



How To Manage: Chronic Pain in Children and Young People

Programme

Date | Wednesday 14 June 2017

Location | RCPCH London, 5-11 Theobalds Road, London, WC1X 8SH

Audience: Paediatric trainees, Pain Medicine trainees, SAS Doctors, Paediatric Consultants, Nurses and Allied Healthcare Professionals

08:45	Registration		
09:15	Introduction to the day, objectives and terminology		Dr Richard Howard , Lead Clinician, Pain Control Service, GOSH, and Dr Dilini Rajapaske , Consultant in Paediatric Palliative Medicine, GOSH
09:45	Basic principles of pain management: The biopsychosocial model of acute and chronic pain - a rational basis for pain treatments		Dr Dilini Rajapakse
10:15	Assessment of acute and chronic pain: pain intensity and the psychological and behavioural response to pain. PADS-pain associated disability		Prof Christina Liossi , Professor of Paediatric Psychology, University of Southampton
10:45	Morning Break		
11:00	Case Study Discussion	I. Pain after injury: Neonatal Pain - focus on assessment of acute pain, procedural, post-injury and postoperative pain management	Dr Anoo Jain , Clinical Director and Consultant in Neonatal Medicine, University Hospitals Bristol
		II. Acute and chronic pain in children: Persistent pain, chronic inflammatory pain and neuropathic pain - focus on neuropathic pain and factors that contribute to persisting pain	Dr Suellen Walker , Reader and Consultant in Paed Anaesthesia and Pain Medicine UCL Institute of Child Health, GOSH
		III. Chronic pain & pain in functional disorders: musculoskeletal pain, e.g. juvenile fibromyalgia, abdominal pain and headache - focus on central sensitisation and pain associated disability	Dr Jacqui Clinch , Consultant in Paediatric Rheumatology and Chronic Pain, Bath Centre for Pain Services and. Bristol Royal Hospital for Children
12:30	Lunch		
13:30	FILM		
13:45	Workshop A:	Essential neurobiology of paediatric pain and management of acute pain	Dr Suellen Walker and Dr Glyn Williams , Consultant in Paediatric Anaesthesia and

			Pain Medicine
		Chronic pain: Multidisciplinary management referral pathways of children who have persistent pain	Dr Dilini Rajapakse, Dr Jacqui Clinch, Prof Christina Liossi and Sue Maillard, Senior Clinical Physiotherapist
		Problematic pain in functional pain syndromes: pain as a medically unexplained symptom, severe recurrent abdominal pain and intractable headache	Dr Richard Howard, Dr Margaret De Jong, Specialty Lead for Child and Adolescent Mental Health and Service Lead of Parenting and Child Service and Dr Anna Hutchinson, Chartered Clinical Psychologist, Hypermobility Unit, Hospital of St John and St Elizabeth, London
14:30	Workshop B:	Essential neurobiology of paediatric pain	Dr Suellen Walker and Glyn Williams
		Chronic pain	Dr Dilini Rajapakse, Dr Jacqui Clinch, Prof Christina Liossi and Sue Maillard
		Problematic pain in functional pain syndromes	Dr Richard Howard, Dr Margaret De Jong and Dr Anna Hutchinson
15:15	<i>Afternoon Break</i>		
15:30	Workshop C:	Essential neurobiology of paediatric pain	Dr Suellen Walker and Glyn Williams
		Chronic pain	Dr Dilini Rajapakse, Dr Jacqui Clinch, Prof Christina Liossi and Sue Maillard
		Problematic pain in functional pain syndromes	Dr Richard Howard, Dr Margaret De Jong and Dr Anna Hutchinson
16:15	Commissioning and referral pathways for children who have pain.		To be confirmed
16:45	Personal Action Planning – How will you change your practice?		Teaching faculty
17:00	<i>Close</i>		

Learning objectives:

By the end of this course you should be able to:

- Appreciate updates on pain mechanisms and management in children
- Understand current concepts of pain physiology in acute and chronic pain
- Appreciate underlying mechanisms in clinical presentations of pain
- Assess pain intensity and pain-associated disability appropriately
- Understand management principles in nociceptive, neuropathic and functional pain disorders
- Prescribe and implement rational and evidence-based pain management strategies
- Understand referral pathways and avoid pitfalls in the management of problematic pain