



**Pain  
Relief  
Foundation**

The Walton Centre **NHS**  
NHS Foundation Trust

*Excellence in Neuroscience*



# DEMYSTIFYING MANAGEMENT OF COMPLEX SPINAL PAIN

## FRIDAY 25TH JANUARY 2019

**RCOA CPD Matrix category: 2E03 & 3E00**

Liverpool Pier Head, with the Royal Liver Building, Cunard Building and Port of Liverpool Building



Clinical Science Centre



The Walton Centre

## THE HISTORY OF THE PAIN RELIEF FOUNDATION

The pain clinic at The Walton Centre is one of the largest in the UK, treating more than 3,000 patients a year. The clinic's founder and Director for nearly 30 years was the late Sam Lipton, who, together with later colleagues, pioneered many pain relieving techniques. Sam Lipton and two of his colleagues, John Miles, then Consultant Neurosurgeon, and David Bowsher, then a Reader at the University of Liverpool, set up **The Pain Relief Foundation** in 1979 as a Registered Charity. Supported entirely by voluntary contributions, the purpose of the Foundation was to create and run a **Pain Research Institute** in association with the clinic. The Pain Relief Foundation is currently situated in the Clinical Sciences Centre for Research and Education (CSCRE) on the Aintree University Hospitals Fazakerley site.

Chris Wells succeeded Sam Lipton as Director of the Walton Centre pain clinic in 1983, John Wiles took over in 1994 and the current Director, since 2011, is Manohar Sharma. In January 1995 a Finnish Consultant Neurologist, Turo Nurmiikko, and the then President of the Pain Society, Tim Nash, joined the Centre as full-time pain clinicians. In January 2001 Turo Nurmiikko was appointed as the **Pain Relief Foundation Professor of Pain Science**, at the University of Liverpool. Tim Nash retired in 2006. Manohar Sharma joined the Centre in 2004, Andreas Goebel in 2007, Bernhard Frank in 2009, Rajiv Chawla in 2010, Sumit Gulati in 2013 and Manish Gupta in 2015 as Consultants in Pain Medicine. In 2016 Andreas Goebel was appointed as a Clinical Reader at the University of Liverpool.

In 1993 Paul Eldridge joined as a neurosurgeon with a further colleague, Mr. Varma joining in 2000. John Miles retired in 2001 & Mr. Varma in 2008. Jibril Osman-Farah was appointed as a consultant neurosurgeon in 2008.

The Pain Team at Walton Centre Pain Clinic currently has seven Pain Consultants and two Neurosurgeons with an interest in pain, who work in close association with the Pain Research Institute. The Pain Team also includes 6 psychologists, three Pain Specialist Nurses, five Pain Specialist Physiotherapists and four Occupational Therapists. Walton Centre also has an outpatient Pain Management Programme.



Sampson Lipton OBE, 1922 - 1994

## Course Information

**Fee:** £75 - Consultants, GPs

£25 - Trainee doctors, Nurses, Physiotherapists and allied healthcare professionals

To register use the following link: <http://www.painrelieffoundation.org.uk/events/>

## Venue:

Clinical Sciences Centre, University Hospital Aintree, Liverpool

## Course Aims:

Management of back and leg pain has been streamlined by publication of NICE Clinical Guideline 59 in November 2016. National Low back and Radicular pain pathway 2017 from Trauma Programme of Care includes implementation of NICE Guidance NG59. This study day aims to provide further clarity over low back pain and radicular pain management and what management options are available. Which patients are likely to benefit from surgery, injection, pain management programme or Neuromodulation and when to consider these treatments?

## Who Should Attend:

Anaesthetic, Neurosurgery, Orthopaedics, Pain Medicine and GP trainees. GPs, Consultants managing spinal pain, Advanced Nurse Practitioners (Spinal/Pain) and Physiotherapists (spine/MCAS) with Specialist Interest in the management of chronic pain.

## [DIRECTIONS TO WALTON CENTRE AND THE PAIN RELIEF FOUNDATION](#)

**Pain Relief Foundation, Clinical Sciences Centre, University Hospital Aintree,  
Lower Lane, Fazakerley, Liverpool L9 7AL, Tel. 0151 529 5820**

**By Rail:** Rail users may travel to nearby Fazakerley Station, which is a main line station with regular service connections to central Liverpool and the North. Fazakerley Station is north of the hospital on Longmoor Lane. As you leave the station the hospital is on the other side of the road. The Pain Relief Foundation is on the farther side of the Fazakerley site.

**By Bus:** The following bus routes travel close to the Hospital with stops in Lower Lane and Longmoor Lane. 1,2,17c,17d,18c,20,62,122,159,209,217,218,236,356. The 102 bus travels into the Hospital.

**By Road:** Situated to the northeast of central Liverpool and close to Junction 6 off the M57, on the A506, University Hospital Aintree is easily accessible from the UK motorway network via the M6 and M62.

**From M6 Southbound:** Leave the motorway at junction 26 (signposted Skelmersdale) and join the M58. Leave the M58 at its end and at the roundabout take the second exit to join the A59 (signposted Aintree). Travel along the A59 for approx 2 miles (passing Aintree Race Course) and then turn left onto the A506 Longmoor Lane. University Hospital Aintree will be seen after 1 mile on the right-hand side.

**From M6 Northbound and M62:** Leave the M6 at Junction 21a and join the M62 (signposted Warrington, Liverpool). Leave the M57 at Junction 6 and at the roundabout take the first exit onto the A506 Longmoor Lane. University Hospital Aintree will be seen after one and a half miles on the left-hand side.

