REGISTRATION PROGRAMME

THE BRITISH PAIN SOCIETY'S
53rd ANNUAL SCIENTIFIC MEETING

PRE-MEETINGS: MONDAY 30 MARCH 2020
ASM: TUESDAY 31 MARCH - THURSDAY 2 APRIL 2020
CADAVER WORKSHOP: FRIDAY 3 APRIL 2020
Welcome to the 53rd Annual Scientific Meeting 2020 .......................... 3
2020 ASM programme outline .................................................. 6
Supplementary meetings and sessions ........................................ 8
Day One: Tuesday 31 March 2020 .............................................. 14
Day Two: Wednesday 1 April 2020 ............................................ 16
Day Three: Thursday 2 April 2020 ............................................ 18
How to register ........................................................................... 20
ASM bursary applications .......................................................... 23
Technical and E-poster exhibitions ............................................. 24
Social programme ....................................................................... 25
Accommodation .......................................................................... 25
Travelling to London .................................................................. 26
Onsite at the Park Plaza London Riverbank ................................. 27
Useful telephone numbers, email addresses and websites .......... 28

NUMBER OF AVAILABLE CPD POINTS .................................... 11.5
WELCOME TO THE 53RD ANNUAL SCIENTIFIC MEETING 2020

2020 ASM: A new year and a new look Annual Scientific Meeting!

We are delighted to share with you our plans for our 2020 ASM in London. We’ve taken what works well from previous Meetings, and added in some new and exciting session formats as detailed below.

We have worked hard to put together a stimulating and innovative programme with high quality educational and scientific content while also being clinically relevant.

The multidisciplinary nature of the Society is reflected throughout the scientific programme, with lecture and workshop topics chosen specifically to ensure there is something of interest to all participants, whatever their specialty.

We have secured an outstanding faculty of speakers from the UK, Europe, USA and Australia, who are cutting edge experts in their field. We look forward to our plenary speakers delivering thought-provoking lectures, with clear implications for practice.

In addition to the scientific programme, participants may visit the e-poster exhibition, technical exhibition and attend satellite meetings. These are all important aspects of the ASM. All delegates are also invited to join us at the ASM drinks receptions which are great opportunities to network and catch up with new and old colleagues in a relaxed atmosphere.

Last but far from least, we also have a whole range of supplementary sessions and full-day meetings around the ASM that we invite you to come and enjoy!

So, what’s new for the 2020 ASM format?

TOPICAL PLENARIES
This year we have moved away from the traditional plenary format. Besides our recognised BPS and Pat Wall Lectures, we will be holding ‘topical’ plenary sessions, with up to three speakers per session. This is to allow us to really look in more depth at a topic from different MDT viewpoints.

MEET THE EXPERTS
Taking place within the exhibition space, these sessions will be more informal to allow delegates to interact with the experts in small group discussions. There will be a selection of topics to choose from; delegates are encouraged to go along and ask questions and discuss their queries with them. This session is only open to those attending the ASM.

EARLY CAREERS “SPEED DATING” SESSION
Open to both ASM delegates and non-ASM delegates alike, this afternoon session is all about networking for our junior colleagues and those just starting out in their careers.

Catering for all disciplines, a fun “speed dating” type format will allow those attending to move around and meet many experienced colleagues giving them the opportunity to make new connections and ask as many questions as they wish before the bell rings to move along!

This session is free to attend for those already at the ASM, but a nominal charge will apply to non-ASM delegates wishing to participate.
ULTRASOUND WORKSHOPS

Providing something a little more hands on, small groups of delegates will be able to participate in an Ultrasound workshop with world renowned experts who will demonstrate and guide topics of interest to the delegates. These workshops will be repeated across the three days and will run concurrently with the parallel sessions. Places are limited and will only be bookable once onsite at the Meeting, so if you are keen to participate please book early!

What else is happening?
Supplementary meetings and sessions:

**Monday 30 March 2020**

Acute Pain “Synchronicity – Working together to reduce chronicity”

Open to both ASM delegates and non-ASM delegates alike, this one day meeting is aimed at all disciplines working in acute pain management. An Acute Pain Special Interest Group (SIG) event, the speakers are experts in their fields. For more information please see page 8.

Reduced rates are available for those also attending the ASM.

Interventional Pain Medicine Meeting
“Current updates for your practice”

Open to both ASM delegates and non-ASM delegates alike. An Interventional Pain Management Special Interest Group (SIG) event, the speakers are experts in their fields. For more information please see page 9.

Reduced rates are available for those also attending the ASM.

**Tuesday 31 March 2020**

Opioids Update for Non-Medical Prescribers

This two hour session for non-medical prescribers will be looking at the current issues around prescribing and de-prescribing of opioids and the role of pharmacy in perioperative opioid surveillance in hospital and community. With key speakers from the UK, it promises to be informative and relatable to your practice. For more information please see page 10.

This supplementary session is free to attend for those also attending the ASM, but a nominal charge will apply to non-ASM delegates wishing to participate.

Headache SIG Meeting

Open to both ASM delegates and non-ASM delegates alike, this is a Headache SIG event and the speakers are experts in their fields. Included Botox injections workshop. For more information please see page 11.

This supplementary session is free to attend for those also attending the ASM, but a nominal charge will apply to non-ASM delegates wishing to participate.

**Friday 3 April 2020**

Cadaver Workshop

The British Pain Society will for the first time be organising a Hands-on Cadaver Workshop on Interventional Pain Medicine and Neuromodulation Procedures at the Department of Anatomy, King’s College London, Guy’s Hospital Campus on Friday, 3 April 2020.

