



How To Manage: Chronic pain in children and young

Programme

Wednesday 14th June 2017 | RCPCH London, 5-11 Theobalds Road, London, WC1X 8SH

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

08:45	Registration		
09:15	Introduction to the day, objectives and terminology		Glyn Williams and Dilini Rajapakse
09:45	Basic principles of pain management: The biopsychosocial model of acute and chronic pain: a rational basis for pain treatments		Richard Howard
10:15	Assessment of acute and chronic pain: pain intensity and the psychological and behavioural response to pain. PADS-pain associated disability		Christina Liossi
10:45	Morning Break		
11:00	Case Study Discussion	I. Acute and chronic pain in children: Persistent pain: chronic inflammatory pain, neuropathic pain: focus on neuropathic pain and factors that contribute to persisting pain	Suellen Walker
		II. Children's chronic pain management pathway : An approach to managing chronic pain in children and young people	Dilini Rajapakse/Suzanne Lilley
		III. Multimodal chronic pain management strategies : A generalised approach to managing chronic pain in children and young people.	Jacqui Clinch/Hannah Connell/Ruth Baylis
12:30	Lunch		
13:30	Introduction to Children's pain management E-learning Education Modules (Basic and Intermediate level)		
13:45	Workshop A:	Neuropathic pain, Complex Regional Pain Syndrome (CRPS) and pain with chronic illness	Glyn Williams Ruth Baylis Suzanne Lilley
		Functional Pain : eg. Recurrent/chronic abdominal pain, headache and multidisciplinary management.	Dilini Rajapakse Jacqui Clinch or Hannah Connell Christina Liossi
		Problematic pain in functional pain syndromes: pain	Margaret DeJong or

		as a medically unexplained symptom	Danya Glaser Jane McNicholas Richard Howard
14:30	Workshop B:	Neuropathic pain, Complex Regional Pain Syndrome (CRPS) and pain with chronic illness	Glyn Williams Ruth Baylis Suzanne Lilley
		Functional Pain : eg. Recurrent/chronic abdominal pain, headache and multidisciplinary management.	Dilini Rajapakse Jacqui Clinch or Hannah Connell Christina Liossi
		Problematic pain in functional pain syndromes: pain as a medically unexplained symptom	Margaret DeJong or Danya Glaser Jane McNicholas Richard Howard
15:15	Afternoon Break		
15:30	Workshop C:	Neuropathic pain, Complex Regional Pain Syndrome (CRPS) and pain with chronic illness	Glyn Williams Ruth Baylis Suzanne Lilley
		Functional Pain : eg. Recurrent/chronic abdominal pain, headache and multidisciplinary management.	Dilini Rajapakse Jacqui Clinch or Hannah Connell Christina Liossi
		Problematic pain in functional pain syndromes: pain as a medically unexplained symptom	Margaret DeJong or Danya Glaser Jane McNicholas Richard Howard
16:15	Evaluation of E-Learning: A proposed study protocol		Christina Liossi
16:30	Personal Action Planning – How will you change your practice? Children's Pain Management networks		Dilini Rajapakse/Glyn Williams
17:00	Close		

Learning objectives:

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

- Understand current concepts of pain physiology in acute and chronic pain
- Appreciate underlying mechanisms in clinical presentations of pain
- Be able to utilise the chronic pain management pathway in children and pain education techniques.
- Be able to appropriately assess pain intensity and pain-associated disability
- Understand multimodal management principles in nociceptive, neuropathic and functional pain disorders
- Be able to prescribe and implement rational & evidence-based pain management strategies
- Understand referral pathways and avoid pitfalls in the management of problematic pain