



The Walton Centre   
NHS Foundation Trust

*Excellence in Neuroscience*



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

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

**LIVE PATIENT INTERACTIVE PRESENTATION SESSIONS**

**4<sup>th</sup> July – 6<sup>th</sup> July 2019**

**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 Clinic & 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 Bowsheer, 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 Liverpool site.

Chris Wells succeeded Sam Lipton as Director of the Walton Centre pain clinic in 1983, John Wiles took over in 1994 and has again taken up the role and has replaced Dr Manohar Sharma the Director from 2011- 2017. In 1995 a Consultant Neurologist, Turo Nurmikko, and the then President of the Pain Society, Tim Nash, joined the Centre as full-time pain clinicians. In 2001 Turo Nurmikko was appointed as the **Pain Relief Foundation Professor of Pain Science**, at the University of Liverpool but has since retired in 2011 and has been replaced by Dr Andrew Marshall a Consultant Clinical Neurophysiologist, Dr Marshall has been appointed as a Senior Clinical Lecturer. 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 and was promoted to Reader in 2016 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 8 psychologists led by Dr Kerry Mathews, 4 Pain and Neuromodulation Nurses, 10 Pain Specialist Physiotherapists and 6 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 3<sup>rd</sup> May, 2019, £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 lecture slides, workshop and carefully selected references will be available on the PRF (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

Rajiv Chawla  
Manohar Sharma

### GOLD SPONSORSHIP

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### GENERAL INFORMATION

#### **Registration**

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

#### **Clinical sessions**

Clinics and Pain Management Programme sessions will take place at the Sid Watkins Building situated on the first floor. Theatre sessions will take place at the 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 4<sup>th</sup> July 2019 Programme

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

**08:30-08:40** Registration Tea/Coffee and Pastries in the foyer of the CSC

**08:40-08:45** Course Opening and Introduction: Dr Rajiv Chawla

**08:45-09:25** Bio-Psychosocial Assessment of Chronic Pain Patient Prof Abdul Lalkhen

**09:40-12:45** **SESSION 1** in Sid Watkins Building

**09:40-12:40** Choice of 1 Live Patient Demonstration Pain Clinic:

1. Acute Sciatica: (Mr Martin Wilby & Dr Manish Gupta) – **Room 11 - Sid Watkins**
2. Spinal Pain and Neuromodulation: (Dr Manohar Sharma & Kathryn Wilford) – **Room 10 - Sid Watkins**
3. CRPS: (Dr Andreas Goebel & Ms Selina Johnston) – **Room 8 - Sid Watkins**
4. Female Pelvic Pain: (Dr Rajiv Chawla, Ms Shaireen Aleem & Dr Natalie Lane) – **PMP – Sid Watkins**
5. PMP Assessment Clinic: (Ms Rachel McGowan, Nicky Barlow & Lucy Finch) – **PMP – Sid Watkins (this session may run until 13:00)**
6. Opioid (Detox) Clinic: (Dr Bernhard Frank & Ms Alison Cox) - **Room 9 – Sid Watkins**

**12:45-13:45** Lunch (CSC) followed by lectures in the Wolfson Lecture Theatre

**13:45-16:00** **SESSION 2** Current Concepts in Pain Medicine – Chair: Mr Jibril Farah

**13:45-14:30** Management of Sciatica - A Collaborative Approach: (Mr Martin Wilby)

**14:30-15:15** Neurosurgical management of Chronic Pain: (Prof Paul Eldridge)

**15:15-16:00** Pharmacological Advances in treatment of Neuropathic Pain (Dr B Frank)

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

**16:15-18:00** **SESSION 3** NeuroModulation and Pain Management Programme - Chair: Dr Rajiv Chawla

**16:15-17:00** Indications and Patient Selection for Spinal Cord Stimulation:  
**Live patient interactive session:** (Dr Rajiv Chawla & Ms Kathryn Wilford)

