

PAIN NEUROMODULATION AWARENESS DAY 2024


26th January 2024



Pain Relief Foundation

www.painreliefoundation.org.uk

The Walton Centre 
NHS Foundation Trust

Excellence in Neuroscience 

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 Liverpool site.

Chris Wells succeeded Sam Lipton as Director of the Walton Centre pain clinic in 1983, John Wiles took over in 1994 and again took up the role and has replaced Dr Manohar Sharma the Director from 2011- 2017. In 2019 Chris Whitehead who is an Anaesthetist has taken over as the departmental lead. 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Relief Foundation Professor of Pain Science**, at the University of Liverpool but has since retired in 2011 and has been replaced by Dr Andrew Marshall a Consultant Clinical Neurophysiologist, Dr Marshall has been appointed as a Senior Clinical Lecturer.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, Manish Gupta in 2015 as Consultants in Pain Medicine. Hemkumar Pushparaj was appointed as a specialist in 2022. In 2008 Andreas Goebel was appointed as a Clinical Senior Lecturer and was promoted to Personal Chair 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.



Sampson Lipton OBE, 1922 - 1994

Course Information

Fee: £50 - Consultants, Doctors, GPs
£25 - Trainee doctors, Nurses, Physiotherapists

Venue:
Clinical Sciences Centre, University Hospital Aintree, Liverpool

Course Aims:

Aim of this study day is to promote awareness and education regarding spinal cord stimulation for intractable neuropathic pain, which is otherwise very difficult to treat with conventional means. This study day will help the attendees understand when a patient may be considered for this treatment which otherwise has been recommended and found cost effective by NICE. There have been many significant advances in this field in particular over the last 5 years. Many patients with complex neuropathic pain who otherwise could not be considered for this treatment in the past are now able to achieve satisfactory outcomes as a result of these advances. This study day will provide ample opportunity for discussion between delegates and expert faculty who are involved in delivering this service at the Walton Centre, Liverpool.

Who Should Attend:

Anaesthetic, Neurosurgery, orthopaedics and Pain Trainees. Anaesthesia and Pain Medicine Consultants, Spinal or orthopaedics surgeons, GPs with Special Interest in Pain Medicine, Advanced Nurse Practitioners and Physiotherapists with Specialist Interest in the management of chronic pain.

Royal College of Anaesthetist's CPD and Revalidation Matrix category:

RCOA CPD Matrix category: 2E03 & 3E00

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

ORGANISERS

Dr Hemkumar Pushparaj
Dr Manohar Sharma

ORGANIZING COMMITTEE

Mr Jibril Farah
Ms Deepti Bhargava
Ms Alison Cox

SPONSORSHIP

GENERAL INFORMATION

Registration

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

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 CPD credit.

09.00 - 09.20 Registration and refreshments - Foyer of the Clinical Sciences Centre (CSC)

09.20 - 09.30 Welcome and Course introduction: Dr Manohar Sharma/Dr Hemkumar Pushparaj

09.30 - 11.00 Session 1: When to consider SCS? - Chair: Dr Manohar Sharma/Ms Deepti Bhargava

09.30 - 09.50 The Unmet need for SCS: Ms Deepti Bhargava

09.50 - 10.10 Mech of Action, indications and Evidence for SCS: Dr Hemkumar Pushparaj

10.10 - 10.30 Recent advances in SCS and relevance to clinical practice: Dr Manohar Sharma

10.30 – 10.45 Discussion

10.45 - 11.15 Tea/Coffee Break (CSC Exhibition Hall)

11.15 – 12.45 Session 2: Patient Selection for SCS - Chair: Prof Andreas Goebel / Ms Alison Cox

11.15 – 11.40 MDT assessment for SCS (Psychology perspective): Dr Natalie Lane

11.40 - 12.15 MDT assessment for SCS (Nurse's perspective): Ms Alison Cox / Ms Kathryn Wilford

12.15 - 12.45 Optimising referral/access for SCS: What referrers should do?: Ms Deepti Bhargava

12.45 - 13.00 Discussion

13.00 - 14.00 Lunch & Networking - (CSC Exhibition Hall)

13.45 - 15.30 Session 3: Beyond SCS - Chair: Mr Jibril Farah

13.45 - 14.30 New Horizons: Multifidus stimulation - Background, Indications, Evidence: Dr Manohar Sharma/Dr Hemkumar Pushparaj

14.30 – 15.00 New Horizons: PNS: Ms Deepti Bhargava

15.00- 15.30 Pain Rehabilitation & PMP in the context of SCS pathways - Dr Christian Ainsley

15.30 – 16.00 Discussion

16.00 – 16.30 Coffee/Networking/Course feedback and close of meeting (CSC Exhibition Hall)

FACULTY

Dr **Christian Ainsley**, Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

Ms **Deepti Bhargava**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool

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

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

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

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

Dr **Hemkumar Pushparaj**, Specialist in Pain medicine and Neuromodulation at the Walton Centre NHS Foundation Trust, Liverpool

Dr **Manohar Sharma**, 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 **Manohar Sharma**

Dr **Hemkumar Pushparaj**

PAIN RELIEF FOUNDATION STAFF

Mrs **Julie Williams**, Charity Manager

Mrs **Lorraine Roberts**, Administrator

Mrs **Brenda Hall**, Administrative Assistant, Pain Relief Foundation



Pain Relief Foundation

*A registered charity funding research and education in chronic pain.
Registered Charity 1156227*

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Excellence in Neuroscience



CONTINUING MEDICAL EDUCATION

CPD credits have been awarded by the
Royal College of Anaesthetists.

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



Revaluation
FOR ANAESTHETISTS



Pain Relief Foundation