Fifty Shades of Pain

19th March 2015
Riverbank House, London Bridge, London

Addressing major issues for clients experiencing pain with a focus on pain management and the dilemma of separating physical and psychological pain symptomology.

Please contact us for availability on subsidised places for Students, NHS, Social Care Staff and Charities.

**EARLY BIRD DISCOUNT AVAILABLE UNTIL JANUARY 31ST 2015**

**pain**

1. noun \pān\ Physical feeling caused by disease, injury, or something that hurts the body

2. Mental or emotional suffering : sadness caused by some emotional or mental problem

Please contact us for availability on subsidised places for Students, NHS, Social Care Staff and Charities.
### Draft Programme:

**Fifty Shades of Pain**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30 – 10.00</td>
<td>Registration, Tea/Coffee</td>
</tr>
<tr>
<td><strong>10.00 – 10.20</strong></td>
<td><strong>Descartes Spectacles: The genesis of Pain</strong></td>
</tr>
<tr>
<td></td>
<td>Dr Towlerton will discuss the basic pain pathways and the new evolving concepts of pain and its effect on the individual. He will also discuss if there is a vulnerable patient prone to chronic pain following injury.</td>
</tr>
<tr>
<td></td>
<td>DR Glyn R Towlerton BSc MRCP FRCA FIPP FFPMRCA</td>
</tr>
<tr>
<td></td>
<td>Consultant in Pain &amp; Spinal Medicine, Chelsea &amp; Westminster Hospital.</td>
</tr>
<tr>
<td><strong>10.20 – 11.00</strong></td>
<td><strong>Musculoskeletal pain, differentiation between types, origins, treatments and prognosis</strong></td>
</tr>
<tr>
<td></td>
<td>This talk covers the different presentations of musculoskeletal pain, and what they mean, both for the client, and the treating clinician. It will cover categories of injury, the range of prognoses, and different treatment options. Case studies will be used based on real patients to give an accurate picture of the impact of musculoskeletal pain, and of living through orthopaedic surgical intervention.</td>
</tr>
<tr>
<td></td>
<td>Charles Willis-Owen</td>
</tr>
<tr>
<td></td>
<td>Consultant Trauma &amp; Orthopaedic Surgeon, City Sports Clinic &amp; Lewisham &amp; Greenwich NHS Trust.</td>
</tr>
<tr>
<td><strong>11.00 – 11.20</strong></td>
<td><strong>Tea/Coffee, Networking and Exhibition Stands</strong></td>
</tr>
<tr>
<td><strong>11.20 – 12.05</strong></td>
<td><strong>Headache: a neurological perspective</strong></td>
</tr>
<tr>
<td></td>
<td>Dr Heaney will examine the process by which a neurologist assesses headache, identifying the pre-disposing factors, precipitants and headache maintaining factors and red flags. Dr Heaney will outline the headache classification system (International Classification of Headache Disorders) and consider the role of trauma in headache. Dr Heaney will also discuss headache treatments: non-medical and medical approaches.</td>
</tr>
<tr>
<td></td>
<td>Dr Dominic Heaney FRCP PhD</td>
</tr>
<tr>
<td></td>
<td>Consultant neurologist and honorary senior lecturer, National Hospital for Neurology &amp; Neurosurgery &amp; UCLH NHS Foundation Trust.</td>
</tr>
<tr>
<td><strong>12.05 – 13.00</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td><strong>13.00 – 13.30</strong></td>
<td><strong>Pain Medicine: Nuts and bolts of treatment options</strong></td>
</tr>
<tr>
<td></td>
<td>Dr Towlerton will inform delegates of the available techniques for treating pain and how they would be expected to be administered.</td>
</tr>
<tr>
<td></td>
<td>DR Glyn R Towlerton BSc MRCP FRCA FIPP FFPMRCA</td>
</tr>
<tr>
<td></td>
<td>Consultant in Pain &amp; Spinal Medicine, Chelsea &amp; Westminster Hospital.</td>
</tr>
</tbody>
</table>
Pain is understood as a mechanism that brings bodily damage into our awareness and so helps us mount a protective response, but its origins are complex. Not all pain derives from damage to the body. Pain is the only sensory modality that brings with it a negative emotional state. It is highly responsive to many physical, cultural, psychological and even spiritual factors. This session will review these factors and highlight the way that they may confound understanding of the pain experience in a medicolegal context.
Mark Salter
Consultant Psychiatrist, East London Foundation NHS Trust.

