



The Walton Centre   
NHS Foundation Trust

*Excellence in Neuroscience*



**The Pain Relief Foundation  
34<sup>th</sup>**

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

***NEW FOR 2017 – LIVE PATIENT INTERACTIVE PRESENTATION  
SESSIONS***

**5<sup>th</sup> July – 7<sup>th</sup> July 2018**

**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.painreliefoundation.org.uk](http://www.painreliefoundation.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, 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 Dr Kerry Mathews, three Pain and Neuromodulation Nurses, five Pain Specialist Physiotherapists and four Occupational Therapists. The Walton Centre also has a long established Pain Management Programme.



Samson Lipton OBE, 1922 - 1994

### **Course Information**

**Fee: £350 for Early Bird registration (after 4th May, 2018, £450)**

*(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"

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,20,21,62,122,159,209,217,218,236,356. 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](#)

### [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 £5.50per 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 5<sup>th</sup> July, 2018 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) – **Room 11 - Sid Watkins**
2. **Spinal Pain and Neuromodulation:** (Dr Manohar Sharma & Catherine Wilfred) – **Room 1 - Sid Watkins**
3. **CRPS:** (Dr Andreas Goebel & Ms Selina Johnston) – **Room 10- Sid Watkins**
4. **Pelvic Pain:** (Dr Rajiv Chawla & Ms Shaireen Aleem) – **PMP – Sid Watkins**
5. **PMP Assessment Clinic:** (Dr John Wiles & Dr Kerry Mathews, Ms Alison Bradshaw & MrNathan Goss) – **PMP – Sid Watkins (this session will run until 13:00)**
6. **Opioid (Detox) Clinic:** (Dr Bernhard Frank & Ms Alison Cox) - **Room 9 – Sid Watkins**

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

**14:00-18:00** **SESSION 2** in CSC, Wolfson Lecture Theatre

**14:00-16:05** **Current Concepts in Pain Medicine** - Chair: Dr M L Sharma

**14:00-14:45** **Management of Sciatica - A Collaborative Approach:** Mr Martin Wilby

**14:45-15:45** **Pain Management Programme, Patient selection and treatment:**  
**Live interactive patient session:** Dr John Wiles & Dr Kerry Mathews

**15:45-16:05** Tea Break

**16:05-18:00** **Current Concepts in Pain Medicine** - Chair: Dr Rajiv Chawla

**16:05-17:05** **Indications and Patient Selection for Spinal cord Stimulation:**  
**Live interactive patient session:** Dr Rajiv Chawla

**17:05-18:00** **Neurosurgical management of Chronic Pain:** Prof Paul Eldridge

**Friday 6<sup>th</sup> July 2018**

**Programme**

**08:30-08:45** **Tea/Coffee and Pastries** in the foyer of the CSC

**08:45-09:45** **SESSION 3** in CSC, Wolfson Lecture Theatre

**08:45-09:45** **Update on Pelvic Pain- Chair: Dr Rajiv Chawla**

**08:45-09:45** **Management of Pelvic Pain a Collaborative Approach:**

***Live interactive patient session***

*Dr Rajiv Chawla & Dr Shaireen Aleem*

**10:00-13:00** **SESSION 4** 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 5 WCFT -** *(Dr Manohar Sharma & Dr Vanja Srbljak or Dr Muhammad Kashif)*

**Ultra Sound (USG) demonstration & hands on workshop – Sid Watkins**

*(Dr Sumit Gulati & Dr Shiv Singh)*

**Manikin hands on spinal injection technique - Theatre Suite 5 WCFT**

*(Dr Rajiv Chawla & Dr Manish Gupta)*

**Capsaicin patch application and Botox for chronic pain – Sid Watkins**

*(Dr Bernhard Frank, Dr Peter Moore & Rachael Barton)*

**Refractory angina management: Practical considerations – Location TBC**

*(Dr Hooke Tsang & Clare Hammond)*

**13:00–13:45** **Lunch (CSC)**

**14:00-17:00** **SESSION 5** in WCFT & Sid Watkins Building

**14:00-17:00** **Choice of 1 of 5 Practical workshops:** *Session Co-ordinator, Mr Joe Smith*

**Live Pain Theatre session – Theatre Suite WCFT -** *(Dr Manohar Sharma & Dr Vanja Srbljak or Dr Muhammad Kashif))*

**Ultra Sound (USG) demonstration & hands on workshop – Sid Watkins**

*(Dr Sumit Gulati & Dr Shiv Singh)*

**Manikin hands on spinal injection technique - Theatre Suite 5 WCFT**

*(Dr Rajiv Chawla & Dr Manish Gupta)*

**Capsaicin patch application and Botox for chronic pain – Sid Watkins**

*(Dr Bernhard Frank & Dr Peter Moore)*

**Pain Management Programme Assessment Clinic - Sid Watkins building, 1<sup>st</sup> floor**

*(Dr John Wiles, Dr Hannah Twiddy, Mrs Louise Haynes & Ms Catherine Heaton)*

- 18:00-20:00** **SESSION 6 – Taxis to leave CSC reception at 17.30**
- 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**  
**TBC**
- 20:00** **Course Dinner (Included in the Course fees)**



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## **Saturday 7<sup>th</sup> July 2018 Programme**

- 08:30-09:00** **Tea/Coffee and Pastries** in the foyer of the CSC
- 09:00-10:45** **SESSION 7** 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** **Pharmacological Management of Neuropathic Pain:** *Dr Chris Wells*
- 10.50-11.20** *Discussion*
- 11:20-11:30** **Tea Break**
- 11:30-13:30** **SESSION 8 Grand round, live case presentations, attended by all faculty**
- 11:30-13:30** **Grand Round – Chair: Prof Paul Eldridge & Dr Bernhard Frank**
- Grand Round Organisers: Alison Cox & Mark Draper Neuromodulation, CRPS, PMP, Facial Pain, Spinal interventions, pelvic pain, spinal injections, missed diagnosis* **Live interactive patient session**
- 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 , Liverpool

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

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

Ms **Clare Hammond**, Consultant Cardiologist at Liverpool Heart and Chest Hospital and Royal Liverpool and Broadgreen University Hospitals Trust

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

Dr **Muhammad Kashif**, Pain Fellow, Walton Centre, Liverpool

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

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

Dr **Peter Moore**, Consultant Neurologist, Walton Centre for Neurology & Neurosurgery, Liverpool

Dr **Hookee Tsang**, Consultant in Pain Medicine, Royal Liverpool Hospital

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

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

Dr **Vanja Srbljak**, Pain Fellow, Walton Centre, Liverpool

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

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

Ms **Catherine Wilfred**, Neuromodulation Nurse, Walton Centre, Liverpool

Ms **Alix White**, Occupational Therapist, Walton Centre Pain



## COURSE ORGANISERS

Dr Manohar Sharma  
Dr Rajiv Chawla

## ORGANISING COMMITTEE

Ms Emma Burraston  
Ms Alison Cox  
Dr Manish Gupta  
Dr Sumit Gulati  
Dr Kerry Mathews  
Dr Chris Wells  
Dr John Wiles  
Mrs Julie Williams  
Mrs Lorraine Roberts

## PAIN RELIEF FOUNDATION STAFF

Mrs **Julie Williams**, Administrator  
Mrs **Lorraine Roberts**, 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.**





**Pain Relief Foundation**