Leading experts will teach the latest interventional techniques at the workshop under x-ray and ultrasound guidance with hands-on cadaver training as well as live model scanning.

The workshop is a supplementary event of the Annual Scientific Meeting and registration fees apply.
AND IF THAT STILL HASN’T CONVINCED YOU, LET’S LOOK AT WHO SHOULD ATTEND AND WHY?

Who?
- Academic researchers in pain
- Consultants and specialist doctors in pain medicine
- Doctors training in related specialties
- GPs and GP trainees
- Occupational therapists
- Pain medicine nurses
- Pharmacists
- Physiotherapists
- Psychologists
- Specialists in pain management
- Students with an interest in pain medicine

Why?
- Network with colleagues
- Keep up to date with the latest research and developments relevant to pain
- Raise questions, partake in debates and discuss outcomes
- Meet with poster exhibitors and discuss their research
- Meet with technical exhibitors and hear about their products and services
- Discuss your own research
- Interact with professionals from other disciplines with a shared interest in pain
- Unwind at our social events

We hope you are as excited by the 2020 programme as we are, and we welcome your feedback after the event to let us know how you thought it worked.
2020 ASM PROGRAMME OUTLINE

MONDAY 30 MARCH

**Supplementary Sessions**
Venue: Hilton London Tower Bridge
09:00-17:00 Acute Pain “Synchronicity – Working together to reduce chronicity”
09:00-17:00 Interventional Pain Medicine Meeting “Current updates for your practice”

TUESDAY 31 MARCH

**Supplementary Sessions**
Venue: Park Plaza London Riverbank
09:30-11:30 Opioids update for Non-Medical Prescribers
09:30-11:30 Meet the Experts
09:30-11:30 Headache SIG Meeting

**ASM**
12:00-12:10 Welcome from the BPS President & SPC Chair
12:10-12:50 Plenary Lecture 1 - BPS Lecture
13:00-14:00 Lunch & Industry Sponsored Satellite Symposium
14:00-15:25 Topical Plenary 2 – Low Back Pain
15:25-16:00 Coffee break
16:00-17:20 Parallel Sessions A OR Ultrasound workshops
   A2: Treating patients involved in litigation: separating the myths from the truths and optimising clinical outputs
   A3: Developments in Neuromodulation
   A4: Data-Roaming
17:30-18:30 Industry Sponsored Satellite Symposium
18:30-20:30 Welcome Reception

WEDNESDAY 1 APRIL

**ASM**
Venue: Park Plaza London Riverbank
08:00-09:00 Meet the Experts OR SIG Business Meetings
09:10-10:30 Parallel Sessions B OR Ultrasound Workshops
   B1: Legal implications of MDT working or ‘I will just book a little injection’
   B2: Opioid Tapering
   B3: Beyond the nervous system; pain modulation via other bodily systems
   B4: How to hit the spot – US guidance vs fluoroscopy for interventional techniques
## 2020 ASM PROGRAMME OUTLINE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:30 - 11:00</td>
<td>Coffee Break</td>
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<tr>
<td>11:00 - 11:50</td>
<td>Topical Plenary 3 - Cannabis (Real World Data)</td>
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<tr>
<td>11:50 - 12:40</td>
<td>Topical Plenary 4 – The Big Plenary Debate</td>
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<tr>
<td>12:40 - 13:45</td>
<td>Lunch OR Industry Sponsored Satellite Symposium</td>
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<td>13:50 - 15:00</td>
<td>AGM</td>
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<tr>
<td>15:00 - 16:00</td>
<td>Oral Poster Presentations</td>
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<td>16:00 - 16:30</td>
<td>Coffee Break</td>
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<tr>
<td>16:30 - 17:10</td>
<td>Plenary Lecture 5 - Pat Wall Lecture</td>
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<tr>
<td>17:25 - 18:25</td>
<td>Industry Sponsored Satellite Symposium</td>
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<td>18:30 - late</td>
<td>Drinks Reception</td>
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### Supplementary Session:
- **12:40-16:30** Early Careers Session

## THURSDAY 2 APRIL

### ASM

**Venue:** Park Plaza London Riverbank

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08:00 - 09:00</td>
<td>SIG Business Meetings</td>
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<tr>
<td>09:00 - 10:20</td>
<td>Parallel Sessions C OR Ultrasound Workshops</td>
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<tr>
<td></td>
<td>C1: Meeting the needs of older people - advancing work in pain education and pain in older people</td>
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<td>C2: Radiofrequency ablation: are we doing it right?</td>
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<td>C3: Clinicians guide to Cannabis products in pain management</td>
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<td>C4: Development of a model of care for impatient pain services toward better management of patients admitted with chronic and complex pain</td>
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<tr>
<td>11:35 - 12:50</td>
<td>Topical Plenary 6 – Fibromyalgia and widespread pain</td>
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<tr>
<td>12:50 - 14:00</td>
<td>Lunch / Industry Sponsored Satellite Symposium</td>
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<tr>
<td>14:00 - 15:15</td>
<td>Topical Plenary 7 – Pain Research</td>
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<tr>
<td>15:15 - 15:25</td>
<td>Closing Ceremony</td>
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## FRIDAY 3 APRIL

### Supplementary Meeting

**Venue:** The Gordon Museum of Pathology & Department of Anatomy, Guy’s Campus, King’s College London

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>09:00-17:00</td>
<td>Cadaver Workshop</td>
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*Please note that the programme may be subject to minor alterations*
SUPPLEMENTARY MEETINGS AND SESSIONS

Monday 30 March 2020, 09:00-16:50
Hilton London Tower Bridge Hotel,
5 More London Riverside,
Tooley Street, London SE1 2BY

ACUTE PAIN “SYNCHRONICITY – WORKING TOGETHER TO REDUCE CHRONICITY”

2020 is the IASP Global Year Against Chronicity of Pain and we are delighted that IASP Councillor, Global Year Lead and Chair of the IASP Acute Pain Special Interest Group, Prof Dr Esther Pogatzki-Zahn will be our opening speaker. We also have sessions delivered by Prof Madelon Peters (Experimental Health Psychology, Maastricht, Holland) and Dr Ruth Zaslansky (Scientific Manager PAIN OUT, Jena, Germany).

