



Welsh Pain Society Annual Scientific Conference 2019



8th November 2019, Cardiff

Venue details

Located in the city centre and overlooking Cardiff Castle and City Hall. The Hilton Cardiff is 200 metres from the Queen Street shopping district and just a short walk from St Mary's Street. The Millennium Stadium and Cardiff Central Rail Station are under 1 mile away.

Please note there is a slip road situated on the left hand side of the hotel this road is for buses only, any other vehicles driving in this lane will incur a penalty charge.

Traveling to Hilton Cardiff by car? Limited spaces are available, and they are subject to availability. Please contact the hotel on 02920 646300 for alternative parking in the area. Valet parking is £30.00 per overnight stay. Guests will need to collect their cars by check-out time, 12:00 pm. Should you wish to leave your car with them longer, there is a fixed additional charge of £10.00.

Parking is also available at the NCP from £20.00.

[Click below for travel directions](#)

WPS Annual Dinner

The society dinner is at the Hilton hotel.

Thursday- 7th November 2019

Meeting at 6:30 pm for start at 7:00 pm

Dress Code- Smart Casual

CPD points

This meeting has been awarded 5 CPD points by the Royal College of Anaesthetists

Conference evaluation

Please fill in the conference evaluation forms provided in your pack.

Attendance certificates

Conference attendance certificates will be sent to you by email. Please ensure that your correct email id is registered with the conference organisers.

Conference Sponsors

The Welsh Pain Society thanks the conference sponsors who have kindly and generously supported us to make this conference possible.

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Social Media

Detailed version of the Conference book is available on the WPS website: www.welshpainsociety.org.uk

Follow the WPS on twitter @WelshPain

For the ASM use #WPSASM2019

Programme

8:00	Registration Trade exhibition	
9:00	Session Chair; Dr. Ashish Wagle	
	Update on opioids for cancer-related pain.	Prof. Sam Ahmedzai Sheffield University
9:40	Pain relief with poppy juice or weed. Better the devil we know?	Dr. Chris Wells Ex-President, European Pain Federation
10:20	Coffee, Poster presentation, Trade exhibition	
10:50	Medicolegal implications of multidisciplinary pain management.	Dr. Rajesh Munglani St. Thomas Hospital, London
11:30	Central noradrenaline and pain neuromodulation.	Prof. Tony Pickering Bristol University
12:10	Lunch, Poster presentation, Trade exhibition	
13:10	Welsh Pain Society – Annual General Meeting	
13:40	Session Chair; Dr. Sharmila Khot	
	Update in neuromodulation- multifidus stimulation	Dr. Vivek Mehta St. Barts Hospital, London
14:20	Understanding Sciatica: What are we missing?	Mr. Rob Goldsmith Cardiff and Vale UHB
15:00	Coffee, Poster presentation, Trade exhibition	
15:30	Essential skills for pain specialists- Motivational Interviewing	Mrs. Orla Adams Dietitian and MI trainer
16:10	EPP- Education for patient programmes: Success story in Wales	Mrs. Debra Moore Cwm Taf Morgannwg UHB
16:50	Poster Prizes Close	

Speakers



Professor Sam Ahmedzai

Talk: Update on opioids for cancer-related pain.

Sam is Emeritus Professor in the Medical School at University of Sheffield, with 30 years' experience of being consultant physician in palliative medicine. His research covers - biology and management of pain; prevention and control of symptoms of cancer and side-effects of its treatments; holistic needs and quality of life assessment; improving supportive care services for cancer and chronic disease patients; advocating patient and public involvement in cancer research.

Sam is NIHR national specialty lead for cancer research (supportive care and community-based). He co-chairs the new NCRI 'Living With and Beyond Cancer' research group. He chaired the 2015 NICE guideline for care of the dying adult and is Clinical Adviser to the latest NICE guideline on service delivery for people in the last year of life.

In 2016 Sam was given the Lifetime Achievement Award by the British Thoracic Oncology Group and is Honorary Fellow of the Faculty of Pain Medicine in the Royal College of Anaesthetists.