14.15 - 14.35  Tea/Coffee, Networking and Exhibition Stands

14.35 – 15.20  The Evolution of Paediatric Pain Management
In this talk Dr Thomas will discuss the on-going growth in the field of paediatric and adolescent pain management. He will explain the increased educational emphasis placed on the field and discuss the types of conditions that present. Dr Thomas will also examine the impact of paediatric and adolescent pain and the current and developing pathways available for the assessment and potential treatment of these conditions.
Dr Ben Thomas FRCA FFPMRCA
Consultant in Anaesthesia and Pain Management, Chelsea & Westminster Hospital.

15.20 – 16.05  Complex Regional Pain Syndrome
Complex Regional Pain Syndrome (CRPS) is often a misunderstood condition. Dr Lewis will discuss the presenting features, describe how to identify diagnose and manage this condition underpinned by UK evidence based guidelines. This session will also highlight red flags to look out for when considering CRPS.
Jenny Lewis
Senior Clinical Research Occupational Therapist, NIHR Clinical Lecturer University of West of England, Royal National Hospital for Rheumatic Diseases.

16.05 – 16.10  Close
Dr Towlerton trained as an undergraduate in medicine at St. Bartholomew’s Hospital, London. He read for a BSc in experimental pathology and was awarded the Award of Merit, before qualifying as a Doctor with distinction in medicine in 1990.

He commenced training in postgraduate medical specialties at the Royal Brompton Hospital & Hammersmith Hospital before gaining Membership of the Royal College of Physicians in 1992.

He further specialised in Anaesthetics & Pain Medicine & was awarded Fellowship of the Royal College of Anaesthetists in 1995. He undertook fellowships in Sydney, Australia & Seattle, USA before taking up his substantive NHS appointment at Chelsea & Westminster Teaching Hospital, London in 2000.

At Chelsea & Westminster Hospital he lead the Clinical Pain Management team involved in acute postoperative & chronic pain conditions (2002-2005). He holds the post of Honorary Senior lecturer with Imperial College, London & has sat on a number of hospital, regional and national committees. He took the post of council member for the interventional pain practice specialist interest group of the British Pain Society in 2005.

His main professional interests include interventional and regional anaesthesia, the treatment of the chronic painful conditions of neck, shoulder, low back, complex regional pain syndrome & persistent post operative surgical pain.

He sat and passed the World Institute of Pain Interventional Exams and was awarded the Fellowship of Interventional Pain Practice in October 2005.

Medicolegal Experience:


Lectured to several law firms & medico legal conferences on Whiplash & Medicolegal aspects of pain medicine.

He has written reports for the last 6 years encompassing a wide range of issues including whiplash, complex regional pain syndromes, persistent surgical pain, nerve injury following anaesthesia and nerve blocks. He has been instructed for claimants, defendant and as joint expert.
Charles Willis-Owen,
Consultant Trauma & Orthopaedic Surgeon,
City Sports Clinic & Lewisham & Greenwich NHS Trust.

Charles is a Trauma and Orthopaedic surgeon and knee specialist. He benefited from a first class medical education at Oxford University between 1994 and 2000. He went on to work as a junior doctor in the Oxford region, then moved to the prestigious North West Thames training program to specialise in orthopaedics. He is dual qualified in both orthopaedic surgery and sports medicine and is both a Fellow of the Royal College of Surgeons and a Member of the Faculty of Sports and Exercise Medicine. Charles was awarded a year long fellowship at Sportsmed SA the top sports clinic in South Australia. In this extraordinary year he learned from some of the world’s best sports knee and hip surgeons and has adopted many of the techniques used in Australia’s most successful sports medicine clinic. He completed his training in 2011 and spent his first six months of consultancy performing major trauma surgery at St Mary’s hospital in central London before moving out to Kent where he currently performs knee, hip and sports surgery. Charles carries out a wide range of medico-legal work in both personal injury and clinical negligence and really enjoys the intellectual stimulation and interaction with solicitors and barristers.

