

# PROGRAMME

Taking the power away from pain: empowering clinicians to master pain and build healthy futures

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Cape Town

Day 1		
Saturday, 4 February 2023		
<b>Acute Pain (6.5hrs)</b>		
08h30 – 09h00	Introductions & learning objectives	
09h00 – 09h30	From everyday pain to the pain of surgery and injuries – what is the neurobiology?	<ul style="list-style-type: none"> <li>• Everyday pains, procedural pain (venipunctures, vaccine injections, surgeries), injuries</li> <li>• Neurobiology (brief)</li> </ul>
09h30-10h30	What is the long-term impact of unmanaged pain?	Long term impact of unmanaged pain (fears, avoidance, mental health, avoidance)
<b>10h30 -10h45</b>	<b>Tea Break</b>	
10h45 -11h45	Developing memories for pain	Memory for pain (how they develop, what shapes them, how they powerfully influence future pain experience)
11h45-12h45	Skills development – reducing anxiety	Workshop to develop skills on how to communicate to reduce anxiety
<b>12h45 -13h45</b>	<b>Lunch Break</b>	
13h45 – 14h45	Skills development – managing acute procedural pain	<ul style="list-style-type: none"> <li>• acute procedural pain management (positioning,</li> <li>• pharmacological (numbing cream),</li> <li>• psychological/behavioral (reassurance, distraction)</li> </ul>
<b>14h45 -15h00</b>	<b>Tea Break</b>	
15h00 -15h30	The impact of parents	Impact of parents (mental health, language, overprotectiveness)
15h30-16h30	Skills development – positive reframing of memories	Reframe the Pain: How to manage pain after the procedure

Day 2 Sunday, 5 February 2023 <b>Chronic Pain (7.5hrs)</b>		
08h00 – 08h30	<i>Recap of day 1 – “golden nuggets” Learning objectives for day 2</i>	
08h30 – 09h30	Neurobiology of chronic pain (part 1)	<ul style="list-style-type: none"> <li>• Prevalence, cost, impact</li> <li>• Neurobiology (brief), psychology/behavior (thoughts, emotions, sleep), social (adult [clinicians, parents] emotions and behaviors), structural (discrimination, stigmatization)</li> <li>• Long term influence, intergenerational transmission</li> </ul>
<b>09h30 - 09h45</b>	<b><i>Tea Break</i></b>	
09h45 - 10h45	Neurobiology of chronic pain (part 2)	<ul style="list-style-type: none"> <li>• Prevalence, cost, impact</li> <li>• Neurobiology (brief), psychology/behavior (thoughts, emotions, sleep), social (adult [clinicians, parents] emotions and behaviors), structural (discrimination, stigmatization)</li> <li>• Long term influence, intergenerational transmission</li> </ul>
10h45 – 11h45	Diagnostic uncertainty and (in)validation	<ul style="list-style-type: none"> <li>• Diagnostic uncertainty and (in)validation</li> </ul>
11h45 – 12h15	Skills development - validation	<ul style="list-style-type: none"> <li>• Power over pain portal, pain education</li> </ul>
<b>12h15 – 13h15</b>	<b><i>Lunch Break</i></b>	
13h15 – 14h15	Mental health and chronic pain	<ul style="list-style-type: none"> <li>• Mental health and chronic pain (anxiety, depression, PTSD, suicidality)</li> <li>• Adverse childhood experiences and trauma and pain</li> </ul>
14h15 – 15h00	Skills development – mental health and pain screening	Mental health and pain screening, trauma informed pain care
<b>15h00 – 15h15</b>	<b><i>Tea break</i></b>	
15h15 – 17h00	Skills development – CBT for chronic pain	CBT skills for chronic pain (relaxation, distress tolerance, emotion regulation)
17h00 -17h15	<i>Closing</i>	