

# 38<sup>TH</sup> LIVERPOOL COURSE ON MANAGEMENT OF CHRONIC PAIN:


**A Practical Course in Pain Medicine**

**3<sup>rd</sup> & 4<sup>th</sup> July 2025**



**Pain Relief  
Foundation**

The Walton Centre **NHS**  
NHS Foundation Trust

*Excellence in Neuroscience* 

[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 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Relief Foundation Professor of Pain Science**, at the University of Liverpool but has since retired in 2011 and has been replaced by Dr Andrew Marshall a Consultant Clinical Neurophysiologist, Dr Marshall has been appointed as a Senior Clinical Lecturer.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 31<sup>st</sup> May 2024 £475)**

### 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 M62 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

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

### GOLD SPONSORSHIP

### 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

#### 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 emailed to you. This is very helpful to us in planning future courses. In exchange for completing these forms, you will be given a certificate of attendance for CPD credit.

## Thursday 3<sup>rd</sup> July 2025 Programme

Clinical Sciences Centre (CSC)

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

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

10:00 - 12:00 **SESSION 1** - Sciatica Management – *chair TBC*

Surgery vs nerve block for acute sciatica: When to operate and when to offer epidural for acute sciatica (live case presentation for acute sciatica) - *Martin Wilby / Dr Manish Gupta / Nicola McCafferty*

12:00 - 12:45 Neurologist's approach to complex facial pain/ headaches masquerading as facial pain - *TBC*

12:45 - 13:30 Lunch (CSC)

13:30 - 15:00 **SESSION 2** – A Multidisciplinary approach to Complex Facial Pain Management – *Chair Prof Turo Nurmikko*

Neuralgia vs Neuropathy- TGN/Complex facial pain (live case presentation) - *Dr Francis O'Neill / Ms Deepti Bhargava / Assoc Prof Bernhard Frank / Neurologist*

15:00 - 16:15 **SESSION 3** – CRPS - *Chair Prof. Andreas Goebel*

Diagnostic challenges & current practice in CRPS – *Prof. Andreas Goebel*

Role of Immunological Treatment Options

Pros and Cons of Early Amputation in CRPS

Neuromodulation current evidence for CRPS, pharmacology, pain interventions, The Walton approach to managing pain & disability in CRPS: Current evidence for various

OT/Physiotherapy techniques highly specialised physio and psychology (live case

presentation) Role of PMP in CRPS – *Prof. Andreas Goebel / Dr Selina Johnson / Ms Louise Haynes / psychologist*

16:15 - 16:30 Break

16:30 - 17:15 Functional neurosurgical approach to chronic pain- *Ms Deepti Bhargava/ Mr Farah/ ?*  
Functional NS fellows.

17:30 - 21:00 **SESSION 4** - **Bus to leave CSC reception at 17:30**

18:30 - 19:30 **The Sam Lipton Lecture** - *Chair: Dr John Wiles / Dr Manohar Sharma*

Topic: TBC

Speaker: **Dr Andrew Marshal**

19:30 -21:00 **Course Dinner (Radisson Blu Hotel, Old Hall Street, Liverpool)**

## Friday 4<sup>th</sup> July 2025 Programme

Clinical Sciences Centre (CSC)

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

08.45 - 09:00 Welcome and Briefing for Day 2

09:00 - 10:30 **SESSION 5** - Making sense of the Multifactorial nature of CLBP - *Chair TBC*  
Assessment of chronic spinal pain: back to basics - Rehabilitation approach for spinal pain:  
Evidence base and practical application (Live case presentation chronic spinal pain) - *Dr Sumit Gulati and Manish Gupta/ Mr Graeme Green / Ms Nicola McCafferty*

10:30 - 10:45 Break

10:45 - 12:30 **SESSION 6** - Refractory low back pain – *Chair TBC*  
When to use ablation or neuromodulation? [? reactiv8 case] spectrum from radiofrequency ablation to multifidus neuromodulation - *Dr Manohar Sharma /Dr Hemkumar Pushparaj / Alison Cox, Kathryn Wilford/? new NMOD physio*

12:30 - 13:15 Lunch (CSC)

13:15 - 14:00 **SESSION 7** - Multidisciplinary approach to complex cancer pain - *Chair Dr Kate Marley / Dr Manohar Sharma*  
Multidisciplinary clinic setup, referral structure - Walton & Woodlands Hospice,  
interventional approach to complex cancer pain - case based approach – *Dr Manohar Sharma, Dr Kate Marley, Alison Cox, Kathryn Wilford & Dr Hemkumar Pushparaj*

14:00 - 14:30 Clinical update on medical management of [peripheral] neuropathic pain – *Assoc Prof Frank and team*

14:30 - 15:00 Clinical update on [medical] management of FMS - *Prof A Goebel*

15:00 - 15:15 Break

15:15 - 17:00 **SESSION 8** - PMP approach to FMS – *Chair Dr Kerry Mathews, Dr John Wiles & Team*  
*Patient selection and optimization of cases for PMP: When to and when not to offer PMP*  
*Current evidence for PMP Key components of PMP for successful pain outcomes*  
*PMP outcomes: live case presentation*

17:00 Course Closure



## FACULTY

Dr **Richard Berwick**, Consultant in Pain Medicine & Anaesthesia, The Walton Centre NHS Foundation Trust, 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

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

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

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

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

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

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

Ms **Louise Haynes**, Specialist Occupational Therapist, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Selina Johnson**, Pain specialist physiotherapist, 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 **Andrew Marshall**, Senior Lecturer in Pain Neuroscience and Honorary Consultant Clinical Neurophysiologist, The Walton Centre NHS Foundation Trust, Liverpool

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

Ms **Nicola McCafferty**, Pain Specialist Physiotherapist, 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 & 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

Prof **Turo Nurmikko**, Independent Neuroscientist, 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**

Mr **Jibril Farah**

Dr **Kerry Mathews**

Dr **Hemkumar Pushparaj**

Dr **Manohar Sharma**

#### **PAIN RELIEF FOUNDATION STAFF**

Mrs **Lorraine Roberts**, Administrator

Mrs **Julie Williams**, Charity Manager

## **SPONSORS**



## 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.



### **The Pain Relief Foundation**

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

The Walton Centre   
NHS Foundation Trust

Excellence in Neuroscience 