

# BRITISH PAIN SOCIETY

## Pain Management Programme SIG Conference

11-12 September 2019 at Bristol

Day 1- Wednesday 11<sup>th</sup> September 2019

Time	Speaker	Topic
08:30-09:00	<b>REGISTRATION</b>	<b>REGISTRATION</b>
09:00 –09:15	<b>Dr Hazel O’Dowd</b> (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	<b>Dr Amanda C de C Williams</b> (Clinical Reader in Clinical Health Psychology) University College London & <b>Kai Karos</b> (Doctoral Researcher) Health Psychology at KU Leuven, Belgium	<b>Plenary 1</b>  What is the ‘social’ in biopsychosocial?
10:05 –10:50	<b>Prof Alison Hammond</b> (Professor in Rheumatology Rehabilitation), University of Salford, Manchester	<b>Plenary 2</b> What is occupation? How does chronic pain impact on employment?
10:55-11:15	<b>BREAK</b>	<b>BREAK</b>
11:15 –12:30	<b>Workshop Session 1</b>  1.1 <b>Dr Patrick Hill</b> (Clinical Psychologist), Independent  1.2 <b>Patient volunteers</b> working with the Pain Management Centre, North Bristol NHS Trust and <b>Beverly Knops</b> (Clinical specialist Occupational Therapist)  1.3 <b>Fraser Bell, Lorna Semple, Rachel Wylie</b> (Clinical Specialist Physiotherapists), Glasgow Pain Service, NHS Greater Glasgow and Clyde  1.4 <b>Dr Lars Williams, Jacquelyn Watson &amp; David Craig</b> , Glasgow Pain Service, NHS Greater Glasgow and Clyde  1.5 <b>Kirti Leitch &amp; Sarah Priddle</b> (Clinical Nurse Specialists) Somerset Pain Management Service	<b>Delegates will choose one of the below workshops</b>  1.1 Engagement and telling better stories: co-creating a new PMP handbook  1.2 How to use “lived in experiences” to facilitate the application of pain management strategies into daily life  1.3 Capturing change within PMPs: do we need to make a greater move towards qualitative data collection in everyday clinical practice?  1.4 Mindfulness inquiry in the PMP: a practical guide to doing it well  1.5 Using an online platform to support self-management
12:30 –13:40	<b>LUNCH</b>	<b>Poster viewings, Tower Tours</b>

<b>PMP AGM</b>		
<b>13.40 - 14.55</b>	<p align="center"><b>Workshop Session 2</b></p> <p>2.1 <b>Dr Patrick Hill</b> (Clinical Psychologist), Independent</p> <p>2.2 <b>Patient volunteers</b> working with the Pain Management Centre, North Bristol NHS Trust and <b>Beverly Knops</b> (Clinical specialist Occupational Therapist)</p> <p>2.3 <b>Fraser Bell, Lorna Semple, Rachel Wylie</b> (Clinical Specialist Physiotherapists) Glasgow Pain Service, NHS Greater Glasgow and Clyde</p> <p>2.4 <b>Dr Lars Williams, Jacquelyn Watson &amp; David Craig</b>, Glasgow Pain Service, NHS Greater Glasgow and Clyde</p> <p>2.5 <b>Kirti Leitch &amp; Sarah Priddle</b> (Clinical Nurse Specialists) Somerset Pain Management Service</p>	<p><b>Delegates will choose one of the below workshops</b></p> <p>2.1 Engagement and telling better stories: co-creating a new PMP handbook</p> <p>2.2 How to use “lived in experiences” to facilitate the application of pain management strategies into daily life</p> <p>2.3 Capturing change within PMPs: do we need to make a greater move towards qualitative data collection in everyday clinical practice?</p> <p>2.4 Mindfulness inquiry in the PMP: a practical guide to doing it well</p> <p>2.5 Using an online platform to support self-management</p>
<b>14:55 –15:15</b>	<b>BREAK</b>	<b>BREAK</b>
<b>15:15-15:20</b>	<p><b>Dr. Douglas Natusch</b>, Consultant in Anaesthetics &amp; Pain Medicine and National Clinical Lead for e-PAIN</p> <p><b>Gail Sowden</b>, Consultant Physiotherapist &amp; Honorary Research Fellow</p>	Launch of the musculoskeletal ePAIN sessions
<b>15:20 –16:05</b>	<b>Dr Paul Campbell</b> (Research Fellow Symptom Epidemiology), Keele University	<b>Plenary 3</b> Social influences on pain: Two ends of the telescope
<b>16.10 - 16.55</b>	<b>Prof Michael Sullivan</b> (Professor of Psychology Medicine and Neurology) McGill University, Canada	<b>Plenary 4</b> Perceptions of injustice as a risk factor for chronic pain and disability: Assessment and Intervention
<b>17.00-17:15</b>	<b>Dr. Nicholas Ambler</b> (Consultant Clinical Psychologist) North Bristol NHS Trust	Reflections
<b>17.15</b>	<b>CLOSE</b>	<b>Invitation to the Social Event</b> <b>(Next door at the Bristol Museum &amp; Art Gallery)</b>