09:00 - 09:30  Registration and Coffee

09:30 - 09:40  Introduction and welcome

09:40 - 10:10  An overview of the IASP global year against chronicity and pain
   Prof Dr Med Esther Pogatzki-Zahn, IASP Global Year Lead 2020, Chair IASP Acute Pain SIG, Council Member IASP, Jena, Germany

10:10 - 10:50  Acute mechanisms of nociception and nociplasticity
   Dr Kirsty Bannister, Lecturer, Kings College London

10:50 - 11:25  Embedding psychology in acute pain
   Prof. Madelon Peters, Experimental Health Psychology, Maastricht, Holland

11:25 - 12:00  The microbiome and acute pain
   Dr Gillian Chumbley, Consultant Nurse, Imperial Health

12:00 - 13:00  Lunch

13:00 - 13:40  Driving change in perioperative care using data
   Dr Ruth Zaslanksy, Scientific Manager PAIN Out, Jena, Germany

13:40 - 14:20  Prehabilitation - Whose job is it anyway?
   Speaker tbc

14:20 - 14:45  Acute pain management and the struggle against opioid prescribing
   Dr Kristin Ullrich, Consultant in Anaesthesia & Pain, Barts Health NHS Trust

14:45 - 15:00  Ask the experts

15:00 - 15:20  Coffee break
15:20 -15:50  Fractured rib pathway – refining care, reducing risk  
   Dr Alex Wickham, Consultant Anaesthetist, Imperial Health

15:50 -17:00  Workshop + Expert panel session  
   How I manage fractured ribs in practice  
   Covering serratus anterior plane, erector spinae, subpectoral and PVB  
   (+/- lidocaine) infusions – approaches, medicines and management  
   Dr Madan Narayanan et al, Consultant in Anaesthesia & Pain, Frimley Park

17:00  Summary & Close

In the adjacent room the Interventional Pain SIG will be running a concurrent workshop. Attendees will be able to move freely between the two programmes throughout the day at no extra cost.

Reduced rates are available for those delegates who are also attending the ASM. This meeting can be booked as part of your ASM registration.

If you are not attending the ASM, but still wish to attend this one day event, you can register directly at: www.britishpainsociety.org/meeting-booking/acute-pain-sig-pre-meeting-monday-30th-march/

Monday 30 March 2020, 09:00-17:00
Hilton London Tower Bridge Hotel, 5 More London Riverside, Tooley Street, London SE1 2BY

INTERVENTIONAL PAIN MEDICINE SIG MEETING “CURRENT UPDATES FOR YOUR PRACTICE”

08:15 - 08:50  Registration

08:50 - 09:00  Opening welcome: Sumit Gulati, Liverpool

09:00 - 10:45  Spine
   1. NERVES Trial: New paradigm for pain, neurosurgery collaborative working.  
   Martin Wilby, Liverpool  
   2. Discogenic pain: Story beyond Methylene blue: Jan Kalleward, Netherlands  
   3. Pars defect, black discs, tight foramen: Inject, operate or do nothing. Marco Teli, Liverpool, Eurospine President Elect. Discussion

10:45 - 11:15  Refreshments/ Industry

11:15 - 12:30  Neuromodulation
   1. Selecting a good SCS candidate for various indications: speaker tbc  
   2. Neuromodulation for Peripheral nerves and muscles: New therapies for electrical and Injectable therapies: speaker tbc

12:30 - 13:00  Research update: A RADICAL view of Facet Joint Pain:  
   Cathy Price, Southampton
13:00 - 14:00  Lunch

14:00- 15:15  Controversies and updates

1. Cervical Radiculopathy: Transforaminal, catheter or none: Jury still out?
   Panel and expert view. Ashish Gulve

2. SI Joint Pain: Update on RF denervation and surgical options.

15:15- 15:30  Coffee/ Networking

1530-1730  Peripheries

1. 1530-1600: Denervation of major joints: Hips, Knees, Shoulder: Anuj Bhatia, Toronto

2. 1600-1630: Regenerative Medicine in Chronic Pain

3. 1630- 1730: Ultrasound free stations: Live demo and Ask the experts

In the adjacent room the Acute Pain SIG will be running a concurrent workshop. Attendees will be able to move freely between the two programmes throughout the day at no extra cost.

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If you are not attending the ASM, but still wish to attend this one day event, you can register directly at: www.britishpainsociety.org/meeting-booking/interventional-pain-medicine-sig-pre-meeting-monday-30th-march/

Tuesday 31 March 2020, 09:30 - 11:30
Park Plaza London Riverbank
18 Albert Embankment,
Lambeth, London SE1 7JT

OPIOIDS UPDATE FOR NON-MEDICAL PRESCRIBERS

Opioid essentials – from basics to clinical practice
Prof. Roger Knaggs

Opioids: an update on prescribing and de-prescribing issues relevant to non-medical prescribers
Dr Dev Srivastava

Role of pharmacy in perioperative Opioid surveillance in hospital and community
Dr Alison MacRobbie

This supplementary session is free to attend for those also attending the ASM, but a nominal charge
will apply to non-ASM delegates wishing to participate.