**From West via the A580:** Travel along the A580, passing under the M57, and then continue for a further 2 miles and take the third turning right onto Lower Lane. University Hospital Aintree will be seen after nearly 1 mile on the left-hand side.

**By Air:** Liverpool Airport is within easy reach of University Hospital Aintree (30 minutes by car or taxi) and has regular scheduled flights to all parts of the UK and Europe.

**Maps:** Interactive maps are available on the Walton centre website. [www.thewaltoncentre.nhs.uk](http://www.thewaltoncentre.nhs.uk)

### **ORGANISERS**

**Dr Manohar Sharma  
Dr Rajiv Chawla**

### **SPONSORS**

Supported and sponsored by:

### **GENERAL INFORMATION**

#### **Registration**

On the Day registration will be in The Foyer of the Clinical Sciences Centre (CSC)

#### **Lectures**

Lectures, Symposia will be held in the Wolfson Lecture Theatre in the Clinical Sciences Centre unless otherwise stated.

#### **Exhibition**

Trade stands will be in the Exhibition Hall/Dining Room on the ground floor of the CSC.

#### **Lunch**

Lunch will be served in the Exhibition Hall/Dining Room on the ground floor of the CSC.

**There are 1100 parking spaces available in the multi-storey car-park adjacent to the Clinical Sciences Centre. Other car-parks are scattered in various other places around the hospital including a large open car-park at the rear entrance to the hospital. All parking areas cost £5.50 per day.**

#### **Course Assessment**

We would be very grateful if you would fill out the assessment form, which will be in your meeting folder at the end of day. This is very helpful to us in planning future courses. In exchange for handing in these forms, you will be given a certificate of attendance for CEPD credit.

**08:30 - 08:50** Registration and refreshments - *Foyer of the Clinical Sciences Centre (CSC)*

**08:50 - 09:00** Welcome and introduction: Dr M Sharma, Liverpool

**09:00 - 10:30** **Session 1** Chronic Spine pain: Current problem, evidence & practice: Chair: Dr Denis O'Brien, Liverpool

**09:00 - 09:30** NICE Guideline 59 (Back and Leg pain): Relevance and practice implications: (Dr Stephen Ward, Brighton and Sussex University Hospitals)

**09:30 - 10:00** Spinal pain management provision in our region: (Mr Tim Pigott, Liverpool)

**10:00 - 10:30** Panel Discussion

**10:30 - 11:00** Tea/Coffee Break - *CSC Exhibition Hall*

**11:00 - 12:30** **Session 2:** Spine surgery for back and leg pain: Chair: Mr Simon Clark, Liverpool

**11:00 - 11:30** Surgery for back pain: Good or bad?: (Mr Marco Teli, Liverpool)

**11:30 - 12:00** Failed back surgery and Diagnostic re-evaluation: (Mr Martin Wilby, Liverpool)

**12:00 - 12:30** Panel Discussion

**12:30 - 13:30** Lunch & Networking - *CSC Exhibition Hall*

**13:30 - 15:00** **Session 3:** Pain Management or Pain Relief: Chair: Dr Sumit Gulati, Liverpool

**13:30 - 14:00** Spine pain interventions: evidence update & Indications: (Dr Manish Gupta, Liverpool)

**14:00 - 14:30** Pain Management Programme: When to consider and outcomes: (Dr Kerry Mathews, Liverpool)

**14:30 - 15:00** Panel Discussion

**15:00 - 15:30** Tea/Coffee Break - *CSC Exhibition Hall*

**15:30 - 17:00** **Session 4:** Neuromodulation: Chair: Mr Jibril Farah, Liverpool

**15:30 - 16:00** Neuromodulation for spinal pain: Current evidence and who is suitable?: (Dr Rajiv Chawla)

**16:00 - 16:30** Neuromodulation: Service Outcomes and way forward: (Dr Manohar Sharma)

**16:30 - 17:00** Panel Discussion and close of meeting

## **FACULTY**

Dr **Rajiv Chawla**, Consultant in Pain Medicine & Neuromodulation, The Walton Centre NHS Foundation Trust, Liverpool, UK

Mr **Simon Clark**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool, UK

Mr **Jibril Osman-Farah**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Manish Gupta**, Consultant in Pain Medicine & Anaesthesia, Walton Centre, Liverpool

Dr **Kerry Mathews**, Consultant Clinical Psychologist, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Denis O'Brien**, GPwSI in Musculoskeletal Medicine & clinical advisor for Liverpool CCG, The Elms Medical Centre, Liverpool

Mr **Tim Pigott**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Manohar Sharma**, Consultant in Pain Medicine, The Walton Centre NHS Foundation Trust, Liverpool, UK

Mr **Marco Teli**, Orthopaedic Surgeon, The Walton Centre NHS Foundation Trust, Liverpool, UK

Dr **Stephen Ward**, Consultant in Pain Medicine, Brighton and Sussex University Hospitals

Mr **Martin Wilby**, Consultant Neurosurgeon, The Walton Centre NHS Foundation Trust, Liverpool, UK

## COURSE ORGANISERS

Dr Manohar Sharma

Dr Rajiv Chawla

## PAIN RELIEF FOUNDATION STAFF

Mrs **Julie Williams**, Administrator

Mrs **Lorraine Roberts**, Assistant Administrator, Pain Relief Foundation

Mrs **Brenda Hall**, Administrative Assistant, Pain Relief Foundation, Liverpool

## CONTINUING MEDICAL EDUCATION


5 CEPD credits have been requested from the Royal College of Anaesthetists.

A certificate of attendance for CEPD points will be issued at the close of the meeting.



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## **The Pain Relief Foundation**

*A registered charity funding research  
and education in chronic pain.  
Registered Charity 1156227*

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