



Wednesday 6 March 2019 GP's EDUCATION DAY Chronic Pain in Primary Care

Presented by a multidisciplinary team, this workshop is aimed at GPs and practice nurses working within primary care settings, to provide an introduction to recognising and managing chronic pain conditions. The morning will focus on pain fundamentals, and in the afternoon attendees have the option of attending two of four patient specific education seminars.

0830-0900	Registration Desk Open, Welcome Tea & Coffee	Foyer
0900-0910	GP's Education Day- Welcome & Introductions	Savoy East
0910-1030	<p>Pain Fundamentals A review of chronic pain fundamentals including:</p> <ul style="list-style-type: none"> • Identifying and diagnosing chronic pain conditions • Selling the diagnosis of chronic pain to patients • Pain neuroscience and sociopsychobiomedical approach • Evidence based treatments for chronic pain management • Pharmacology of chronic pain • Patient resources <p>Dr John Alchin, Pain Physician, Dr Ian Holding, Dr Karen Joseph, Pain Management Centre, Burwood Hospital, Christchurch, NZ</p>	
1030-1045	Morning Tea	Restaurant
1045-1215	<i>Pain Fundamentals continued</i>	
1215-1300	Lunch	Restaurant
1300-1430	<p>Savoy East</p> <p>Concurrent Workshop 1</p> <p>Understanding the Role of Psychological Factors in Chronic Pain</p> <ul style="list-style-type: none"> • Psychology of chronic pain • Managing patient distress • Moving patients from a stuck medical focus • Comorbid mental health diagnoses in chronic pain <p>Dr Jessica Mills and Simon Goss, Clinical Psychologists, Burwood Hospital, Christchurch, NZ</p>	<p>Savoy 2</p> <p>Concurrent Workshop 2</p> <p>Low Back Pain</p> <ul style="list-style-type: none"> • State of the evidence • The role of procedures for chronic lower back pain <p>Dr John Alchin, Pain Physician, Pain Management Centre, Burwood Hospital, Christchurch, NZ</p> <p>Dr John MacVicar, Musculoskeletal Physician, Christchurch, NZ</p> <p>Professor Rachelle Buchbinder, Senior Principal Research Fellow; Director, Monash Department of Clinical Epidemiology, Cabrini Institute, Monash University, Australia</p>



Please note this is a draft programme and is subject to change.

1430-1500	Afternoon Tea	Restaurant
1500-1630	<p style="text-align: right;">Savoy East</p> <p><u>Concurrent Workshop 1</u></p> <p><i>Pelvic, Abdominal, and Visceral Pain</i></p> <ul style="list-style-type: none"> • State of the evidence • Evidence based treatments and management <p>Dr Karen Joseph, Specialist in Sexual & Reproductive Health and Obstetrics & Gynaecology, and Pain Medicine, Pain Management Centre, Burwood Hospital and Christchurch Women’s Hospital, Christchurch, NZ</p>	<p style="text-align: right;">Savoy 2</p> <p><u>Concurrent Workshop 2</u></p> <p><i>Pain Across the Lifespan</i></p> <ul style="list-style-type: none"> • Childhood risk factors for the development of chronic pain • Pain in Childhood • Pain in the elderly <p>Dr John Alchin, Pain Physician, Pain Management Centre, Burwood Hospital, Christchurch, NZ</p>
1630-1700	Q&A & Close	