Dr Dominic Heaney FRCP PhD
Consultant neurologist and honorary senior lecturer,
National Hospital for Neurology & Neurosurgery & UCLH NHS Foundation Trust.

Dr Heaney is a consultant neurologist and honorary senior lecturer at University College London Hospitals NHS Foundation Trust and the National Hospital for Neurology and Neurosurgery. He graduated from the University of Cambridge in 1990 and the University of Oxford Medical School (MB BCh) in 1993. Dr Heaney became a Member of the Royal College of Physicians in 1996 and was subsequently awarded Fellowship and he is on the Royal College of Physicians’ Specialist Register for Neurology. Dr Heaney was awarded his PhD by the University of London in 2002. His neurology practice is general, and as one of five consultants providing cover for the acute services at University College Hospital, he has wide experience of incident and the prevalent neurological conditions that arise within a large and busy London teaching hospital. Dr Heaney works as associate clinical director at Queen Square and he is also the trust’s Caldicott Guardian. He has a variety of teaching roles for neurology registrar trainees.
Mark Salter
Consultant Psychiatrist,
East London Foundation NHS Trust.

Dr Salter qualified in East London in 1983 and after two years working at junior level as an anaesthetist he began training as a psychiatrist, obtaining my MRCPsych in 1989. In 1994 he became a Consultant in Adult General Psychiatry at St Bartholomew’s and the Homerton Hospitals in London and, apart from a one-year sabbatical working in the Marlborough Sounds, New Zealand, he has remained in this post to the present.

Dr Salter is presently responsible for the provision of adult general psychiatric care to a deprived inner city area which is extremely varied in terms of psychopathology and socio-cultural make-up. His day-to-day work routinely brings him into clinical contact with psychiatric disorders including depression, schizophrenia, PTSD and organic cerebral syndromes. Dr Salter’s professional areas of special interests include the ethics of psychiatry, the psychopathology of trauma, substance misuse and community care.

Because of his interests in ethics, mental illness and trauma, he has for the past 18 years run a fortnightly medico-legal clinic in parallel to his Adult General practice. This work has dealt with diverse topics of testamentary capacity, issues of causation in post traumatic stress and other reactive disorders, unexplained pain and other ‘physical’ conditions, as well as disorders such as psychotic illnesses, substance misuse and personality disorders.

Dr Salter have an interest in the media representation of psychiatric illness and the role of serious incident enquires in the management of homicides and suicides committed by the mentally ill. He is an adviser to the Mental Health Charity MIND and the Jewish Association for Mentally Ill (JAMI). Dr Salter has published numerous articles and letters on the field of substance misuse, schizophrenia, risk and untowardness, mental health legislation and community psychiatry. In 2008, he published Outdoor Psychiatry, an innovative handbook on community psychiatric care.

In addition to his clinical work, Dr Salter is committed to public education in order to improve understanding of complexities surrounding mental illness. He has worked on many radio and television programmes on BBC, ITV and Channel 4 and he has also helped with many theatrical performances. Earlier this year he helped the Royal Ballet Company to produce a modern reworking of Greek myth of Cassandra, as an honest and contemporary depiction of manic-depressive disorder.
Dr Ben Thomas FRCA FFPMRCA
Consultant in Anaesthesia and Pain Management,
Chelsea & Westminster Hospital.