**17:00-18:00** Pain Management Programme, Patient selection and treatment:  
**Live patient interactive session:** (Dr John Wiles & Dr Kerry Mathews)

## Friday 5<sup>th</sup> July 2019 Programme

- 08:30-08:45** **Tea/Coffee and Pastries** in the foyer of the CSC
- 08:45-09:45** **SESSION 4** in CSC, Wolfson Lecture Theatre
- 08:45-09:45** **Update on CRPS- Chair: Dr Bernhard Frank**
- 08:45-09:45** **Diagnosis and Management of CRPS: *Live patient interactive session***  
*Dr Andreas Goebel*
- 10:00-13:00** **SESSION 5** in WCFT & Sid Watkins Building
- 10:00-13:00** **Choice of 1 Practical workshop:** *Session Co-ordinator, Mr Adam Doyle*
- Live Pain Neuromodulation Theatre session –Theatre Suite 3 WCFT**  
*(Dr Manohar Sharma, Dr Dheeraj Kapoor & Mr Mark Draper)*
- Live Pain Spinal Procedures Theatre session – Theatre Suite 5 WCFT**  
*(Dr Sumit Gulati)*
- Capsaicin patch application and Botox for chronic pain – Sid Watkins (Room 7, 8 & 9)**  
*(Dr Bernhard Frank & Ms Rachael Barton)*
- Refractory angina management: Practical considerations – PRF Library**  
*(Dr Hooke Tsang & Dr Clare Hammond)*
- Ultra Sound (USG) Guided procedures – Jefferson Suite, WCFT**  
*(Dr Rajiv Chawla & Dr Shiv Singh)*
- 13:00–13:45** **Lunch (CSC)**
- 14:00-17:00** **SESSION 6** in WCFT & Sid Watkins Building
- 14:00-17:00** **Choice of 1 Practical workshop:** *Session Co-ordinator, Mr Adam Doyle*
- Live Pain Neuromodulation Theatre session –Theatre Suites 3 WCFT -**  
*(Dr Manohar Sharma, Dr Dheeraj Kapoor & Mr Mark Draper)*
- Ultra Sound (USG) Guided procedures – Jefferson Suite, WCFT**  
*(Dr Rajiv Chawla & Dr Shiv Singh)*
- Live Pain Spinal Procedure Theatre session – Theatre Suite 5 WCFT**  
*(Dr Sumit Gulati)*
- Capsaicin patch application for chronic pain – Sid Watkins rooms 7, 8 & 9**  
*(Dr Bernhard Frank & Rachael Barton)*
- CRPS and PMP relevant Physiotherapy Techniques, including External Neuromodulation – Sid Watkins building, 1st floor**  
*(Dr A Goebel, Ms Selina Johnson & Sharon Barnett)*

18:00-20:00 **SESSION 7** – 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 John Wiles

**Topic: Autoantibodies in Primary Chronic Pain**

Speaker: **Dr Andreas Goebel**, Reader, University of Liverpool & Consultant in Pain Medicine, The Walton Centre NHS Foundation Trust, Liverpool

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



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## Saturday 6<sup>th</sup> July 2019 Programme

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

09:00-10:15 **SESSION 8** in CSC, Wolfson Lecture Theatre

09:00-10:15 Current concepts on **Cancer Pain Management** - Chair: Dr M Gupta

09:00-10:00 **Cancer Pain Management - A Collaborative Approach:**  
(Dr Kate Marley & Dr Manohar Sharma)

10:00-10:15 Discussion

10:15-12:45 **SESSION 9** Grand round, Live Case Presentations, attended by all faculty

10:15-11:30 **Grand Round** – Chair: Dr Manohar Sharma & Dr Bernhard Frank

Grand Round Organisers: Alison Cox & Mark Draper

CRPS, Facial Pain, Spinal interventions, NeuroModulation, Pelvic Pain

**Live patient interactive session**

11:30-11:45 Tea Break

11:45-12:45 Grand round Continued, Live Case Presentations, attended by all faculty

