



The Walton Centre **NHS**  
NHS Foundation Trust

*Excellence in Neuroscience*



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

# LIVERPOOL COURSE ON MANAGEMENT OF CHRONIC PAIN:

**A Practical Course in Pain Medicine**

**LIVE PATIENT INTERACTIVE SESSIONS**

**2<sup>nd</sup> July – 3<sup>rd</sup> July 2020**

**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 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 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Pain Relief Foundation Professor of Pain Science, at the University of Liverpool but has since retired in 2011 and has been replaced by Dr Andrew Marshall a Consultant Clinical Neurophysiologist.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, Professor Eldridge has since retired in 2019. Jibril Osman-Farah was appointed as a consultant neurosurgeon in 2008 and more recently Ms Deepti Bhargava was appointed in 2019.

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 17th May, 2020, £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:**

A clinician who wants to further their knowledge by learning expert skills on a practical course in a MDT setting.

### **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 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

### SPONSORSHIP

### 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 £5.50 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 2<sup>th</sup> July 2020 Programme

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

- 08:20-08:30** Registration Tea/Coffee and Pastries in the foyer of the CSC
- 08:30-08:35** Course Opening and Introduction: Dr Rajiv Chawla/Dr Manohar Sharma
- 08:35-09:30** **SESSION 1** Classification and Assessment of Pain: Chair Dr ML Sharma
- 08:35-08:55** ICD-11 Pain Classification Dr A Goebel
- 08:55-09:25** Bio- Psychosocial assessment of Pain Prof Abdul Lalkhen
- 09:25-09:30** Discussion
- 09:45-13:00** **SESSION 2** in Sid Watkins Building
- 09:40-13:00** Choice of 1 Live Patient Demonstration Pain Clinic:
1. Management of Sciatica with Expedited Root blocks - A Collaborative Approach  
Acute Sciatica: (Mr Martin Wilby & Dr Manish Gupta) – **Room 11 - Sid Watkins**
  2. Neuromodulation Clinic : (Dr Manohar Sharma & Kathryn Wilford) – **Room 10 - Sid Watkins**
  3. Joint Facial Pain Clinic by Mr Francis O'Neill and Neurosurgery **Room - 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**
  6. Opioid (Detox) Clinic: (Dr Bernhard Frank & Ms Alison Cox) - **Room 9 – Sid Watkins**
- 1300- 1400** Lunch (CSC) followed by lectures in the Wolfson Lecture Theatre
- 14:00-15:00** **SESSION 3** Cancer Pain Management - Chair: Dr M Gupta
- 1400-1415** Overview of Cancer Pain Management – Dr Manohar Sharma
- 1415-1500** A Collaborative Approach(Dr Kate Marley & Dr Manohar Sharma)  
*Live patient interactive session*
- 1500-17:30** Grand round, Live Case Presentations, attended by all faculty  
Chair: Dr Bernhard Frank, Dr Manohar Sharma
- 18:00-20:00** **SESSION 4 – Taxis to leave CSC reception at 17.30**  
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  
Topic: Evidence & future of Spinal Pain Management  
Speaker: Mr Martin Wilby
- 20:00** Course Dinner (Included in the Course fees)



## Friday 3<sup>rd</sup> July 2019 Programme

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

**09:00-12:00** **SESSION 5** in CSC, Wolfson Lecture Theatre

**09:00-12:00** **Choice of 1 Workshop:** *Session Co-ordinator, Mr Adam Doyle*

**Lab to Bedside Tests for Diagnosing Neuropathic Pain** Dr A Marshall

**Live Pain Spinal Procedures Theatre session – Theatre Suite 5 WCFT**

*(Dr Sumit Gulati/ Dr M Al-Kholany)*

**Pharmacological treatment of Neuropathic Pain Capsaicin patch application and Botox for chronic pain** **Live patient interaction**–Sid Watkins (Room 7, 8 & 9)

*(Dr Bernhard Frank & Ms Rachael Barton)*

**Diagnosis and Management of CRPS: Live patient interaction** CRPS and PMP relevant Physiotherapy Techniques, including External Neuromodulation – Sid Watkins building, 1st floor *(Dr A Goebel, Ms Selina Johnson & Sharon Barnett)*

**Ultra Sound (USG) Guided procedures – Live patient interaction** Jefferson Suite, Sid Watkins *Dr Rajiv Chawla & Dr Shiv Singh)*

**12:00–12:45** Lunch (CSC)

**13:00-16:00** **SESSION 6** in WCFT & Sid Watkins Building

**13:00-16:00** **Choice of 1 Workshop:** *Session Co-ordinator, Mr Adam Doyle*

**Lab to Bedside Tests for Diagnosing Neuropathic Pain** Dr A Marshall

**Live Pain Spinal Procedures Theatre session – Theatre Suite 5 WCFT**

*(Dr Sumit Gulati/ Dr M Al-Kholany)*

**Pharmacological treatment of Neuropathic Pain Capsaicin patch application and Botox for chronic pain** **Live patient interaction**–Sid Watkins (Room 7, 8 & 9)

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**Diagnosis and Management of CRPS: Live patient interaction** CRPS and PMP relevant Physiotherapy Techniques, including External Neuromodulation – Sid Watkins building, 1st floor *(Dr A Goebel, Ms Selina Johnson & Sharon Barnett)*

**Ultra Sound (USG) Guided procedures – Live patient interaction** Jefferson Suite, Sid Watkins *(Dr Rajiv Chawla & Dr Shiv Singh)*

**1615-1730** **SESSION 7** in Sid Watkins Building

**1615-1700** **Pain Management Programme, Patient selection and treatment:** **Live patient interaction:** *(Dr John Wiles & Dr Kerry Mathews)*

**1700-1730** **Any questions, reflections and Close of course: All faculty**

## 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

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

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

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

#### **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*

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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**