Abstract: Update on opioids for cancer-related pain

Pain affecting patients with cancer can be attributed to the disease process itself, to side-effects of cancer treatments, or to comorbid conditions. Increasingly, we learn that patients express a combination of all three types, which has led to a revision of how we see and manage 'cancer-related' pain. I will cover three main areas:

- Cancer-related pain occurs at all stages of illness and survivorship, and should no longer be seen as just an 'end of life' issue
- Management of cancer-related pain should be multidisciplinary, involving interventional, pharmacological and – especially for long term survivors – non-pharmacological self-management approaches
- Opioids have been advocated for 30 years by the WHO for 'cancer pain': they still have a key role but new understanding of the biology of pain and how opioids work and cause adverse effects means we need to have a thorough re-appraisal of their role.



Dr. Chris Wells

Talk: Pain relief with poppy juice or weed.
Better the devil we know?

Ex-President European
Pain Federation (EFIC)



Dr. Rajesh Munglani

Talk: Medicolegal implications of multidisciplinary pain management.

Dr Rajesh Munglani qualified in medicine from St George's Hospital, University of London, in 1985

He was appointed John Farman Professor at the Royal College of Anaesthetists in 1996. He was also attached to the Cambridge MRC Laboratory of Molecular Biology and created his own molecular neurobiology laboratory with the Cambridge University Department of Medicine. He was a Clinical Lecturer at the University of Cambridge, and from 1995, Senior Research Associate, Honorary Consultant in Anaesthesia and Pain Relief and Palliative Care (at Arthur Rank Hospice) and eventually Director of the

Pain Relief Service at Addenbrooke's Hospital. He is now an Honorary Consultant in Pain Medicine at Guys & St Thomas' Hospital

In 2011-2014 was elected on to Council of the British Pain Society. In 2011 he became a founding member and Secretary of the Medicolegal special interest group of the British Pain Society. In 2010 he created an online discussion groups for Consultants in Pain Medicine. He founded the annual Cambridge Medicolegal Conference in 2011. He was Editor in Chief of the Journal of Observational Pain Medicine and was appointed Editor of BPS Pain News in May 2018 and subsequently, the scientific committee of the BPS in September 2019. He is on the Council of the London Pain Forum and is also Associate Advisor to the Parliamentary Health Ombudsmen on pain related matters.



Prof. Tony Pickering

Talk: Central noradrenaline and pain neuromodulation.

Tony Pickering is a Professor of Neuroscience and Anaesthesia at the University of Bristol. He is an anaesthetist and pain clinician at University Hospitals Bristol. He is an expat Geordie who has a trans-national daily commute to work from his home in Cardiff. His research has grown from an interest in neuroscience fostered during an intercalated PhD investigating spinal electrophysiology. He has an active

research group which focusses on how the brain detects and responds to homeostatic challenges. Their primary interest is in the core brainstem and spinal circuits that detect sensory inputs, modulate their impact and co-ordinate responses. Their dysfunction is implicated in many human and animal pathologies including chronic pain, hypertension and incontinence. They use a range of techniques to selectively engineer these circuits including viral vectors, opto- and chemo-genetics and electrophysiological recordings. These studies are complemented by human experimental investigations to test mechanistic hypotheses particularly in the territory of chronic pain with fMRI, quantitative sensory testing as well as microneurography. By improving our understanding of the workings of these vital circuits his research group aims to identify new ways to treat these disease conditions.

Talk synopsis

Many of the drugs that show efficacy for the treatment of chronic pain appear to act on central noradrenergic systems – most obviously the tricyclic antidepressants and SNRIs but also gabapentinoids. Their therapeutic utility is hampered by side effects, many of which are predictable consequences of manipulation of central noradrenergic signalling. Our research over the past 10 years has explored whether there is a separate “analgesic” limb of the central noradrenergic system, whether this can be targeted to produce a synthetic analgesia and whether we can see dysfunction of this system in models of chronic pain and in pain patients that may be used to stratify treatment.



Dr. Vivek Mehta

Talk: Update in neuromodulation- multifidus stimulation

Dr Mehta is currently the Clinical Network Director of Pain Services Barts Health NHS Trust, a combination of several hospitals and community care services in London, one of the largest institution in UK. He also heads the Academic Pain Medicine division of the Trust and is honorary senior lecturer at William Harvey Institute and Queen Mary University, London.

His current portfolio includes 17 projects including three NIHR trials. He is the Chief Investigator of the NIHR Health Technology Assessment facet joint study for back pain that has been commissioned by the NIHR to formulate interventional strategy in non-

specific back pain management.

