

38TH LIVERPOOL COURSE ON MANAGEMENT OF CHRONIC PAIN:

A Practical Course in Pain Medicine

26th, 27th & 28th November 2025



**Pain Relief
Foundation**

The Walton Centre **NHS**
NHS Foundation Trust

Excellence in Neuroscience 

www.painreliefoundation.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Relief Foundation Professor of Pain Science**, at the University of Liverpool but has since retired in 2011 and has been replaced by Dr Andrew Marshall a Consultant Clinical Neurophysiologist, Dr Marshall has been appointed as a Senior Clinical Lecturer.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 24th October 2025 £475)

Venue:

Clinical Sciences Centre, University Hospital Aintree, 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 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.uhliverpool.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)

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.

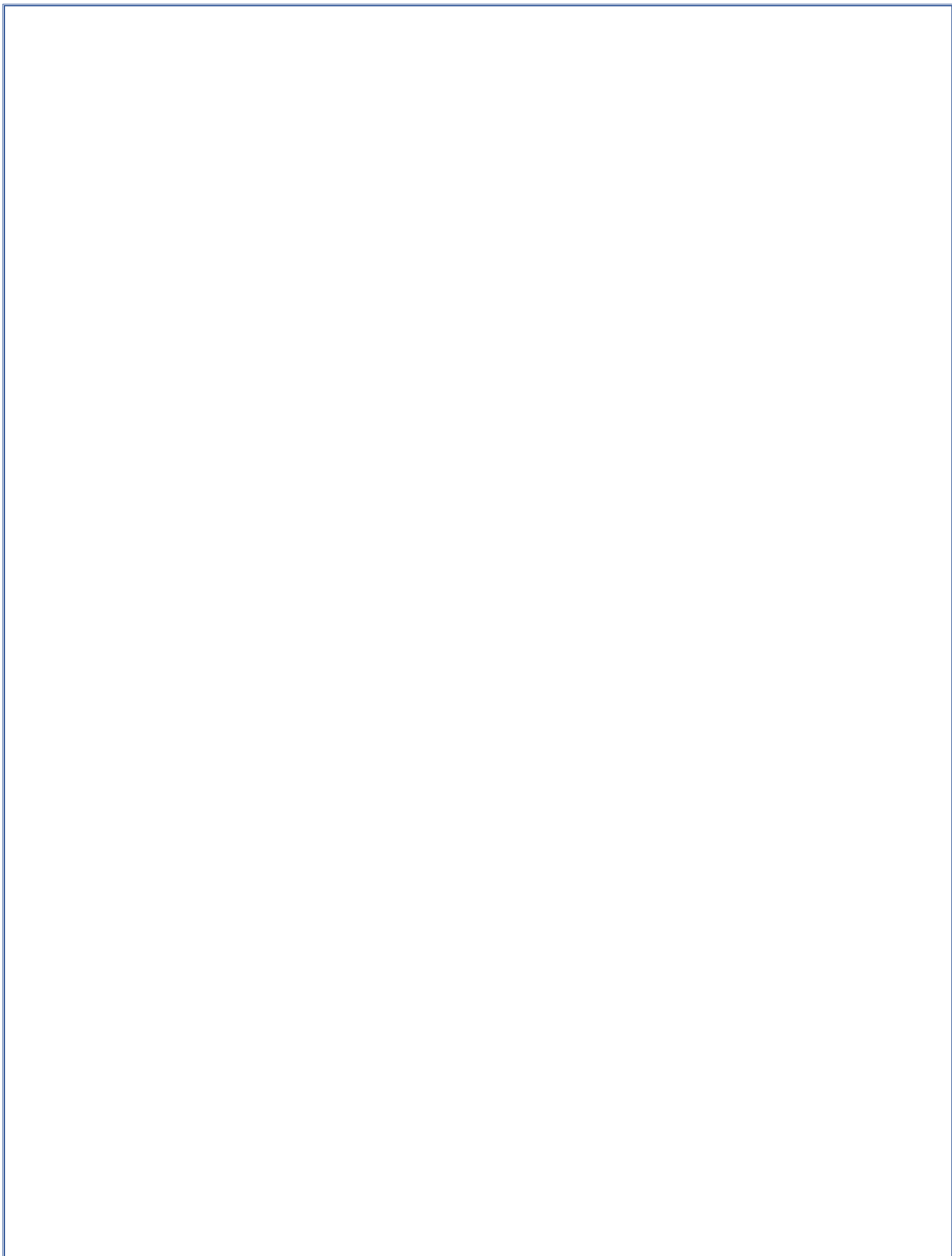
Parking on site is available in the multi-storey carpark near the CSC and across the site and costs £5.50 per day

Dinner

The dinner on Thursday evening will be held at: The Racquet Club Hotel, Liverpool L3 9AG

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.



