

37TH LIVERPOOL COURSE ON MANAGEMENT OF CHRONIC PAIN:

A Practical Course in Pain Medicine


3rd 4th & 5th July 2024



**Pain Relief
Foundation**

www.painrelieffoundation.org.uk

The Walton Centre **NHS**
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Relief Foundation Professor of Pain Science**, at the University of Liverpool but has since retired in 2011 and has been replaced by Dr Andrew Marshall a Consultant Clinical Neurophysiologist, Dr Marshall has been appointed as a Senior Clinical Lecturer.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: £375 for Early Bird registration (after 31st May 2024 £475)
(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 and sent via DropBox after the course.

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
Mr Jibril Farah
Dr Kerry Mathews

ORGANIZING COMMITTEE

Dr Andreas Goebel
Dr Bernhard Frank
Dr Sumit Gulati
Dr Manish Gupta
Ms Deepti Bhargava
Mr Martin Wilby
Ms Alison Cox
Ms Debra Winder

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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 £5.50 per day

Dinner

The dinner on Thursday evening will be held at: Radisson Blu Hotel

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.

Wednesday 3rd July 2024 Programme

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

09:30-09:45 Registration Tea/Coffee and Pastries in the foyer of the CSC

09.45-10:00 Course Opening and Introduction: Dr Manohar Sharma/ Dr Hemkumar Pushparaj

10:00-12:30 **SESSION 1** state of opioids and cannabis in chronic pain:

10:00-11:15 Current Opioid scenario and cannabinoids - *Dr Bernhard Frank*

11:15-12:30 Developing a multidisciplinary opioid optimisation service – *Dr Bernhard Frank, Dr Katie Herron, Janet Beattie & Ruth Devonshire*

12:30-13:30 Lunch (CSC)

13:30-16:45 **SESSION 2** in Sid Watkins Building

13:30-16:45 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 - Sid Watkins
2. Neuromodulation Clinic: (*Mr Jibril Farah, Dr Manohar Sharma & Ms Kathryn Wilford*) Room - Sid Watkins
3. Complex Facial Pain Clinic: (*Mr Francis O'Neill & Ms Deepti Bhargava*) Room - Sid Watkins
4. PMP Clinic: (*Dr Alex Waddington, Ms Helen Rylance & Alison Bradshaw*) PMP - Sid Watkins
5. Opioid Optimization Clinic: (*Dr Bernhard Frank, Ms Ruth Devonshire & Ms Janet Beattie*) Room - Sid Watkins
6. Female Pelvic Pain Clinic: (*Dr Hem Pushparaj, Ms Aleem & Dr Natalie Lane*) PMP – Sid Watkins

16:45-17:15 Tea Break

17:15-18:30 **SESSION 3** Neuromodulation Update - *Chair: Dr Bernhard Frank & Dr Manohar Sharma*

17:15-17:45 Lumbar Multifidus stimulation and SCS – DRG resurgence - *Mr Martin Wilby & Dr Manish Gupta*

17:45-18:30 Approach to complex Facial Pain - *Mr Francis O'Neill & Ms Deepti Bhargava*

17:45-18:00 Discussion and Close

Thursday 4th July 2024 Programme

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

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

08.45-09:00 Welcome and Briefing for Day 2

09:00-12:00 **SESSION 4** in WCFT & Sid Watkins Building

09:00-12:00 Choice of 1 Workshop:

- Lab to Bedside Tests for Neuropathic Pain - *(Dr Uazman Alam, Dr Anne Marshall & Mr Jamie Burgess)* PRF Patient Clinic Room - CSC
- Live Pain Procedures Theatre session - *(Dr Sumit Gulati & Dr Ram)* Theatre Suites 3 & 4 WCFT
- Capsaicin patch application and Botox for chronic pain *Live patient interaction* - *(Dr Bernhard Frank & Ms Karen Chorley)* Rooms 7, 8 & 9 - Sid Watkins
- Ultrasound: *Live patient interaction* - *(Dr Hem Pushparaj & Dr Nicholas Heseltine)* Room 2 - Sid Watkins
- Physiotherapy for complex chronic pain – *Live patient interaction* *(Mr Graeme Green & Team)* PMP - Sid Watkins
- Motivational interviewing techniques – *(Dr Richard Berwick & Mr John Tetlow)* PRF Library - CSC

12:00-12:45 Lunch (CSC)

13:00-16:00 **SESSION 5** in Sid Watkins Building

13:00-16:00 Choice of 1 Workshop:

