



**Pain
Relief
Foundation**

The Walton Centre **NHS**
NHS Foundation Trust

Excellence in Neuroscience 

LIVERPOOL

PELVIC PAIN STUDY DAY

FRIDAY 19TH JANUARY 2018

RCOA CPD Matrix category: 2E03 & 3E00

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



Clinical Science Centre



The Walton Centre

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 Nurmiikko, and the then President of the Pain Society, Tim Nash, joined the Centre as full-time pain clinicians. In January 2001 Turo Nurmiikko 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, Sumit Gulati in 2013 and Manish Gupta in 2015 as Consultants in Pain Medicine. In 2016 Andreas Goebel was appointed as a Clinical Reader 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, three Pain Specialist Nurses, five Pain Specialist Physiotherapists and four Occupational Therapists. Walton Centre also has an outpatient Pain Management Programme.



Sampson Lipton OBE, 1922 - 1994

Course Information

Fee: £50 - Consultants, GPs

£25 - Trainee doctors and Nurses, Physiotherapists

To registrar use the following link:

<http://www.painrelieffoundation.org.uk/events/liverpool-pelvic-pain-study-day/>

Venue:

Clinical Sciences Centre, University Hospital Aintree, Liverpool

Course Aims:

The Aim of this study day is to promote awareness and education regarding management of Female Abdomino-Pelvic Pain, which is otherwise very difficult to treat with conventional means. This study day will help the attendees develop knowledge around the variety of interventional and management options for women with pelvic pain, including representation of the MDT approach that is widely advocated. It also aims to support the management of patients within secondary and primary care settings and to identify when to refer to specialised services. This study day will provide ample opportunity for discussion also including interactive workshops covering case studies to demonstrate patient's journey.

Who Should Attend:

Pain Medicine, Gynaecology Trainees and/or Consultants. GPs with Special Interest in Pain Medicine or Pelvic Pain Management, Nurses and AHPs with Specialist Interest in the management of Chronic Pelvic Pain.

[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

ORGANISERS

**Dr Rajiv Chawla
Dr Natalie Lane**

SPONSORS

Supported and sponsored by:

GENERAL INFORMATION

Registration

On the Day registration will be in The Foyer of the Clinical Sciences Centre (CSC)

Lectures

Lectures, Symposia 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.

There are 1100 parking spaces available in the multi-storey car-park adjacent to the Clinical Sciences Centre. Other car-parks are scattered in various other places around the hospital including a large open car-park at the rear entrance to the hospital. All parking areas cost £5.50 per day.

Course Assessment

We would be very grateful if you would fill out the assessment form, which will be in your meeting folder at the end of 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.

08.30 – 08.50 Registration and refreshments - *Foyer of the Clinical Sciences Centre (CSC)*

08.50 - 09.00 Welcome and Course introduction: Dr R Chawla, Dr N Lane, Liverpool

09.00 - 11.00 **Session 1** How to Approach Pelvic Pain Chair: Dr K Mathews

09:00 - 09:30 “Don’t get caught in the Mesh”: *(Miss S Aleem)*

09:30 - 10:00 Endometriosis and Pain Management: *(Mr G Botros)*

10:00 - 10:30 Is Psychology useful?: *(Dr N Lane, Mrs A Bradshaw)*

10:30 - 11:00 Discussion

11.00 - 11.30 Tea/Coffee Break - *CSC Exhibition Hall*

11.30 - 13.00 **Session 2:** Workshops Chair: Dr N Lane

1) Case Presentations: *(Ms S Aleem, Ms S Johnson)*

2) Case Presentations (Endo +PMP): *(Mr G Botros, Dr N Lane)*

3) Optimising care before referring to Tertiary Care: *(Dr S Edwards, Mrs K Petersen & Dr R Chawla)*

12.30 - 13.00 Discussion

13.00 - 14.00 Lunch & Networking - *CSC Exhibition Hall*

14.00 - 15.30 **Session 3:** Interdisciplinary Working Chair: Dr ML Sharma

14:00 - 14:30 Long term MDT experience of Joint Pelvic Pain Clinic: *(Dr S Edwards & Mrs K Petersen)*

14.30 - 14.45 Discussion

14:45 - 15:15 Is there a role of Pain injections: *(Dr R Chawla)*

15.15 – 15.30 Discussion

15.30 - 16.00 Coffee Break - *CSC Exhibition Hall*

16.00 - 17.30 **Session 4:** Difficult scenarios Chair: Dr R Chawla

16:00 - 16:30 ‘BUMP’ the Pain away: *(Ms S Nanda)*

16:30 - 17:00 Neuromodulation for Pelvic pain: *(Dr ML Sharma)*

17:00 - 17:20 Discussion

17:20 - 17:30 Closing remarks: *(Dr R Chawla, Dr N Lane)*

FACULTY

Ms **Shaireen Aleem**, Consultant Uro-Gynaecologist, Southport and Ormskirk Hospital NHS Trust

Mr **George Botros**, Consultant Gynaecologist and Minimally Invasive Surgery, Liverpool Women's NHS Foundation Trust

Mrs **Alison Bradshaw**, Specialist Occupational Therapist in Chronic Pain, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Rajiv Chawla**, Consultant in Pain Medicine & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Sarah Edwards**, Clinical Psychologist, UCLH

Ms **Selina Johnson**, Specialist Physiotherapist in Chronic Pain, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Natalie Lane**, Highly Specialist Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Kerry Mathews**, Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool, UK

Ms **Surabhi Nanda**, Consultant in Maternal Foetal Medicine at Liverpool Women's NHS Foundation Trust, Liverpool, UK

Mrs **Katrine Petersen**, Specialist Physiotherapist in Pain Management, UCLH

Dr **Manohar Sharma**, Consultant in Pain Medicine & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool, UK

COURSE ORGANISERS

Dr Rajiv Chawla

Dr Natalie Lane

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**

5 CEPD credits have been requested from the Royal College of Anaesthetists.

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



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