Wednesday 26th November 2025 Programme

Clinical Sciences Centre (CSC) Day 1

09:30 – 10.15 Registration Tea/Coffee and Pastries in the exhibition hall of the CSC

10.15 - 10:30 Course Opening and Introduction: *Dr Manohar Sharma/ Dr Hemkumar Pushparaj*

10:30 - 12:00 **SESSION 1** Lecture session CSC Lecture Hall - 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 specialized physio and psychology (live case presentation) Role of PMP in CRPS- *prof. Andreas Goebel/ Dr Selina Johnson/ Ms Louise Haynes/psychologist*

12:00 - 13:00 Lunch (CSC)

13:00 – 16:00 **SESSION 2** Choice of 1 Live Patient Demonstration Pain Clinic: Sid Watkins out patients rooms 8-12

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: (*Dr Manohar Sharma & Ms Kathryn Wilford*) Room - Sid Watkins
3. Complex Facial Pain Clinic: (*Mr Francis O'Neill, Ms Deepti Bhargava, ? Dr Frank*) Room - Sid Watkins
4. Specialist physio clinic (*Mr G Green, Dr Selina Johnson, Ms N McCafferty, Ms H Rylance*)
PMP - Sid Watkins- PMP room
5. Opioid optimization in complex scenario- (*Dr Nick Heseltine, Ms Janet Beattie & Ms Ruth Devonshire*) Room 7 - Sid Watkins
6. Female pelvic pain clinic (*Dr Pushparaj, Ms Aleem, Dr N Lane*) Sid Watkins
7. Axial spine pain- Sid Watkins- (*Dr Sumit Gulati/ Mr Graeme Green/ Ms. Nicola McCafferty*)

16:00 - 16:30 Tea Break

16:30 - 18:30 **SESSION 3: CSC building Complex Facial Pain**- *Chair Prof Turo Nurmikko*

16:30 – 17:00 Complex facial pain- Neurologist's approach to complex facial pain/ headaches masquerading as facial pain – *Dr Mona Ghadiri- Sani*

17:00 – 18:30 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 / Prof Bernhard Frank / Neurologist*

18:30-18:45: Q & A and close

Thursday 27th November 2025 Programme

Clinical Sciences Centre (CSC) Day 2

08:30 - 08:45 Tea/Coffee and Pastries in the exhibition hall 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 Sharma & Dr Pushparaj*) Theatre Suites 3
- Capsaicin patch application and Botox for chronic pain Live patient interaction - (*Dr Bernhard Frank & specialist nurse*) Rooms 7, 8 & 9 - Sid Watkins out patients
- Major Joint Denervation- *Dr Sumit Gulati /Dr Nick Heseltine*- Theatre Suite
- PMP approach and latest advances in management of fibromyalgia- *Dr K Mathews and team* PMP rooms

12:00 – 14:45 Lunch (CSC)

13:00-16:00 **SESSION 5** in WCFT & 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 Sharma & Dr Pushparaj*) Theatre Suites 3
- Capsaicin patch application and Botox for chronic pain Live patient interaction - (*Dr Bernhard Frank & specialist nurse*) Rooms 7, 8 & 9 - Sid Watkins out patients
- Major Joint Denervation- *Dr Sumit Gulati /Dr Nick Heseltine*- Theatre Suite
- PMP approach and latest advances in management of fibromyalgia- *Dr K Mathews and team*- PMP rooms

16:00-16:30 Tea Break

16:30-17:30 PMP approach to FMS – CSC lecture hall- Chair *Dr Kerry Mathews, Dr John Wiles & Team*

15:15 - 17:00 **SESSION 6** - 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

19:00 Course Dinner The Racquet Club Hotel (included in course fee)
Sam Lipton Lecture - Dr Andy Marshall

Friday 28th November 2025 Programme

Clinical Sciences Centre (CSC) Day 3

8:30-09:00 Tea/Coffee and Pastries in the exhibition hall of the CSC

09:00-11:30 (with break) **SESSION 7** – CSC lecture hall: **Grand round, Live Case Presentations, attended by all faculty:** Chair *Dr Manohar Sharma* (cancer pain, NMOD, facial pain, FMS, neuropathic pain- 20 min each)

09:00-09:30 **Neuropathic pain** - *Dr Bernard Frank & Ms Anna Mavrianou*

09:30- 10:00 **CRPS/FMS** - *Dr Andreas Goebel & Ms Selina Johnson*

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, Ms Deepti Bhargava & Dr Bernhard Frank*

12:00-13:00 **Lunch (CSC)**

13:00 **Discussion, Q&A, end of course , feedback**



FACULTY

Dr **Uazman Alam**, Honorary Consultant Physician in Internal Medicine, Diabetes & Endocrinology, Aintree University NHS Foundation Trust, Hospital

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

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

Dr **Jamie Burgess**, Research Associate, University of 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

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 **Mona Ghadiri-Sani**, Consultant Neurologist, 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 **Nicholas Heseltine**, Advanced Pain Trainee, The Walton Centre NHS Foundation Trust, Liverpool

Dr **Selina Johnson**, Pain specialist physiotherapist, The Walton Centre NHS Foundation Trust, Liverpool

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

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

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

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

Ms **Anna Mavrianou**, TMS Operator 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

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

Dr **Hemkumar Pushparaj**

Dr **Manohar Sharma**

PAIN RELIEF FOUNDATION STAFF

Mrs **Hayley McCullough**, Administrator

Mrs **Julie Williams**, Charity Manager

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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 upon completion of feedback form



The Pain Relief Foundation

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

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