

BRITISH PAIN SOCIETY

Pain Management Programme SIG Conference

11-12 September 2019 at Bristol

Day 1- Wednesday 11th September 2019

Time	Speaker	Topic
08:30-09:00	REGISTRATION	REGISTRATION
09:00 –09:15	Dr Hazel O’Dowd (Consultant Clinical Psychologist) Clinical Lead of Health Psychology Services, North Bristol NHS Trust	Opening the conference Welcome and setting the scene
09:15 –10:00	Dr Amanda C de C Williams (Clinical Reader in Clinical Health Psychology) University College London & Kai Karos (Doctoral Researcher) Health Psychology at KU Leuven, Belgium	Plenary 1 What is the ‘social’ in biopsychosocial?
10:05 –10:50	Prof Alison Hammond (Professor in Rheumatology Rehabilitation), University of Salford, Manchester	Plenary 2 What is occupation? How does chronic pain impact on employment?
10:55-11:15	BREAK	BREAK
11:15 –12:30	Workshop Session 1 1. Dr Patrick Hill (Clinical Psychologist), Independent 2. Patient volunteers working with the Pain Management Centre, North Bristol NHS Trust and Beverly Knops (Clinical specialist Occupational Therapist) 3. Fraser Bell, Lorna Semple, Rachel Wylie (Clinical Specialist Physiotherapists), Glasgow Pain Service, NHS Greater Glasgow and Clyde 4. Dr Lars Williams, Jacquelyn Watson & David Craig , Glasgow Pain Service, NHS Greater Glasgow and Clyde 5. Kirti Leitch & Sarah Priddle (Clinical Nurse Specialists) Somerset Pain Management Service	Delegates will choose one of the below workshops 1. Engagement and telling better stories: co-creating a new PMP handbook 2. How to use “lived in experiences” to facilitate the application of pain management strategies into daily life 3. Capturing change within PMPs: do we need to make a greater move towards qualitative data collection in everyday clinical practice? 4. Mindfulness inquiry in the PMP: a practical guide to doing it well 5. Using an online platform to support self-management
12:30 –13:40	LUNCH	Poster viewings, Tower Tours

PMP AGM		
13.40 - 14.55	<p align="center">Workshop Session 2</p> <p>1. Dr Patrick Hill (Clinical Psychologist), Independent</p> <p>2. Patient volunteers working with the Pain Management Centre, North Bristol NHS Trust and Beverly Knops (Clinical specialist Occupational Therapist)</p> <p>3. Fraser Bell, Lorna Semple, Rachel Wylie (Clinical Specialist Physiotherapists) Glasgow Pain Service, NHS Greater Glasgow and Clyde</p> <p>4. Dr Lars Williams, Jacquelyn Watson & David Craig, Glasgow Pain Service, NHS Greater Glasgow and Clyde</p> <p>5. Kirti Leitch & Sarah Priddle (Clinical Nurse Specialists) Somerset Pain Management Service</p>	<p>Delegates will choose one of the below workshops</p> <p>1. Engagement and telling better stories: co-creating a new PMP handbook</p> <p>2. How to use “lived in experiences” to facilitate the application of pain management strategies into daily life</p> <p>3. Capturing change within PMPs: do we need to make a greater move towards qualitative data collection in everyday clinical practice?</p> <p>4. Mindfulness inquiry in the PMP: a practical guide to doing it well</p> <p>5. Using an online platform to support self-management</p>
14:55 –15:15	BREAK	BREAK
15:15-15:20	<p>Dr. Douglas Natusch, Consultant in Anaesthetics & Pain Medicine and National Clinical Lead for e-PAIN</p> <p>Gail Sowden, Consultant Physiotherapist & Honorary Research Fellow</p>	Launch of the musculoskeletal ePAIN sessions
15:20 –16:05	Dr Paul Campbell (Research Fellow Symptom Epidemiology), Keele University	Plenary 3 Social influences on pain: Two ends of the telescope
16.10 - 16.55	Prof Michael Sullivan (Professor of Psychology Medicine and Neurology) McGill University, Canada	Plenary 4 Perceptions of injustice as a risk factor for chronic pain and disability: Assessment and Intervention
17.00-17:15	Dr. Nicholas Ambler (Consultant Clinical Psychologist) North Bristol NHS Trust	Reflections
17.15	CLOSE	Invitation to the Social Event (Next door at the Bristol Museum & Art Gallery)

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Day 2- Thursday 12 September 2019

Time	Speaker	Topic
09:00-09:05	Dr. Hazel O'Dowd (Consultant Clinical Psychologist)	Setting the scene for Day 2
09:05 – 09:50	CLAHRC West Team: Dr. Michelle Farr, Dr. Heather Brant, Dr. Rita Patel (Senior Research Associates in National Institute for Health Research; Hannah Wedge (Assistant Psychologist) & Sue Watkins , (Volunteer) North Bristol NHS Trust	Plenary 5 Learning how to design and implement follow-on peer support groups: Patient and staff experiences of follow-on peer support groups after pain management programmes
09:55 – 10:40	Dr Richard Kimberlee (Senior Research Fellow) University of the West of England, Bristol	Plenary 6 What is Social Prescribing? The Social Prescribing Network and the Ten Year Forward Plan for the NHS
10:45 – 11:05	BREAK	BREAK
11:05 – 12:20	<p>Workshop Session 3</p> <ol style="list-style-type: none"> Prof Karen Rodham (Professor of Health Psychology), Staffordshire University & Ali Brown (Visual Artist) North Bristol Trust Arts Team Dr Julia Cordey (Clinical Psychologist) & Jeanette Moxham-Mead (Clinical Specialist Physiotherapist), Pain Management Centre, North Bristol NHS Trust Patient volunteers working with Pain management teams. Facilitated by Dr Nicholas Ambler (Consultant Clinical Psychologist) North Bristol NHS Trust Fiona McKeachie (Clinical Specialist Occupational Therapist) & Aysha Adrissi, Bristol Chronic Fatigue Syndrome/ME Service Beth Jones (Doctoral researcher) University of the West of England, Bristol 	<p>Delegates will choose one of the below workshops</p> <ol style="list-style-type: none"> Art and Pain: Handmade Wellbeing? Introducing the idea of using art and creativity in the treatment of Chronic Pain. Working with factors that cannot be changed: Staff self-care and supervision Exploring different ways to utilise patient volunteers within pain management services Co-creating a mindfulness based intervention for CFS/ME and fibromyalgia, within a pain management/CFS-ME service Patient activation: what is it and why does it matter?

12.20 – 13:20	LUNCH	+ Poster viewings, Tower Tours
13:20 – 14:00	Dr. Peter Gladwell (Clinical Specialist Physiotherapist & Team Leader Bristol CFS/ME Service) will Chair the Poster Presentations	Top 3 Posters: Short Presentations (10 minutes each)
14:00-14:45	Professor Mick Thacker (Associate Professor) London South Bank University	Plenary 7 Title (tbc)
14:50 - 15:10	BREAK	BREAK
15:10 – 15:50	Professor Chris Main (Emeritus Professor of Clinical Psychology, Pain Management), Keele University	Plenary 8 Are social factors within the remit of PMP?
15:50 – 16:20	Facilitated by Professor Chris Main (Emeritus Professor of Clinical Psychology, Pain Management), Keele University	Reflecting on what we have learnt: Opportunity to discuss implications for individual practice, service development and building links and partnerships
16:20- 16:30	Dr. Hazel O’Dowd (Consultant Clinical Psychologist)	SUMMING UP Preparing for 2021
16.30	CLOSE	CLOSE

tbc = to be confirmed