The Pain Relief Foundation

Liverpool Course on Clinical Management of Chronic Pain:
A Practical Approach

30th June – 2nd 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
Course Information

Fee: £395 for Early Bird registration (after 30th 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

ORGANISERS

Manohar Sharma,
Rajiv Chawla

GOLD SPONSORS

Supported and sponsored by:
Sponsor of Sam Lipton Lecture
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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 30th 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 1st 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
(Pr Sumit Gulati & Dr Shiv Singh)

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

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

Capsaicin patch application and Botox for chronic pain – Jefferson Ward WCFT
(Pr 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
(Pr Sumit Gulati & Dr Shiv Singh)

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

Pain Management Programme Assessment Clinic - Sid Watkins building, 1st floor
(Pr John Wiles, Dr Kerry Mathews, Mr John Tetlow & Mrs Helen Rylance)
Capsaicin patch application and Botox for chronic pain – Jefferson Ward WCFT
(Prof Bernhard Frank & Dr Nick Silver)

CRPS and relevant Physiotherapy Techniques, including External Neuromodulation – Sid Watkins building, 1st floor
(Prof 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 Collett Collett, OBE, FRCA, FFPMRCA
              (Emeritus Consultant in Pain Medicine, University Hospitals of Leicester)

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

Saturday 2nd 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

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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.*

Registered Charity 1156227