If you are not attending the ASM, but still wish to attend this 2 hour meeting, you can register directly at: www.britishpainsociety.org/meeting-booking/opioids-update-for-non-medical-prescribers-session-tuesday-31st-march-2020-0930-1130/

Tuesday 31 March 2020, 09:30-12:00
Park Plaza London Riverbank
18 Albert Embankment,
Lambeth, London SE17JT

‘MEET THE EXPERTS’ SESSION
Taking place within the exhibition space, these sessions will be more informal to allow delegates to interact with various experts in small group discussions. There will be a selection of topics to choose from; delegates are encouraged to go along and ask questions and discuss their queries with them. This session is only open to those attending the ASM.

Topics:

a. Designing clinical studies
b. Neuromodulation tips and tricks
c. MSK tips
d. Effective self-management and the Pain Toolkit
e. Fibromyalgia; the Hyland model and Body Reprogramming
f. Cancer Pain

Tuesday 31 March 2020, 09:00 - 11:45
Park Plaza London Riverbank
18 Albert Embankment, Lambeth,
London SE1 7JT

HEADACHE SIG MEETING

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<th>Time</th>
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<tbody>
<tr>
<td>08:30 - 09:00</td>
<td>Registration</td>
</tr>
<tr>
<td>09:00 - 09:15</td>
<td>Headache SIG Present and Future</td>
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<tr>
<td>09:15 - 09:45</td>
<td>Diagnosis of migraine</td>
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<td>09:45 - 10:15</td>
<td>Cervicogenic Headache</td>
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<td>10:15 - 10:45</td>
<td>Targeting CGRP receptors</td>
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<td>10:45 - 11:15</td>
<td>Neuromodulation in chronic migraine</td>
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<td>11:15 - 11:45</td>
<td>Botox- Revisiting the PREEMPT paradigm</td>
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This supplementary session is free to attend for those also attending the ASM, but a nominal charge will apply to non-ASM delegates wishing to participate.

If you are not attending the ASM, but still wish to attend this 2 hour meeting, you can register directly at: www.britishpainsociety.org/meeting-booking/headache-sig-meeting-tuesday-31st-march-2020/

**BRITISH PAIN SOCIETY’S HANDS-ON CADAVER WORKSHOP ON INTERVENTIONAL PAIN MEDICINE & NEUROMODULATION PROCEDURES**

Friday, 3 April 2020, 09:00 - 17:30

**Venue:** Gordon Museum of Pathology and Department of Anatomy, Hodgkin Building, King’s College London, Guy’s Hospital Campus, London SE1 1UL

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**CPD POINTS APPLIED FOR**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>09:00 - 09:30</td>
<td>Registration/Tea &amp; coffee/Exhibition</td>
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<tr>
<td>09:30 - 09:45</td>
<td>Welcome &amp; Housekeeping</td>
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<tr>
<td>09:45 - 10:30</td>
<td>Hands-on Stations 1-8</td>
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<td>10:30 - 11:15</td>
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<td>11:15 - 11:45</td>
<td>Tea &amp; coffee/Exhibition</td>
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<td>Hands-on Stations 1-8</td>
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<tr>
<td>13:15 - 14:15</td>
<td>Lunch/Exhibition</td>
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<td>14:15 - 15:00</td>
<td>Hands-on Stations 1-8</td>
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<td>16:30 - 17:15</td>
<td>Hands-on Stations 1-8</td>
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<tr>
<td>17:15 - 17:30</td>
<td>Feedback &amp; closure</td>
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**Hands-on Workshop Stations 1-8**

1. **X-ray Guided Interventions for Headache & Cervicalgia:**
   - Cervical facets, MBB, Denervation

2. **X-ray Guided Interventions for Back Pain:**
   - MBB, SIJ, Denervation, Racz Epidurolysis

3. **X-ray Guided Spinal Cord Stimulation**

4. **Combined X-ray/USG Guided Peripheral Neuromodulation**

5. **Ultrasound Guided Pain Interventions for Headache & Cervicalgia:**
6. Ultrasound Guided Pain Interventions of the Pelvis:
   Piriformis, obturator internus, pudendal N. Caudal

7. Ultrasound Guided MSK Interventions:
   Lower Limbs, Knee, Hip, Regenerative Medicine

8. Ultrasound Guided Pain Interventions:
   Suprascapular, shoulder joint, intercostal nerve, Paravertebral, peripheral nerve

Reduced rates are available for those delegates who are also attending the ASM. This meeting can be booked as part of your ASM registration.

