14:00** Lunch (CSC)

**14:00-17:30** **SESSION 2** in CSC, Wolfson Lecture Theatre

**14:00-15:30** Current Concepts in Pain Medicine - Chair: Dr M L Sharma

**14:00-14:30** Management of Sciatica - A Collaborative Approach: Mr Martin Wilby

**14:30-14:45** Discussion

**14:45-15:15** Practical Guide to Spinal Interventions for Chronic Pain: Dr Rajiv Chawla

**15:15-15:30** Discussion

**15:30-16:00** Tea Break

**16:00-17:30** Current Concepts in Pain Medicine - Chair: Dr Rajiv Chawla

**16:00-16:30** Indications, Patient Selection, Implantation and Aftercare for Spinal cord Stimulation: Mr Jibril Farah

**16:30-16:45** Discussion

**16:45-17:15** Pain Management Programme, Patient selection and treatment:  
*Dr John Wiles & Dr Kerry Mathews*

**17:30-17:45** Tea Break

**17:45-18:30** **SESSION 3** in CSC Wolfson Lecture Theatre

Neuropathic Pain Management - Chair: Dr Andreas Goebel

**17:45-18:15** Non-pharmacological management of Chronic Pain: Prof Paul Eldridge

**18:15- 18.30** Discussion

**Friday 1<sup>st</sup> July 2016**

**Programme**

**08:30-09:00** **Tea/Coffee and Pastries** in the foyer of the CSC

**09:00-09:45** **SESSION 4** in CSC, Wolfson Lecture Theatre

**09:00-09:45** **Update on CRPS- Chair: Dr Bernhard Frank**

**09:00-09:30** **Diagnosis and Management of CRPS: *Dr Andreas Goebel***

**09:30-09:45** *Discussion*

**10:00-13:00** **SESSION 5** in WCFT & Sid Watkins Building

**10:00-13:00** **Choice of 1 of 5 Practical workshops:** *Session Co-ordinator, Mr Joe Smith*

**Live Pain Theatre session – Theatre Suite WCFT - (*Dr Manohar Sharma & Dr Almas Iqbal*)**

**Ultra Sound (USG) demonstration & hands on workshop - Jefferson Ward WCFT**  
*(Dr Sumit Gulati & Dr Shiv Singh)*

**Manikin hands on spinal injection technique - Theatre Suite WCFT**  
*(Dr Rajiv Chawla & Dr Manish Gupta)*

**Pain Management Programme Assessment Clinic - Sid Watkins building, 1<sup>st</sup> floor**  
*(Dr John Wiles, Dr Natalie Lane, Ms Dawn Steede & Mrs Helen Rylance)*

**Capsaicin patch application and Botox for chronic pain – Jefferson Ward WCFT**  
*(Dr Bernhard Frank & Dr Nick Silver)*

**13:00–13:45** **Lunch (CSC)**

**14:00-17:00** **SESSION 6** in WCFT & Sid Watkins Building

**14:00-17:00** **Choice of 1 of 6 Practical workshops:** *Session Co-ordinator, Mr Joe Smith*

**Live Pain Theatre session – Theatre Suite WCFT - (*Dr Manohar Sharma & Dr Almas Iqbal*)**

**Ultra Sound (USG) demonstration & hands on workshop -Jefferson Ward WCFT**  
*(Dr Sumit Gulati & Dr Shiv Singh)*

**Manikin hands on spinal injection technique - Theatre Suite WCFT**  
*(Dr Rajiv Chawla & Dr Manish Gupta)*

**Pain Management Programme Assessment Clinic - Sid Watkins building, 1<sup>st</sup> floor**  
*(Dr John Wiles, Dr Kerry Mathews , Mr John Tetlow & Mrs Helen Rylance)*

**Capsaicin patch application and Botox for chronic pain – Jefferson Ward WCFT**

*(Dr Bernhard Frank & Dr Nick Silver)*

**CRPS and relevant Physiotherapy Techniques, including External Neuromodulation – Sid Watkins building, 1st floor**

*(Dr A Goebel, Mr Mark Draper & Ms Selina Johnson, Sharon Barnett)*

**18:00-20:00** **SESSION 7 – Taxis to leave CSC reception at 17.30pm**

**18:00-20:00** **Drinks & Reception at Liverpool Football Club**

**18:15-19:15** **Tour of Football Club Museum & Pitch-side Viewing**



**19:30-20:00** **The Sam Lipton Lecture - Chair: Dr Manohar Sharma**

**“Core Standards for Pain Management Services in the UK - the implications”**

*Dr Beverly Collette Collett, OBE, FRCA, FFPMRCA*

*(Emeritus Consultant in Pain Medicine, University Hospitals of Leicester)*

**20:00** **Course Dinner (Included in the Course fees)**

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**Saturday 2<sup>nd</sup> July 2016 Programme**