12:45-13:00 **Lunch and Q&A Session with Faculty and Course closure.**

## FACULTY

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

Ms **Nicky Barlow**, Pain Physiotherapist, The Walton Centre and Honorary Senior Clinical Lecturer, University of Liverpool

Ms **Sharon Barnett**, Pain Specialist Physiotherapist, The Walton Centre NHS Foundation Trust, Liverpool

Ms **Rachael Barton**, Clinical Nurse Specialist, Pain & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool

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

Ms **Alison Cox**, Clinical Nurse Specialist, Pain & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool

Mr **Mark Draper**, Pain & Neuromodulation Specialist Physiotherapist, The Walton Centre NHS Foundation Trust, Liverpool

Professor **Paul Eldridge**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool

Mr **Jibril Osman-Farah**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool

Ms **Lucy Finch**, Pain Occupational Therapist, The Walton Centre NHS Foundation Trust, Liverpool

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

Dr **Manish Gupta**, Consultant in Pain Medicine & Anaesthesia, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Andreas Goebel**, Reader, University of Liverpool & Consultant in Pain Medicine, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Sumit Gulati**, Consultant in Pain Medicine & Anaesthesia, The Walton Centre NHS Foundation Trust, Liverpool

Dr **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, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Dheeraj Kapoor**, Pain Fellow, The Walton Centre NHS Foundation Trust, Liverpool

Prof **Abdul Lalkhen**, Consultant in Anaesthesia and Pain Medicine, Salford Royal NHS Foundation Trust, Manchester

Dr **Natalie Lane**, Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

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

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

Ms **Rachel McGowan**, Specialist Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Francis O'Neil**, Senior Lecturer in Oral Surgery, Liverpool University Dental Hospital, Liverpool

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

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

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

Mr **Martin Wilby**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool

Dr **John Wiles**, Consultant in Pain Medicine, The Walton Centre NHS Foundation Trust, Liverpool

Ms **Kathryn Wilford**, Neuromodulation Nurse, The Walton Centre NHS Foundation Trust, Liverpool

#### **COURSE ORGANISERS**

Dr Rajiv Chawla

Dr Manohar Sharma

#### **ORGANISING COMMITTEE**

Dr Manish Gupta

Dr Sumit Gulati

Dr Kerry Mathews

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



#### **The Pain Relief Foundation**

*A registered charity funding research  
and education in chronic pain.*

*Registered Charity 1156227*



## PARALLEL SESSIONS

### THURSDAY AM CLINICS

#### Acute Sciatica

Fadil Bilal  
Roshan Rao  
Maissa Alkayem  
Ronen Cozacov

#### Spinal Pain & Neuromodulation

Krisztina Kenesey  
Rafik Sedra  
Ali Alshoaiby  
Jawaad Malik

#### CRPS

Thomas Dawes  
Chelsea Whittle  
Nauman Akhtar  
Ruth Jenkins

#### Female Pelvic Pain

Nadia Araci  
Miklos Palotas  
Edward Halvey  
Kanar Al-Quragooli

#### PMP Assessment

Jenny Cooper  
Donna Marie Lord  
Jessamy Milton  
Zaherali Damani

#### Opioid Detox Clinic

Stuart Cameron  
Katrina Dick  
Samantha West  
Kelly Warfield  
Hassan Argomandkhah