If you are not attending the ASM, but still wish to attend this one day event, you can register directly at: www.britishpainsociety.org/meeting-booking/cadaver-workshop-monday-30th-march-2020/
DAY ONE: TUESDAY 31 MARCH 2020

09:30-12:00  Welcome refreshments: Technical and E-poster Exhibitions

09:30-11:30  Meet the Experts Session
- Designing clinical studies
- Neuromodulation tips and tricks
- MSK tips
- Effective self-management and the Pain Toolkit
- Fibromyalgia; the Hyland model and Body Reprogramming
- Cancer Pain

12:00-12:10  Welcome from President and Chair of Scientific Programme Committee

12:10-12:50  Plenary Lecture 1 - BPS Lecture: Dr Phil Hammond

13:00-14:00  Lunch Break: Technical and E-poster Exhibitions

14:10-15:25  Topical Plenary Lecture 2
Low Back Pain
- Regenerative medicine and biological treatment of the spine. Speaker tbc
- Cognitive Functional Therapy and recent developments in physical rehabilitation. Dr Mary O’Keefe
- Psychological Interventions for low back pain: start of the art and future directions. Prof Tamar Pincus

15:25-16:00  Coffee Break: Technical and E-poster Exhibitions

16:00-17:20  Parallel Sessions A1-A4


Chair: Dr Matthew Brown
- Biomarkers in pain – are targeted approaches hitting the bullseye or missing the point? Dr David Magee
- Data in pain medicine – will big data and the medtech revolution change the landscape of pain medicine? Dr Matthew Brown
- Biologics, targeted therapies and pain – are novel therapies causing novel problems? Dr Paul Farquhar-Smith

Ultrasound workshops 1 & 2
Bookings available onsite only
A2: Treating patients involved in litigation: Separating the myths from the truths and optimising clinical outcomes

Chair: Dr Glyn Towlerton
- Medical interventions in litigating patients: Unravelling the facts from the fiction. Dr Jon Valentine
- Pain management programmes: Experiences and clinical outcome data from The Walton Centre, Liverpool. Dr Hannah Twiddy
- Psychiatric & Psychological intervention: The changing views on the impact of the resolution of litigation on outcome. Dr Paul Mallett

A3: Developments in neuromodulation

Chair: tbc
- E-tool for SCS referral and selection. Dr Simon Thomson
- Sub-threshold spinal cord stimulation at various kilohertz frequencies. Dr Adnan Al Kaisy
- Neuromodulation – the next 10 years. Dr Tom Yearwood

A4: Data Roaming

Co-Chairs: Felicia Cox & Jane Quinlan
- Bench to bedside - Procedure-specific Risk Factor Analysis for the Development of Severe Postoperative Pain. Prof Esther Pogatski-Zahn
- How PAIN Out data can impact care delivery. Prof Ruth Zaslansky
- Chronic pain in inpatients - UK data from the CHiPS project. Dr Suchita Kanagasundaram
- Panel discussion

17:30-18:30 Industry Sponsored Satellite Symposium
18:30-20:30 Welcome Reception
DAY TWO: WEDNESDAY 1 APRIL 2020

08:00-09:00  Arrival refreshments: Technical and E-poster Exhibitions

08:00-09:00  Business Meetings of the following Special Interest Groups:
- Pain in Older People
- Pain Education
- Pain Management Programmes

08:00-09:00  Meet the Experts Session
- Designing clinical studies
- Neuromodulation tips and tricks
- MSK tips
- Effective self-management and the Pain Toolkit
- Fibromyalgia; the Hyland model and Body Reprogramming
- Cancer Pain

09:10-10:30  Parallel Sessions B1-B4

B1: Legal implications of Multidisciplinary working or ‘I will just book a little injection’
Co-Chairs: Dr Martin Hey & Dr Glyn Towlerton
- Aspects of consent and the changing laws. Dr Raj Munglani
- Non GMC professionals should not book patients for procedures. Dr Jon Valentine
- Non GMC professionals should book patients for procedures. Dr Nick Padfield

B2: Opioid Tapering
Chair: tbc
Session details tbc

B3: Beyond the Nervous System: pain modulation via other bodily systems
Chair: Mr Craig Crawley
- The Body’s Protective Systems – Integrating pain management via the sensory, immune, and endocrine systems. Mr Craig Crawley
- Dietary advice – the forgotten self-management strategy. Dr Lucy Ward
- Pain reduction and pain management: integrating pain clinic services. Speaker tbc

B4: How to hit the spot – US guidance vs fluoroscopy for interventional techniques
Chair: tbc
- Accuracy and safety aspects of lumbar medial branch blocks under US or fluoroscopy control. Speaker tbc

Ultrasound workshops 3 & 4
Bookings available onsite only
Cervical nerve root blocks are safer than and as precise as fluoroscopy under US control. Dr Athmaja Thottungal

Advances of US for pain interventions, where are we and where can we go?

Speaker tbc

10:30-11:00  Coffee Break: Technical and E-poster Exhibitions

11:00-11:50  Topical Plenary Lecture 3
Cannabis (Real World Data)
Speakers tbc

11:50-12:40  Topical Plenary Lecture 4 – The Big Plenary Debate
NICE or Nasty: Medical paternalism versus patient autonomy: should we be bound to follow professional guidelines?
FOR: Dr Paul Chrisp
AGAINST: Mrs Victoria Abbott-Fleming
Moderator: Patricia Hitchcock QC

12:40-16:30  Early Careers Session


13:50-15:00  Annual General Meeting (members only)

15:00-16:00  Oral Poster Presentations

16:00 16:30  Coffee Break: Technical and E-poster Exhibitions

16:30-17:10  Plenary Lecture 5 - Pat Wall Lecture: Dr Vilayanur Ramachandran

17:25-18:25  Industry Sponsored Satellite Symposium

18:30-Late  Drinks Reception
DAY THREE: THURSDAY 2 APRIL 2020

08:00-09:00  **Arrival refreshments: Technical and E-poster Exhibitions**

08:00-09:00  **Business Meetings of the following Special Interest Groups:**
- Primary and Community Care
- Pain in Developing Countries