**08:30-09:00** **Tea/Coffee and Pastries** in the foyer of the CSC

**09:00-10:45** **SESSION 8** in CSC, Wolfson Lecture Theatre

**09:00-10:45** **Improving pain management and outcomes-** *Chair: Dr Sumit Gulati*

**09:00-09:30** **Role of acute pain management in prevention of chronic pain:** *Dr Shiv Singh*

**09:30-09:45** *Discussion*

**09:45-10:15** **Cancer Pain Management - A Collaborative Approach:** *Dr Kate Marley & Dr Manohar Sharma*

**10:15-10:30** *Discussion*

**10:30-10:50** **Tea Break**

**10.50-11.20** **Pharmacological Management of Neuropathic Pain:** *Dr Chris Wells*

**11:20-11:30** *Discussion*

**11:30-13:30** **SESSION 9 Grand round, live case presentations, attended by all faculty**

**11:00-13:30** **Grand Round – Chair: Prof Paul Eldridge & Dr Manohar Sharma**

*Grand Round Organisers: Alison Cox & Mark Draper Neuromodulation, CRPS, PMP, Facial Pain, injections, missed diagnosis (Live patient case presentations)*

**13:30-14:00** **Lunch and Q&A Session with Faculty**

## FACULTY

Ms **Shaireen Aleem**, Consultant UroGynaecologist Southport & Ormskirk Hospital

Ms **Sharon Barnett**, Pain Specialist Physiotherapist, Walton centre, Liverpool

Ms **Rachel Barton**, Clinical Nurse Specialist, Pain & Neuromodulation, Walton Centre, Liverpool

Ms **Alison Bradshaw**, Occupational Therapist, Walton Centre Pain

Dr **Rajiv Chawla**, Consultant in Pain Medicine & Neuromodulation, Walton Centre, Liverpool

Dr **Beverly Collette**, Emeritus Consultant in Pain Medicine, University Hospitals of Leicester

Ms **Alison Cox**, Clinical Nurse Specialist, Pain & Neuromodulation, Walton Centre, Liverpool

Mr **Mark Draper**, Pain & Neuromodulation Specialist Physiotherapist, Walton Centre, Liverpool

Professor **Paul Eldridge**, Consultant Neurosurgeon, Walton Centre for Neurology & Neurosurgery, Liverpool

Dr **Bernhard Frank**, Consultant in Pain Medicine, Walton Centre and Honorary Senior Clinical Lecturer, University of Liverpool.

Dr **Manish Gupta**, Consultant in Pain Medicine & Anaesthesia, Walton Centre, Liverpool

Dr **Andreas Goebel**, Clinical Senior Lecturer, University of Liverpool & Consultant in Pain Medicine, Walton Centre

Dr **Sumit Gulati**, Consultant in Pain Medicine & Anaesthesia, Walton Centre, Liverpool

Dr **Almas Iqbal**, Clinical Fellow in Pain Medicine, Walton Centre , Liverpool.

Ms **Selina Johnson**, Pain & Neuromodulation Specialist Physiotherapist, Walton Centre, Liverpool

Dr **Natalie Lane**, Highly Specialist Clinical Psychologist, Walton Centre, Liverpool

Ms **Lindsey Lowry** Associate Clinical Nurse Specialist, Pain & Neuromodulation, Walton Centre, Liverpool

Dr **Kate Marley**, Consultant in Palliative Medicine, University Hospital Aintree, Liverpool,

Dr **Kerry Mathews**, Specialist Clinical Psychologist, Walton Centre, Liverpool

Mr **Jibril Osman-Farah**, Consultant Neurosurgeon, Walton Centre, Liverpool

Mrs **Helen Rylance**, Lead Pain Specialist Physiotherapist, Walton Centre Liverpool

