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International and Interactive European Pain Federation Liverpool Winter Cancer Pain School 2018

The title of the present work reflects vital features of Cancer Pain School Liverpool 2018. We must mention here an international excellent team of lecturers and participants, the presence of specialists representing different fields of science and highly interactive character of the fantastic course.

The present report is made from the perspective of a participant (psychologist in hospital and in the university) of the 2018 EFIC School edition, a member of Polish Association for the Study of Pain interested in the results of research and constantly advancing knowledge within pain treatment. Polish Association for the Study of Pain.

In many points the programme referred to the model of multi-modal pain therapy recommended by IASP (The International Association for the Study of Pain). Active participants' involvement in the interactive course played a vital role in the formula applied during lectures, along with the concept of European Pain Federation Liverpool Winter Cancer Pain School 2018.

Lecturers presented current knowledge within physiology, pharmacology, pharmacotherapy and other fields, as well as the overview of general rules of cancer pain treatment in a very interesting way. An interactive formula and openness revealed by the invited lecturers facilitated the possibility of asking questions by the participants. It allowed increasing the knowledge based on the method of creative cognitive activity aiming at solving particular problems. In the discussion part the participants could analyze deeply the suggested solutions concerning discussed pain issues and difficulties that appear during pain therapy. It facilitated better recognition of some aspects of the choice of pain therapy.

Animation techniques used during lectures and materials received from the lecturers containing the lectures' contents helped to remember numerous pieces of information. The lecturers presented the current condition of knowledge within physiology, pharmacology, pharmacotherapy, psychology and other fields, as well as the overview of general rules of pain treatment in a very interesting way.

Active participants' involvement covered teamwork problems solution. Discussion played a didactic role allowing gaining the knowledge of new elements, putting them in order and making synthesis. During substantive discussions the possibility of comparing presented attitudes referring to the choice of the therapy form was very valuable. The application of computer technology additionally allowed for the comparison of the solutions suggested by different teams analyzing particular cases.

The programme of Liverpool Winter Cancer Pain School 2018 concentrated on the subject areas such as: cancer pain, acute, chronic and neuropathic pain, paliative care, headaches, lumbosacral pain, various methods of pain treatment (pharmacology, invasive methods etc.) and the application of multimodal methods in the extensive pain therapy. These areas covered different detailed important problems that made the subjects of fantastic lectures.

It is important to stress an interesting, differentiated and rich lectures' formula, as these were, among others, lectures of an interactive character and case analysis case discussion as well as practical workshop, case study connected with a discussion. One of the very important points of the agenda was a visit to Woodlands Hospice and Clinical Sciences Centre University Hospital Aintree, Liverpool.

The participants had a chance to get to know the examples, not only benefits, but also limitations concerning the application of different therapy methods. The application of the so-called presentations involving participants proved to be a very effective way of presenting the newest knowledge in an interesting way, creating the formula of intensive exchange of information concerning treatment models.

To sum up, interactive lectures fulfilled all criteria of such a way of conducting classes that helped participants to take an active part. It also seems important that during breaks participants could go back to the issues discussed during lectures and, due to great atmosphere, communication was effective, despite the fact that the participants were of different nationalities.

The creative way of conducting classes during European Pain Federation Liverpool Winter Cancer Pain School 2018 and unquestionable beauty of Liverpool and venue (Radisson Blue Hotel) where the course took place, made additional attributes of the fantastic course.