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### Day 2- Thursday 12 September 2019

Time	Speaker	Topic
09:00-09:05	<b>Dr. Hazel O'Dowd</b> (Consultant Clinical Psychologist)	Setting the scene for Day 2
09:05 – 09:50	<b>CLAHRC West Team: Dr. Michelle Farr, Dr. Heather Brant, Dr. Rita Patel</b> (Senior Research Associates in National Institute for Health Research; <b>Hannah Wedge</b> (Assistant Psychologist) & <b>Sue Watkins</b> , (Volunteer) North Bristol NHS Trust	<b>Plenary 5</b> 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	<b>Dr Richard Kimberlee</b> (Senior Research Fellow) University of the West of England, Bristol	<b>Plenary 6</b> What is Social Prescribing? The Social Prescribing Network and the Ten Year Forward Plan for the NHS
10:45 – 11:05	<b>BREAK</b>	<b>BREAK</b>
11:05 – 12:20	<b>Workshop Session 3</b>	<b>Delegates will choose one of the below workshops</b>
	3.1 <b>Prof Karen Rodham</b> (Professor of Health Psychology), Staffordshire University & <b>Ali Brown</b> (Visual Artist) North Bristol Trust Arts Team	3.1 Art and Pain: Handmade Wellbeing? Introducing the idea of using art and creativity in the treatment of Chronic Pain.
	3.2 <b>Dr Julia Cordey</b> (Clinical Psychologist) & <b>Jeanette Moxham-Mead</b> (Clinical Specialist Physiotherapist), Pain Management Centre, North Bristol NHS Trust	3.2 Working with factors that cannot be changed: Staff self-care and supervision
	3.3 Patient volunteers working with Pain management teams. Facilitated by <b>Dr Nicholas Ambler</b> (Consultant Clinical Psychologist) North Bristol NHS Trust	3.3 Exploring different ways to utilise patient volunteers within pain management services
	3.4 <b>Fiona McKeachie</b> (Clinical Specialist Occupational Therapist) & <b>Aysha Adrissi</b> , Bristol Chronic Fatigue Syndrome/ME Service	3.4 Co-creating a mindfulness based intervention for CFS/ME and fibromyalgia, within a pain management/CFS-ME service
	3.5 <b>Beth Jones</b> (Doctoral researcher) University of the West of England, Bristol	3.5 Patient activation: what is it and why does it matter?

12.20 – 13:20	LUNCH	+ Poster viewings, Tower Tours
13:20 – 14:00	<b>Dr. Peter Gladwell</b> (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	<b>Professor Mick Thacker</b> (Associate Professor) London South Bank University	<b>Plenary 7</b> Title (tbc)
14:50 - 15:10	BREAK	BREAK
15:10 – 15:50	<b>Professor Chris Main</b> (Emeritus Professor of Clinical Psychology, Pain Management), Keele University	<b>Plenary 8</b> Are social factors within the remit of PMP?
15:50 – 16:20	Facilitated by <b>Professor Chris Main</b> (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	<b>Dr. Hazel O’Dowd</b> (Consultant Clinical Psychologist)	<b>SUMMING UP</b> Preparing for 2021
16.30	CLOSE	CLOSE

*tbc = to be confirmed*