Dr **Manohar Sharma**, Consultant in Pain Medicine, Walton Centre, Liverpool

Dr **Nick Silver**, Consultant Neurologist, Walton Centre, Liverpool

Dr **Shiv Singh**, Consultant in Anaesthetics, Royal Liverpool Hospital

Ms **Dawn Steed**, Occupational Therapist, Walton Centre Pain

Mr **John Tetlow**, Pain Specialist Occupational Therapist, Walton Centre Pain

Dr **Chris Wells**, EFIC President, Pain Physician, Rodney Street, Liverpool, UK

Mr **Martin Wilby**, Consultant Neurosurgeon, Walton Centre, Liverpool

Dr **John Wiles**, Consultant in Pain Medicine, Walton Centre, Liverpool

### **COURSE ORGANISERS**

Dr Manohar Sharma

Dr Rajiv Chawla

### **ORGANISING COMMITTEE**

Mrs Tricia Anderton

Mr David Emsley

Dr Praveen Ganty

Dr Sumit Gulati

Dr Shiv Singh

Dr Chris Wells

Dr John Wiles

Mrs Julie Williams

### **PAIN RELIEF FOUNDATION STAFF**

Mr **David Emsley**, Administrator

Mrs **Julie Williams**, Assistant Administrator, Pain Relief Foundation

Mrs **Brenda Hall**, Administrative Assistant, Pain Relief Foundation, Liverpool

### **CONTINUING MEDICAL EDUCATION**

**15 CEPD credits have been  
awarded by the Royal College of  
Anaesthetists.**

**A certificate of attendance for  
CEPD points will be issued at the  
close of the meeting.**





**PARALLEL SESSIONS**

**THURSDAY AM CLINICS**

<p><b>Acute Sciatica</b></p> <p>Huei Nuo Tan Anita Thoppil Piera Santullo Rohith Nayak Jane Platt</p>	<p><b>Cancer Pain</b></p> <p>Katherine Howells</p>	<p><b>CRPS</b></p> <p>Laura Edwards Mohammed . Abdelshafy Claire Mattimoe Laura Smith Alison Simpson</p>	<p><b>Pelvic Pain</b></p> <p>Nikolaos Gatos Rahul Guru Shanoy Sudesh</p>
<p><b>PMP Assessment</b></p> <p>Surendra Bandi Woo Geik Keow Indre Kriukelyte Elizabeth Feber Shuakat Raza</p>	<p><b>Opioid Management</b></p> <p>Jo Harding Saija Paavola A G De Bree Ashwin Mallya Muhammed Ikram</p>		

**FRIDAY AM WORKSHOPS**

<p><b>Live Pain Theatre session</b></p> <p>Jo Harding A G De Bree Rohith Nayak Rahul Guru</p>	<p><b>(USG) Demonstration &amp; hands on workshop</b></p> <p>Indre Kriukelyte Mohammed Abdelshafy Anita Thoppil Shaukat Raza Nikolaos Gatos</p>	<p><b>Manikin Hands-On Spinal Injection</b></p> <p>Laura Edwards Saija Paavola Katharine Howells Laura Smith Alison Simpson</p>	<p><b>PMP Assessment Clinic</b></p> <p>Huei Nuo Tan Piera Santullo Shanoy Sudesh Woo Geik Keow Elizabeth Feber</p>
<p><b>Capsaicin Patch Application and Botox</b></p> <p>Surendra Bandi Ashwin Mallya Claire Mattimoe Jane Platt</p>			

**FRIDAY PM WORKSHOPS**

<p><b>Live Pain Theatre Session</b></p> <p>Shanoy Sudesh Indre Kriukelyte Shaukat Raza Nikolaos Gatos</p>	<p><b>(USG) Demonstration &amp; hands on workshop</b></p> <p>Laura Edwards Piera Santullo</p>	<p><b>Manikin Hands-On Spinal Injection</b></p> <p>Jo Harding Anita Thoppil Mohammed Abdelshafy Rohith Nayak</p>	<p><b>PMP Assessment Clinic</b></p> <p>Saija Paavola Claire Mattimoe Jane Platt Rahul Guru</p>
<p><b>Capsaicin Patch Application and Botox</b></p> <p>Heui Nuo Tan Katherine Howells Laura Smith Alison Simpson</p>	<p><b>CRPS and Physiotherapy (Assessment and External Neuromodulation)</b></p> <p>Surendra Bandii Woo Geik Keow Elizabeth Feber A G De Bree Ashwin Mallya</p>		

## Participants 2016

Dr **Mohammed Abdelshafy Abusayed**, Sheffield Children's NHS Foundation Trust

Dr **Surendra Bandi**, Consultant, Salisbury District Hospital

Dr **A G De Bree**, Anaesthesiologist Pain Specialist, Netherlands

Dr **Laura Edwards**, ACF ST5 Rehabilitation Medicine, Nottingham

Ms **Elizabeth Feber**, Physiotherapist, Leeds Teaching Hospital

Dr **Rahul Guru**, Consultant in Anaesthetics & Pain Medicine, University Hospital of Wales

Dr **Nikolaos Gatos**, Anaesthetist, Bristol.

Dr **Joanna Harding**, Specialist Registrar Anaesthesia & Pain, Southampton

Dr **Katharine Howells**, Advanced Pain Fellow, Royal United Hospital Bath

Ms **Geik Keow**, Pain Nurse Specialist, Penang

Dr **Indre Kriukelyte**, Anaesthetist, Bangor, Gwynedd

Dr **Ashwin Mallya**, Consultant Anaesthetisa/ Chronic Pain, Scunthorpe General Hospital

Dr **Claire Mattimoe**, Consultant Paediatrician, Enniskillen South West Acute Hospital

Dr **Rohith Nayak**, Speciality Doctor, Southport & Ormskirk Hospital NHS Trust

Dr **Saija Paavola**, Specialist of Physiatric Medicine & Rehabilitation, Helsinki

Ms **Jane Platt**, Physiotherapist

Dr **Shaukat Raza**, Speciality Doctor

Dr **Piera Santullo**, Registrar, Stoke Mandeville Spinal Unit, Buckinghamshire

Dr **Sudesh Shenoy**, Lincolnshire Hospital

Dr **Alison Simpson**, Consultant Anaesthetist

Dr **Laura Smith**, ST4 Rehabilitation Medicine, Royal Orthopaedic Hospital Birmingham

Dr **Huei Nuo Tan**, Consultant Geriatrician, Singapore

Dr **Anita Thoppli**, Anaesthetics Registrar, Norwich



**The Pain Relief Foundation**

*A registered charity funding research  
and education in chronic pain.  
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Sponsor of Sam Lipton Lecture and the course

**Standard Sponsorship**

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