



Welsh Pain Society

Annual Scientific Meeting 2023

Friday 6th October

The Village Hotel, Swansea

SAI 8QY

<https://www.village-hotels.co.uk/>



& Annual Welsh Pain Society Dinner

Thursday 5th October 7pm

The River House Lounge and Restaurant

www.riverhouse.co.uk

Programme

08:30 Registration

08:50 Introduction

Lindsay Hyde – Highly Specialist Physiotherapist, SBUHB

09:00 Why words matter - Using evidence to build patient explanations

Dr Ben Darlow

09:45 Supporting people with persistent pain in the primary care setting

Dr Iestyn Davies

10:00 SBUHB Regional social media pain campaign

Rhys Howell

10:15 SBUHB GP cluster group persistent pain information sessions

Anna Bilton

10:30 Refreshments, Posters, Abstracts and Trade Exhibitions

11:00 Flippin' Pain - A whole community approach to improving pain beliefs

Professor Cormac Ryan

11:45 Interventional techniques in palliative care

Dr Steve Young / Dr Christian Egeler

12:15 Lunch, Trade Exhibitions and Poster Presentations

13:15 Welsh Pain Society AGM

13:45 Supporting people with persistent pain in palliative care

Dr Anthony Williams

14:15 The Bridges approach to self-management support - application to people with persistent pain

Professor Fiona Jones

15:00 Refreshments

15:15 An integrative lifestyle medicine based approach to spinal pain

Dr Deepak Ravindran

16:00 Social and environmental factors impacting on pain

Dr Gareth Morgan

16:30 Questions and close

CPD Accreditation from the Royal College of Anaesthetists is anticipated.

Speakers (in order of appearance)

Dr Ben Darlow

Ben Darlow is a musculoskeletal physiotherapy specialist practising in Wellington, New Zealand and an Associate Professor in the Department of Primary Health Care and General Practice at the University of Otago, Wellington. Ben's key research interests are the assessment and measurement of health beliefs about common musculoskeletal conditions, understanding how these beliefs have been influenced and the impact that these have on well-being, and designing, testing, and implementing interventions to improve knowledge, health care delivery, and outcomes. Ben has also led research exploring inter-professional education.

Dr Iestyn Davies

Having qualified from University School of Medicine, Cardiff in 2005 Dr Davies became a fully qualified GP in 2011. During his training years he attained a post graduate diploma in Sports Medicine. He has been a partner, originally at Clydach Primary Care Centre, but later through the merger of three neighbouring practices to create the Cwmtawe Medical Group. This is currently the largest independent practice in Wales. In recent years he has been the cluster lead for Cwmtawe cluster, and more recently appointed the clinical director for Primary Care in Swansea Bay overseeing Sustainability, CMATS, Sexual health and Persistent Pain. Dr Davies is also the clinical lead for the CMATS service in the health board. His role exposes him to a wide variety of conditions, in particular MSK issues and persistent pain. This is an enormous area, and one that is often difficult to manage. His experience has led him to the conclusion that collaborative working will attain the best results for these individuals. Dr Davies lives locally in the lower Swansea Valley with his wife and 2 girls. He enjoys a variety of sports in particular rugby, cricket and cycling. He and his family also enjoy travelling.

Rhys Howell

Having spent the early years of his career in the acute sector, Rhys has worked for more than 15 years in primary care, initially gaining significant experience as a pharmaceutical advisor and more latterly in his current role as a senior pharmacist in the Swansea Bay University Health Board Medicines Management Team. Although Rhys is predominantly involved in controlled drug governance through his role in supporting the Controlled Drug Accountable Officer, he also has a particular interest in the application of prudent healthcare principles through innovation and is a past Bevan Commission Innovation Exemplar and Fellow.

Anna Bilton

Anna Bilton is a clinical nurse specialist with 21 years' experience of working in the NHS. Her postgraduate qualifications include non-medical prescribing and health care management. She is currently working in the Persistent Pain Service in Swansea Bay Health Board and has worked within acute and persistent pain specialities for the last 12 years. Anna has focused on improving links between pain services and primary care over the last 3 years in order to improve efficiencies in service delivery and quality of care. Key areas of her role also include patient education and medication reviews.

Professor Cormac Ryan

Dr Cormac Ryan is Professor of Clinical Rehabilitation at Teesside University. He graduated from the University of Limerick in 2002 with a BSc in Sports and Exercise Science and completed an MSc in Physiotherapy (pre-registration) at Queen Margaret University College, Edinburgh. He was awarded his PhD from the Glasgow Caledonian University in 2008 where he looked at the relationship between physical activity and chronic lower back pain. Cormac has published over eighty peer-reviewed journal articles. Cormac is the Co-editor in chief of Pain and rehabilitation - the journal of the Physiotherapy Pain Association and Community Pain Champion for the Flippin' Pain public health campaign.

