

PRESCRIBING FOR PAIN PROGRAMME

Saturday, 22 July (08h00-16h30)		
8.5 hrs		
08h00-08h30 30 min	Introductions <i>Romy Parker</i>	Working in interdisciplinary teams – setting the scene. Expectations and learning outcomes
08h30-09h30 1 Hour	Pain Neuroscience Education <i>Romy Parker</i>	Communicating your hypothesis and developing a therapeutic alliance in education
09h30-11h00 1 Hour 30 mins	<i>Case 1: Failed back syndrome</i> <i>Romy Parker; Kerry Louw; Roland van Rensburg</i>	Participants to be placed in groups 1. Mechanism based clinical reasoning – return and present hypothesis 2. Go back to groups – develop a treatment plan – return and share plan 3. Team to give a curveball – go back to groups and discuss – return and feedback
11h00-11h15	<i>Tea</i>	
11h15-12h45 1 Hour 30 mins	<i>Case 2: Chronic low back pain</i> <i>Romy Parker; Kerry Louw; Roland van Rensburg</i>	Participants to be placed in groups 1. Mechanism based clinical reasoning – return and present hypothesis 2. Go back to groups – develop a treatment plan – return and share plan 3. Team to give a curveball – go back to groups and discuss – return and feedback
12h45-13h15	<i>Lunch</i>	
13h15-14h45 1hr 30 mins	<i>Case 3: Chronic widespread pain</i> <i>Romy Parker; Kerry Louw; Roland van Rensburg</i>	Participants to be placed in groups 1. Mechanism based clinical reasoning – return and present hypothesis 2. Go back to groups – develop a treatment plan – return and share plan 3. Team to give a curveball – go back to groups and discuss – return and feedback
14h45-15h00	<i>Tea</i>	
15h00-16h30 1 hr 30 mins	<i>Case 4: Opioid misuse</i> <i>Romy Parker; Kerry Louw; Roland van Rensburg</i>	Participants to be placed in groups 1. Mechanism based clinical reasoning – return and present hypothesis 2. Go back to groups – develop a treatment plan – return and share plan 3. Team to give a curveball – go back to groups and discuss – return and feedback
Tutorial 1 Hour	<i>Case 5: Complex regional pain syndrome</i>	Review of participants clinical reasoning and treatment plan for case given in advance.