### FRIDAY AM WORKSHOPS

#### Live Pain Neuromodulation Theatre session

Jawaad Malik  
Fadil Bilal  
Jessamy Milton  
Roshan Rao  
Chelsea Whittle

#### Ultra Sound (USG) Guided Procedures

Rafik Sedra  
Edward Halvey  
Katrina Dick  
Maissa Alkayem  
Krisztina Kenesey

#### Live Pain Spinal Procedures

Zaherali Damani  
Samantha West  
Ronen Cozacov  
Kanar Al-Quragooli

#### Capsaicin Patch Application and Botox

Donna Marie Lord  
Ali Alshoaiby  
Thomas Dawes  
Stuart Cameron  
Ruth Jenkins

#### Refractory angina management: Practical considerations

Jenny Cooper  
Miklos Palotas  
Nauman Akhtar  
Kelly Warfield  
Nadia Araci

### FRIDAY PM WORKSHOPS

#### Live Pain Neuromodulation Theatre session

Krisztina Kenesey  
Rafik Sedra  
Samantha West  
Kelly Warfield  
Jawaad Malik

#### Ultra Sound (USG) Guided Procedures

Nadia Araci  
Stuart Cameron  
Miklos Palotas  
Kanar Al-Quragooli  
Nauman Akhtar

#### Live Pain Spinal Procedures

Jenny Cooper  
Ali Alshoaiby  
Roshan Rao  
Maissa Alkayem  
Chelsea Whittle

#### CRPS and PMP relevant Physiotherapy Techniques

Fadil Bilal  
Jessamy Milton  
Thomas Dawes  
Donna Marie Lord  
Ruth Jenkins

#### Capsaicin Patch Application and Botox

Edward Halvey  
Katrina Dick  
Zaherali Damani  
Ronen Cozacov  
Hassan Argomandkhah

## **Participants 2019**

**Mrs Jenny Cooper**, Case Manager, Unite Professionals Ltd, Southport

**Dr Krisztina Kenesey**, Post CCT Fellow in Pain Training, University Hospitals Bristol

**Dr Nadia Araci**, Anaesthetist, Hospital Saint Omer, Belgium

**Donna-Marie Lord**, Clinical Lead, Central Cheshire Integrated Care Partnership, Cheshire

**Stuart Cameron**, Advanced Clinical Specialist, Central Cheshire Integrated Care Partnership, Cheshire

**Miklos Palotas**, SAS Anaesthetics, DHSC Noble's Hospital, IOM

**Dr Rafik Sedra**, ST5 Anaesthetics, Wexham Park Hospital, Aylesbury

**Dr Ali Alshoaiby**, Consultant Anaesthesiology & Head Section Pain Management, King Fahad Medical City, Saudi Arabia

**Dr Edward Halvey**, ST5 Anaesthetics, Sunderland Royal Hospital, Tyne and Wear

**Dr Katrina Dick**, Consultant Anaesthetics & Pain, University Hospital Ayr, Scotland

**Dr Jawaad Malik**, Anaesthetist, Moorfields Hospital, London

**Dr Fidal Bilal**, Speciality Doctor Anaesthetic, Prince Charles Hospital, Cardiff

**Dr Kanar Al-Quragooli**, Associate Specialist in Anaesthesia & Pain Medicine, Manchester Foundation Trust

**Dr Nauman Akhtar**, Anaesthesia & Pain Medicine, Northern Lincolnshire & Goole NHS Trust

**Mrs Kelly Warfield**, Lead Pain Specialist Nurse, Luton & Dunstable Hospital

**Mrs Ruth Jenkins**, Specialist Pain Physiotherapist, Luton & Dunstable Hospital

**Ms Jessamy Milton**, Specialist Physiotherapist, Lancashire Care Foundation Trust

**Dr Roshan Rao**, Anaesthetic Registrar ST7, Sheffield Teaching Hospitals

**Dr Thomas Dawes**, ST6 Anaesthetics, St Thomas' Hospital

**Dr Zaherali Damani**, Consultant, Leighton Hospital

**Ms Samantha West**, Neuromodulation Sister, South Tees Hospitals

**Dr Maissa Alkayem**, Specialised Physician Anaesthesia, Neuro Spine Hospital, Dubai

**Dr Ronen Cozakov**, Doctor, Rambam HealthCare Campus, Israel

**Chelsea Whittle**, Neuromodulation Specialist Nurse, Lancashire Teaching Hospitals

**Mr Hassan Argomandkhah**, Senior Clinical Pharmacist, Knowsley GP Practice

## SPONSORS



Sponsor of Sam Lipton Lecture and the course



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**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**