Dr Steve Young

Steve is an anaesthetist and interventional pain specialist. He studied medicine at Cardiff University and trained as an anaesthetist in South Wales specialising in interventional pain management. Steve is a fellow of the Royal College of Anaesthetists and the Faculty of Pain Medicine. His specialist areas of interest are in palliative care and cancer pain interventions.

Dr Christian Egeler

Dr Egeler has worked in Swansea Bay Health Board for over 20 years, developing the NHS Persistent Pain Service and promoting regional anaesthesia techniques for surgery and pain relief. Special interests include the use of ultrasound to guide injection interventions. This has enabled him to offer the majority of such interventions within the consultation room rather than relying on X-ray facilities or theatres.

Dr Anthony Williams

Dr Anthony Williams is a Palliative Medicine Consultant based in Morrision Hospital, Swansea. Originally from Cardiff, he studied Physiological Sciences at Oxford University and then post-graduate Medicine at Swansea University. Following this, he worked in Bridgend, Bangor and Truro before beginning specialist palliative medicine training in South Wales. He was appointed as a Palliative Medicine Consultant in Swansea Bay in 2019, predominantly based in the Ty Olwen In-Patient Unit.

Professor Fiona Jones

Fiona is Professor of Rehabilitation Research at St George's University of London. She has led multiple studies to evaluate self-management approaches within healthcare teams including stroke, acute brain injury and major trauma. In 2013 Fiona set up a social enterprise 'Bridges Self-management', which is an approach to self-management co-delivered with people living with complex long-term conditions and used by more than 800 acute and community rehabilitation teams across the UK. Fiona's focus is on co-design and working in partnership with patients, families, and clinical teams to develop and implement self-management training, interventions, and resources. In 2014, Fiona led an NIHR funded study to evaluate the use of Experience-Based Co-Design to explore ways to increase therapeutic activity in stroke units and is currently Co-lead for the LISTEN project (Long Covid Personalised Self-management support- co-design and Evaluation). In 2017 Fiona was awarded an MBE for services to Stroke Rehabilitation.

Dr Deepak Ravindran

Dr Deepak Ravindran brings a trauma informed approach to pain practice with over 20 years of experience in Pain Management. Triple certified in musculoskeletal, pain medicine and lifestyle medicine, he is a published author/researcher and lectures nationally and internationally on issues in Long Covid, Pain Medicine and Trauma informed practice. He helped establish the award-winning services for pain (IPASS, 2015) and Long Covid (BLIS, 2020) in Berkshire. He is an Honorary Professor at Teesside University and the Chief medical Officer for a Digital Platform, Boutros Bear.

Dr Gareth Morgan

Dr Gareth Morgan is a public health practitioner with nearly 30 years' service in the NHS. His original degree was in pharmacology before re-training in public health and undertaking a Doctorate in healthy ageing. Most of his career has been spent working on health inequalities and since 2021, he has led a Bevan Exemplar project on housing and health. Phase 1 of this project has delivered a good practice guide and phase 2 will look at developing further initiatives. Gareth holds an honorary research post with Cardiff University and has published many papers including on health ageing, impact assessments, surveys, evaluations and systematic reviews. He is currently working on a public health textbook, due for publication next year, and delivers guest teaching at several Welsh Universities.

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The River House Lounge and Restaurant

Cost: £35 per head (3 course meal)

Please pay via the Welsh Pain Society registration link below if you would like to attend.

Registration fees for health professionals

Please apply and make payment online:

Medically qualified non WPS members £120 / WPS members £100

Non-medically qualified non WPS members £60 / WPS members £40

Follow this link to register for the event - <https://www.welshpainsociety.org.uk/wps-asm2023>

We accept Paypal or direct payment via BACS

Welsh Pain Society: Sort code 40-16-23 Account no. 61240757

Accommodation

Please book your accommodation directly with the hotel, quoting 'Welsh Pain Society meeting'.

Single Occupancy B&B £105.00/Double Occupancy B&B £115.00

Tel: 01925 377 535 <https://www.village-hotels.co.uk/>

Welsh Pain Society Membership

Current annual WPS Membership is £20.00

To join, please contact Nick Brace via email: Nicholas.Brace@wales.nhs.uk

Abstracts and poster presentation

We invite delegates to submit abstracts for poster presentations (selected abstracts published in the BJP).

For further information please see the WPS website registration link above.

SBUHB Persistent Pain Service, Neath Port Talbot Hospital, Baglan Way, Port Talbot SA12 7BX#

Trade Sponsorship Acknowledgement

The organising committee for this year's Welsh Pain Society Annual Scientific Conference would like to acknowledge the financial support of the following companies (please note they have had no editorial input to the meeting):

Althea; Ethypharm; Grunenthal; Pajunk UK Ltd; Rescape (VR); Rokshaw Laboratories; Teva

Please contact Matt Webb if you need further information about this event – matt.webb@wales.nhs.uk