09:00-10:20  **Parallel Sessions C1-C4:**

**C1: Meeting the needs of older people – advancing work in pain education and pain in older people**
Chair: Dr Amelia Swift
- Updated guidance of management of pain in older people. Mrs Margaret Dunham
- Using patients’ views and experiences to reform pain education for students and health professionals – findings from a meta-ethnography. Ms Kate Thompson
- Example of an existing patient centred education tool – FLO’s story. Dr Cormac Ryan and Prof Denis Martin

**C2: Radiofrequency ablation: are we doing it right?**
Chair: Dr Ganesan Baranidharan
- Does RF technique influence the outcome? What have we learnt from the available evidence? Dr Stephen Ward
- What are the obstacles to teaching and learning RF techniques? An overview of Cervical RF ablation technique. Dr Sherdil Nath
- An overview of Lumbar RF ablation technique. Dr Ganesan Baranidharan

**C3: Clinicians guide to using Cannabis products in pain management**
Chair: Prof Roger Knaggs.
Speakers and topics tbc

**C4: Development of a model of care for Inpatient pain services toward better management of patients admitted with chronic and complex pain**
Chair: Dr Suchitra Kanagasundaram
- Chronic and complex pain workload of Inpatient pain services - What next? Dr David Hutchings
- The role of the physiotherapist in the Inpatient pain team. Ms Jackie Walumbe
- Psychological Interventions – managing the distressed inpatient with complex pain presentation. Dr Zoey Malpus

10:20-11:30  **Coffee Break: Technical and E-poster Exhibitions**

10:25-11:25  **Industry Sponsored Satellite Symposium**
11:35-12:50  **Topical Plenary Lecture 6**  
**Fibromyalgia and widespread pain**  
- The epigenetics of widespread pain. Dr Frances Williams  
- Is fibromyalgia an autoimmune disease? Dr David Andersson & Dr Andreas Goebel

12:50-14:00  **Lunch Break: Technical and E-poster Exhibitions**


14:00-15:15  **Topical Plenary Lecture 7**  
**Pain Research**  
- Understanding pain mechanisms – what have we learned from the laboratory? Prof Steve McMahon  
- Big Pharma and big data – lessons from epidemiology. Speaker tbc  
- Clinical effectiveness in persistent pain: navigating the evidence maze. Dr Neil O’Connell

15:15-15:25  **Closing Ceremony**

15:25-16:00  **Coffee Break and close of ASM**
HOW TO REGISTER

With so many options at the ASM to choose from this year, we have enabled a one-stop booking portal which includes ALL of the supplementary meetings and sessions for you to choose from and book in one place.

Based on previous feedback, we have also introduced multiple day rates, allowing you to really customise the whole experience to your personal requirements.

To register for the ASM including supplementary meetings and sessions please visit our website at: www.britishpainsociety.org/meeting-booking/2020-annual-scientific-meeting/

Please note: BPS members will need to be logged in to the website to access member rates.

Once your online registration is complete and your payment has been processed you will be emailed a confirmation of booking.

If you are not attending the ASM, but are interested in coming along to one of the supplementary meetings/sessions, you can book to attend each of these directly at the following links;

Acute Pain “Synchronicity – Working together to reduce chronicity”: www.britishpainsociety.org/meeting-booking/acute-pain-sig-pre-meeting-monday-30th-march/

IPM SIG: www.britishpainsociety.org/meeting-booking/interventional-pain-medicine-sig-pre-meeting-monday-30th-march/


Headache SIG: www.britishpainsociety.org/meeting-booking/headache-sig-meeting-tuesday-31st-march-2020/

Early Careers “speed dating” Session: www.britishpainsociety.org/meeting-booking/early-careers-session-wednesday-1st-april-2020-1240-1630/

Cadaver workshop: www.britishpainsociety.org/meeting-booking/cadaver-workshop-monday-30th-march-2020/

Please note that the ‘Meet the Experts’ and ‘Ultrasound workshop’ sessions are only available to those attending the ASM and therefore cannot be booked separately.

Supplementary Meetings/Sessions Registration Fees:

<table>
<thead>
<tr>
<th>Supplementary Meeting/Session</th>
<th>ASM Attendees:</th>
<th>Non-ASM Attendees</th>
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<tr>
<td></td>
<td>BPS Member</td>
<td>BPS Non-Member</td>
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<tr>
<td>Acute Pain “Synchronicity” Working together to reduce chronicity</td>
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<td>£195</td>
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<tr>
<td>IPM SIG</td>
<td>£110</td>
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<tr>
<td>Opioids update for Non-Medical Prescribers</td>
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## Supplementary Meeting/Session

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<tr>
<th>ASM Attendees:</th>
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<td>BPS Non-Member</td>
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<tr>
<td>Headache SIG Meeting</td>
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<td>Early Careers “speed dating” session</td>
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<td>Cadaver Workshops</td>
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For any registration queries (aside from Membership related items) please contact Ciaran Wazir at ciaranwazir@gmail.com

### ASM REGISTRATION FEES:

<table>
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<tr>
<th>Registration Options</th>
<th>Early Bird until 31st Jan</th>
<th>Normal 1st Feb - 27th March</th>
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| Honorary Member | No fee |

| Non-members, taxable income <£20,000 | £150 | £285 | £315 | £180 | £345 | £375 | £190 | £355 | £385 |
| Non-members, taxable income £20,000 - £29,999 | £190 | £365 | £395 | £220 | £425 | £455 | £235 | £440 | £470 |
| Non-members, taxable income £30,000-£39,999 | £230 | £440 | £470 | £265 | £510 | £540 | £285 | £530 | £570 |
| Non-members, taxable income £40,000 - £69,999 | £260 | £490 | £530 | £300 | £525 | £555 | £310 | £540 | £585 |
| Non-members, taxable income >£70,000 | £300 | £555 | £600 | £345 | £670 | £700 | £355 | £680 | £710 |
| Non-member student Rate* Flat Fee | £200 | £250 | £260 | |

* Student rates apply to members or non-members who are undergraduate or postgraduate students and earn less than £10,000 per annum. Once you have registered online a letter confirming your student status signed off by your supervisor or administrative department of the university must be sent to the BPS secretariat at Churchill House, 35 Red Lion Square, London, WC1R 4SG in order to confirm your booking. Applicants who are unable to provide this information may be refused the student rate.
**Honorary Members**
Honorary Members of The British Pain Society are not required to pay registration fees to attend the Meeting.