- Lab to Bedside Tests for Neuropathic Pain - *(Dr Uazman Alam, Dr Anne Marshall & Mr Jamie Burgess)* PRF Patient Clinic Room - CSC
- Live Pain Procedures Theatre session - *(Dr Sumit Gulati & Dr Ram)* Theatre Suites 3 & 4 WCFT
- Capsaicin patch application and Botox for chronic pain *Live patient interaction* - *(Dr Bernhard Frank & Ms Karen Chorley)* Rooms 7, 8 & 9 - Sid Watkins
- Ultrasound: *Live patient interaction* - *(Dr Hem Pushparaj & Dr Nicholas Heseltine)* Room 2 - Sid Watkins
- Physiotherapy for complex chronic pain – *Live patient interaction* *(Mr Graeme Green & Team)* PMP - Sid Watkins
- Motivational interviewing techniques – *(Dr Richard Berwick & Mr John Tetlow)* PRF Library - CSC

16:00-17:00 Break

17:00-18:00 **The Sam Lipton Lecture** - Chair: Dr John Wiles

Topic: Evolution of pain medicine, pain clinics and practice over the last 25 years

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

18:00-19:30 Course Dinner

Friday 5th July 2024 Programme

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

08:45-09:00 Welcome and briefing 3rd day

09:00-11:30 **SESSION 5** - Grand round, Live Case Presentations, attended by all faculty: *Chair Mr Manohar Sharma*

[cancer pain, NMOD, facial pain, FMS, neuropathic pain - 30 min each]

09:00-09:30 Neuropathic pain / Transcranial Magnetic Stimulation - *Dr Bernard Frank & Ms Anna Mavrianou*

09:30-10:00 FMS – *Dr Christian Ainsley*

10:00-10:30 Cancer Pain - *Dr Manish Gupta, Dr Kate Marley & Dr Manohar Sharma*

10:30-11:00 Neuromodulation - *Mr Jibril Farah, Ms Deepti Bhargava, Ms Alison Cox & Ms Kathryn Wilford*

11:00-11:30 Complex Facial pain - *Mr Francis O'Neill & Dr Bernhard Frank*

11:30-12:00 Discussion

12:00-13:00 Lunch (CSC) and Close



FACULTY

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

Dr **Uazman Alam**, Senior Clinical Lecturer & Honorary Consultant Physician, University Hospital Aintree, Liverpool

Miss **Shaireen Aleem**, Consultant Gynaecologist, Southport and Ormskirk Hospital NHS Trust and Honorary Consultant at the Walton Centre, NHS Foundation Trust

Ms **Janet Beattie**, Advanced Nurse Practitioner, Pain & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Richard Berwick**, Consultant in Pain Medicine & Anaesthesia, University of Liverpool, Liverpool

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

Ms **Alison Bradshaw**, Occupational Therapist, The Walton Centre NHS Foundation Trust, Liverpool

Mr **Jamie Burgess**, PhD Student, University of Liverpool, Aintree University Hospital & The Walton Centre, Liverpool

Ms **Karen Chorley**, Nurse specialist in Acute & Chronic Pain, The Walton Centre NHS Foundation Trust, Liverpool

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

Ms **Ruth Devonshire**, Advanced Nurse Practitioner, Pain & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool

Mr **Jibril Osman-Farah**, Consultant Neurosurgeon, 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

Mr **Graeme Green**, Pain Physiotherapist, The Walton Centre NHS Foundation Trust, Liverpool

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

Dr **Katie Herron**, Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust

Dr **Nicholas Heseltine**, Advanced Pain Trainee, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Ramkumar Kalaiyarasan**, Neuromodulation Fellow, The Walton Centre NHS Foundation Trust, Liverpool

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 **Anne Marshall**, Research Associate, University of Liverpool, Liverpool

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

Ms **Anna Mavrianou**, Transcranial Magnetic Stimulation Tech, The Walton Centre NHS Foundation Trust, Liverpool

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

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

Ms **Helen Rylance**, Pain Physiotherapist, The Walton Centre NHS Foundation Trust, Liverpool

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

Mr **John Tetlow**, Occupational Therapist, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Alex Waddington**, Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool

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 **Manohar Sharma**

Dr **Hemkumar Pushparaj**

Mr **Jibril Farah**

Dr **Kerry Mathews**

PAIN RELIEF FOUNDATION STAFF

Mrs **Julie Williams**, Charity Manager

Mrs **Lorraine Roberts**, Administrator

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

CONTINUING MEDICAL EDUCATION

15 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.



The Pain Relief Foundation

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

The Walton Centre 
NHS Foundation Trust

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