Dr Mehta has been appointed as an examiner for Fellowship of Pain Medicine (FFPMRCA) by the Royal Court of Examiners of Faculty of Pain Medicine (FFPM) and Royal College of Anaesthesia (RCoA)

He has been elected as a council member of NSUKI (Neuromodulation Society of UK and Ireland) in 2016. He has been involved in supporting and drafting commissioning policies for neuromodulation by NHS England, particularly for headache services. He is an eminent speaker and has several invited lectures including IASP Yokohama 2016 and further topical workshops in 2014, 2015 and 2016 at British Pain Society annual scientific meetings, 2015, 2016, 2017 NSUKI annual meetings.

He has lectured over 100 clinical and academic meetings and has published extensively in the field of pain. His work on functional and restorative neurostimulation has been recognised by the international neuromodulation society and received one of the top 5 researches in World Congress for year 2017. He was an invited speaker at North American Neuromodulation Society 2017 and 2018.



Mr. Robert Goldsmith

Talk: Understanding Sciatica: What are we missing?

Robert qualified as a Physiotherapist in 2001 from Nottingham University, having previously completed a degree in Physiology and Sports Science from the University of Leeds. In 2009, he was awarded an MSc in Advanced Practice from Birmingham University and gained membership of the Musculoskeletal Association of Chartered Physiotherapy. He has 18 years of clinical experience within the Welsh NHS and New Zealand, as well as an Associate Lecturer at Cardiff University. Robert has presented his research both nationally and internationally.

Current research interests include: Shared decision making, and patient communication and Clinical assessment of the pathological mechanisms of radicular pain and whiplash associated disorder.

Understanding Sciatica: What are we missing?

The impact of 'Sciatica' (radicular pain) can be profound. For some people the pain will resolve in a few weeks, for others it can stay for months or become permanent. Treatment options include medication, rehabilitation, spinal injections or surgery. Matching patients to optimal treatments is a challenge for clinicians.

There has been increasing recognition of the difficulties in using spinal imaging to fully explain the pathology of radicular pain. It is often explained as being caused by nerve compression. While this is often part of the pathological process, inflammation and neural sensitisation play important roles. This offers exciting areas for research into the sub-classification of radicular pain.



Mrs. Orla Adams, Dietician and MI course organizer

**Talk: Essential skills for pain specialists-
Motivational Interviewing**

Orla is a Dietitian specialising in weight management, and she divides her time between delivering this service in Cardiff and Vale UHB and providing MI training across the UK to various disciplines. Orla attended her first MI workshop in 2006, became a member of MINT (Motivational Interviewing Network of Trainers) in 2011, and is a supportive committee member for MINT UK and Ireland. She is currently the Chair for the Program Planning Committee for the annual international MINT Forum. Orla is originally from Belfast, Northern Ireland and lives in Cardiff with her husband and two sons. She loves running, baking and learning to ice skate, not very successfully.

Orla will provide a brief background of MI, the core skills and spirit and its application to the field of pain management. It will include examples of conversations using MI and links to resources for on-going learning.



**Debra Moore, Cwm Taf Morgannwg
University Health Board**

**EPP- Education for patient programmes:
Success story in Wales**

My name is Deb Moore, I am the Co-ordinator for the Education Programme for Patients at Cwm Taf Morgannwg Health Board. I have been in post for over six years and I am passionate about helping people to learn new tools and techniques to manage their Health and Wellbeing, in order for them to achieve a better quality of life on a daily basis.

Scientific Abstracts

- **Radiofrequency Treatments of Chronic Pain from Spinal and Extra Spinal Sites: A Survey of Welsh Clinical Practices**
 - Ivanova-Stoilova T, Consultant in Anaesthesia and Pain Medicine, Wassall RD, Anaesthetic Registrar
 - ABUHB, Royal Gwent Hospital, Newport,
- **The 8% Capsaicin patch for neuropathic Pain in clinical practice: A retrospective service evaluation at Persistent Pain Service at Swansea Bay University Local Health Board**
 - S. Javaid, Swansea Bay UHB
- **Development and implementation of an on-line referral system for inpatient pain advice. A quality improvement project.**
 - Pritchard J¹, Richards S¹, Thomas K¹, Beecham M¹, Gaffney S¹, Williams H²
 - ¹ CNS Pain Management, Cwm Taf Morgannwg University Health Board (CTMUHB); ² Senior CNS Pain management, Cwm Taf Morgannwg University Health Board
- **Botox Migraine Treatment Audit**
 - Dr Steve Young, Dr Rajendra Prasad, Dr Valentina Jansen, Drena Taylor, Joyce Rees
 - Glangwili Hospital, Carmarthen,
- **A Retrospective Study of Patient Outcome Following Cooled Radio Frequency Ablation of the Hip Joint.**
 - Dr Thomas Haag, Consultant in Pain Medicine, Dr Barrie Robertson ST4 Anaesthetics.
 - Wrexham Maelor Hospital