**Speakers**
Contributors to the Scientific Programme should check their correspondence concerning registration fees. Please note that poster abstract presenters do not qualify for waived registration fees.

**Members**
If you are a member of The British Pain Society you will benefit from reduced registration fees to not only the ASM but also the Supplementary Meetings. To qualify for the members’ rate, you must be a member of the Society at the time of the Meeting, having paid your 2019/20 membership subscription.

For any queries regarding membership renewals please contact Dylan Taylor via email on dylan@britishpainsociety.org

**Non-Members**
Non-members are welcome to attend the ASM, however joining the Society as a Member will allow you to benefit from the reduced registration fees as well as access to a wide range of exceptional member benefits. Membership takes three full weeks to process, so please apply with plenty of time prior to the commencement of the ASM. Applications received less than three weeks before the event are not guaranteed to be processed in time, and therefore eligibility for the Member rates may be declined.

Applications for Membership should be made via the online form at: https://www.britishpainsociety.org/register/

**Benefits of Membership:**
- Reduced rates for attendance at all BPS Meetings
- British Journal of Pain (BJP) published four times a year
- Quarterly Pain Newsletter
- Network with over 1,100 BPS Members
- Research Grants and Awards
- Access to 12 Special Interest Groups (SIGs)
- Complimentary electronic copy of the European Journal of Pain
- Opportunity to apply for EFIC Pain Schools
ASM BURSARY APPLICATIONS

The deadline for bursary applications is Friday 24th January 2020.

Please be aware that the Bursary does not include the Supplementary Meetings; however if you are attending the ASM, even on a bursary, you will be eligible for the reduced ASM attendee rates.

Who is eligible to apply for a bursary?
In order to be eligible to apply for a bursary, the applicant must normally:
- Have joined the Society by the September before the ASM and still be a member at the time of the Meeting, having paid that year’s membership subscription.
- Have a salary lower than £36,000/annum
- Evidence of good standing within the Society (e.g. length of membership of the Society, other contributions to the work of the Society).

Priority will be given to those on lower salaries and those submitting a poster that is accepted for exhibition at the Meeting.

How should the application be submitted?
The applicant must complete the Bursary Application Form, available to download from the BPS website, and return to The British Pain Society Secretariat no later than 5pm Friday 24th January 2020, together with the completed Participant Registration Form.

The Bursary Application Form must be countersigned by the Head of Department. If the applicant is not submitting a poster abstract, the Head of Department must provide justification for the applicant’s need to attend the Meeting.

The applicant must not send payment with the Bursary Application Form.

What financial support is given?
The level of support offered to each applicant is dependent on the number of applications submitted, the applicant’s salary and whether the applicant is exhibiting a poster at the Meeting.

Applicants may request the following financial support:
- Registration fees to attend the Meeting
- A contribution towards travel expenses
- A contribution towards accommodation expenses up to a maximum of £50/night for 3 nights

When will the applicant hear if the application is successful?
Applicants will be informed of the outcome by Friday 31 January 2020.

When can the applicant expect to receive the financial support?
If the application is successful, the Society will waive the registration fee and the applicant’s registration to attend the meeting will be processed with immediate effect.

If the application for a contribution towards the cost of accommodation and travel expenses is successful, the Society will reimburse the costs after the Meeting, once receipts are submitted. Receipts are to be sent to the Secretariat, marked for the attention of the Honorary Treasurer.
TECHNICAL AND E-POSTER EXHIBITIONS

TECHNICAL EXHIBITION
The Technical Exhibition is an important part of the ASM and all participants are encouraged to visit. It will be housed alongside the catering areas, which will create a vibrant hub for participants during the tea/coffee and lunch breaks. We look forward to welcoming our colleagues in industry.

The Exhibition will be open throughout the ASM.

Exhibitors, who would like to receive further information about exhibiting at the ASM, are asked to email Ciaran Wazir at ciaranwazir@gmail.com.

E-POSTER EXHIBITION
All participants are invited to submit poster abstracts for the ASM. Submitted abstracts will be subject to review; those accepted by the Scientific Programme Committee (SPC) will be invited to exhibit throughout the Meeting in the form of E-posters and will be published as a supplement to the British Journal of Pain.

Deadline
The deadline for receipt of poster abstract submissions is midnight on Monday 6th January 2020.

Details of the abstract submission guidelines and how to submit your poster abstract can be found on our website at: https://www.britishpainsociety.org/abstracts/annual-scientific-meeting-2020/.
SOCIAL PROGRAMME

We are delighted to advise that we will be holding two drinks receptions as part of this year’s social programme within the ASM.

Tuesday 31st March 2020
Welcome Reception
18:30-20:30, Park Plaza London Riverbank

Wednesday 1st April 2020
Drinks Reception
18:30-late, Park Plaza London Riverbank

All delegates are invited to attend these complimentary receptions at the Park Plaza London Riverbank.