Ben qualified from St Barts and the Royal London Hospital in 2000. Following training in Medicine and Anaesthesia he undertook Advanced Pain Training, gaining accreditation in Anaesthesia and Pain Management as a Consultant in 2012 as both a Fellow of the Royal College of Anaesthesia and a Fellow of the Faculty of Pain Medicine. He subsequently undertook specialist paediatric pain training at Great Ormond Street Hospital before moving to Chelsea & Westminster Hospital in 2013 to practise as a Consultant. He has published in peer reviewed journals, and presented at national and international meetings on the subject of paediatric pain management. He manages pain conditions across age ranges as part of a multidisciplinary team, and has a specialist interest in the transition of childhood pain conditions into adulthood.

Jenny Lewis
Senior Clinical Research Occupational Therapist,
NIHR Clinical Lecturer University of West of England
Royal National Hospital for Rheumatic Diseases

As an Occupational Therapist, Jenny Lewis has an extensive clinical background in treating multifaceted physical conditions. At The Royal National Hospital for Rheumatic Diseases, Bath, one of the best UK centres for the treatment of Complex Regional Pain Syndrome (CRPS), she completed a part-time PhD exploring the phenomenon of body perception disturbance within this painful condition whilst continuing to working as a clinician. In 2009 she was awarded the Ronald Melzack international Post Doctoral Fellowship and the RSDSA Rachel Tobias award to study at McGill University, Canada.

Jenny has recently been awarded a National Institute of Health Research (NIHR) Clinical Fellowship to support her current research in exploring the effect of visual illusions in reducing body perception disturbance and pain in CRPS. Her work has been published in international pain journals and she presents at a wide range of national and international forums.

Clinically, Jenny specialises in using a variety of sensory manipulation techniques to optimise function and treat pain in CRPS. Her research interest in body perception disturbance and touch processing informs these treatment approaches. She has contributed this clinical expertise to published UK clinical guidelines for CRPS.
pain¹ noun [pən] Physical feeling caused by disease, injury, or something that hurts the body.
pain² Mental or emotional suffering; sadness caused by some emotional or mental problem.
HOW TO BOOK

The cost is:
Early Bird Rate £99 + VAT (31st January 2015)
Standard rate £115 + VAT

As part of ABI Solutions ongoing commitment to dissemination of knowledge and improved practice across the sector we are pleased to offer a limited number of subsidised places to students, NHS or Social Care Staff as well as representatives from the charitable sector. Please contact Jason Shelley on 020 8763 2963 to discuss.

OPTION 1

Please invoice my organisation for:
Delegate place(s) _______________________________
PO number______________________________________

Simply complete and fax back the booking form to: 020 8181 4811 or scan and email the booking form to: admin@abisolutions.org.uk

Organisations will be invoiced upon receipt of this booking form with an email that will confirm the booking. Please supply full invoice details if different from above.

OPTION 2

Payment enclosed of £ ______________
Delegate place(s) _______________________________
Cheques are payable to ABI Solutions

Please return to: ABI Solutions, PO Box 3090, Purley, Surrey, CR8 9BQ

Organisations will receive a receipted invoice attached to an email that will confirm the booking.

OPTION 3

If you would like to pay by debit or credit card please telephone 020 8763 2963. Please ensure you have the name, billing address and card details ready.

All bookings will be confirmed by email. Please contact us if you have not received your confirmation 5 days after submitting your booking.

Conference fee includes entrance to the conference, lunch, refreshments, full conference documentation, certification of accreditation and access to the post conference website.

For enquiries regarding advertising or sponsorship opportunities, please contact Jason Shelley:
Tel: 020 8763 2963
Email: jason@abisolutions.org.uk

T & C’s: Returning the booking form or emailing your registration constitutes a firm booking. Cancellations must be received in writing. Written cancellations received six weeks prior to the conference will be accepted and a refund, less a processing charge of £30 will be made. If written cancellations are not received six weeks prior to the conference full payment will still be due irrespective of when the booking was made and whether the delegate attends the conference. Substitution of delegates can be made at anytime without cost by advising us in writing. We reserve the right to make changes to the speaker and programme without prior notice.