- **Erector spinae plane block for the treatment of acute pain associated with rib fractures at Prince Charles Hospital**
 - Lloyd T¹, James KE¹, Pritchard J², Richards S², Khaffaf R¹, Varanasi M¹, Aziz M¹
 - ¹Anaesthetics Department, Prince Charles Hospital (PCH), Cwm Taf Morgannwg UHB; ²Acute Pain Team, Cwm Taf Morgannwg University Health Board (UHB)

- **Intrathecal Opioids Usage Survey in Carmarthenshire, Hwyl Dda**
 - Dr Steven Young, ST3 Anaesthetics, Dr Valentina Jansen, Consultant Anaesthetist and Pain Medicine
 - Glangwili General Hospital, Hywel Dda University Health Board

- **Oscillatory Dynamics in Ischaemic Pain**
 - Rossiter HE¹, Chandler H¹, Saxena N^{1,2}, Wise RG¹, Singh KD¹, Khot S^{1,3}
 - ¹CUBRIC, School of Psychology, Cardiff University, CF10 3AT, UK; ²Department of Anaesthesia and Pain Medicine, Cwm Taf Morgannwg UHB; ³Department of Anaesthesia and Pain Medicine, Cardiff and Vale UHB CF14 4XW

- **Patient engagement with a Pre-clinic questionnaire in outpatient Pain Clinics**
 - Varanasi M¹, Saxena N¹.
 - ¹*Cwm Taf Morgannwg University Health Board, Wales, UK*

- **A Service Evaluation of the Use of Cannabidiol (CBD) Products among people with Chronic/Persistent Pain, attending Cwm Taf Morgannwg University Hospitals**
 - J El-Mekki¹, N Saxena^{1,2}
 - ¹*Cardiff University, UK*; ²*Cwm Taf Morgannwg University Health Board, UK*

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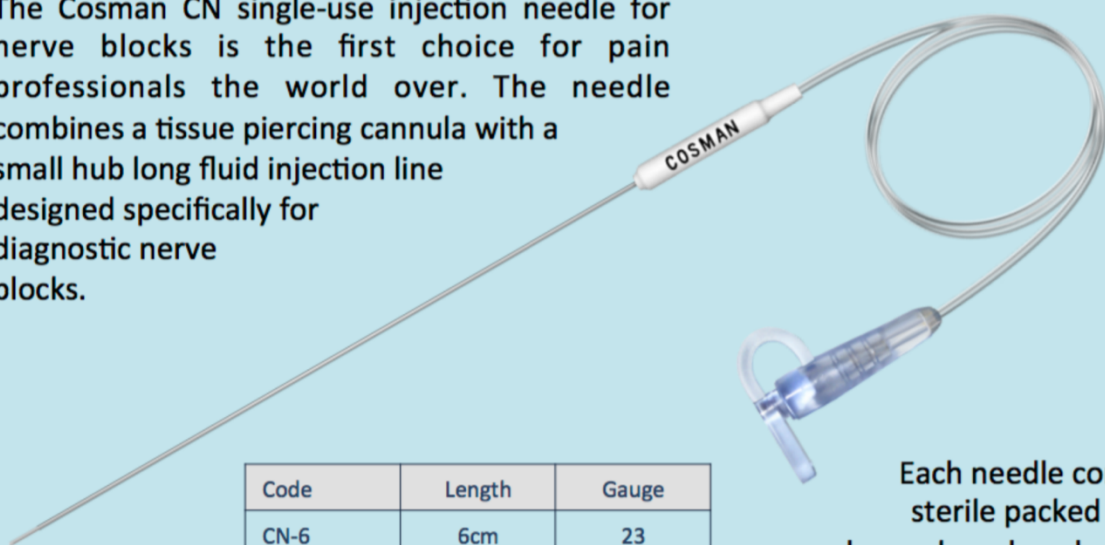
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