These relaxed evenings will provide an ideal opportunity to catch up with colleagues and network.

Please note that booking is essential and can be done on the delegate registration system when booking to attend the Meeting.

ACCOMMODATION

The British Pain Society is delighted to confirm MICE Concierge Ltd is our trusted official accommodation and concierge service for The British Pain Society’s 2020 ASM.

MICE Concierge will be providing an enhanced service for all attendees to help ensure you are well looked after whilst you are in London. Our trusted supplier, they have exclusive accommodation rates at the Park Plaza Riverbank and all surrounding hotels, and will ensure you receive the best experience and most importantly the best rates.

We advise you to book through the official channel as the service is supported by the event; you will get the best rates and by staying in one of the accredited hotels you will be with other delegates and will therefore be able to network/socialise more to get the most out of the event.

MICE Concierge also offers a transfer and taxi booking service.

To view all exclusive rates and to book online, please click here; https://www.miceconcierge.com/events/BPSASM2020

Alternatively, if you would like to reach out to MICE Concierge Ltd direct, please feel free to contact the team on +44 (0) 1438 908770 or email hello@miceconcierge.com and they will be happy to assist.

https://www.miceconcierge.com/events/BPSASM2020
TRAVELLING TO LONDON

By Air
As a gateway to the UK, London benefits from a superb global airline network. It is served by five international airports and one International train station where Eurostar trains arrive daily from France, Amsterdam and Belgium.


The nearest airport to the venue is London City airport, which can be reached by public transport using the Docklands Light Railway to Canning Town, and changing for the London Underground Jubilee Line through to Victoria Station, and then the Victoria line through to Vauxhall Tube Station (approximately journey time 40 mins), which is under a 10 minute walk from the Park Plaza London Riverbank Hotel. Alternatively, taxis are available at the airport.

For more information, please visit https://www.londoncityairport.com/.

London Heathrow Airport has more International connections that any other airport in the world. For trains from Heathrow to Vauxhall, take the London Underground Piccadilly Line to Hammersmith, and change to the District Line to Victoria Station, then change to the Victoria Line to Vauxhall Underground. The Heathrow Express is probably quickest, but the Underground is the cheaper option. For more information, please go to: www.heathrowairport.com.

By Rail
Travelling by train is often the fastest way to get to London from other UK destinations. If you are travelling from Europe, the Eurostar train arrives at St Pancras, London, where you can catch the Victoria Line on the London Underground all the way to Vauxhall. For more information, please go to: www.nationarail.co.uk

The Park Plaza London Riverbank is under a 10-minute walk from Vauxhall Tube station.

By Road
London is easy to reach using the UK’s motorway network – with the M1, M2, M3, M4, M11, M20, M23, M25 and M40 motorways in or near London – as well as a multitude of major A-roads. All of London’s motorways intersect the M25 orbital motorway. There are good road connections with London’s airports and relevant ports.

You can also bring a car or motorcycle into the UK via Eurotunnel or ferry.

Parking
The Park Plaza Riverbank does not have onsite parking, however there is a valet service available. Please visit https://www.londoncentralparking.co.uk/london-central-parking-hotels/park-plaza-london-riverbank for more information.

The nearest car park is located at the Novotel Waterloo. For alternative parking options, please visit https://www.justpark.com.
The British Pain Society office at the venue
A British Pain Society office will be set up at the venue. British Pain Society staff will always be found in the registration area during opening hours.

On arrival at the Meeting
All delegates are asked to make their way to the registration area, where they will be asked to sign an attendance register and given a name badge and a delegate pack. Badges must be worn at all times during the Meeting.

The registration desk will be open at the following times each day:
31 March: 08:00 - 18:40
1 April: 08:00 - 18:30
2 April: 08:00 - 16:00

Catering
Tea/coffee breaks and lunch will be served in the Plaza Suites and Ballroom Foyer, beside the Exhibitor display areas at the times stated in the ASM Scientific Programme.

Logistical information
Staff at the registration desk will be happy to answer any questions you have during the event regarding facilities and services.
USEFUL TELEPHONE NUMBERS, EMAIL ADDRESSES AND WEBSITES

The British Pain Society
+44 (0)207 269 7840
www.britishpainsociety.org

Park Plaza London Riverbank
(ASM Venue; Tuesday 31 March – Thursday 2 April)
+44 (0)333 400 6120
18 Albert Embankment, Lambeth
London SE1 7TJ

Hilton London Tower Bridge
(Supplementary Meetings Venue; Monday 30 March)
+44 (0)203 002 4300
5 More London Riverside, Tooley Street
London SE1 2BY

Gordon Museum of Pathology and Department of Anatomy
(Cadaver workshop venue; Friday 3 April)
Hodgkin Building
King’s College London
Guy’s Hospital Campus
London SE1 1UL

TRAVEL CONTACTS

Visit London
Please leave inquiry on their website
https://www.visitlondon.com/

Trainline
0871 244 1545
www.thetrainline.com
National Rail Enquiries
0345 748 4950
www.nationalrail.co.uk

National Express Coach Service
0871 781 8181
www.nationalexpress.com

FURTHER INFORMATION

Further information will be sent to you upon registration for the Meeting. However, if you have any queries in the meantime, these should be addressed to:

British Pain Society
Third Floor
Churchill House
35 Red Lion Square
London WC1R 4SG

T: +44 (0)20 7269 7840
E: asm@britishpainsociety.org
W: www.britishpainsociety.org