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CLOSE ENCOUNTERS OF THE PAIN KIND

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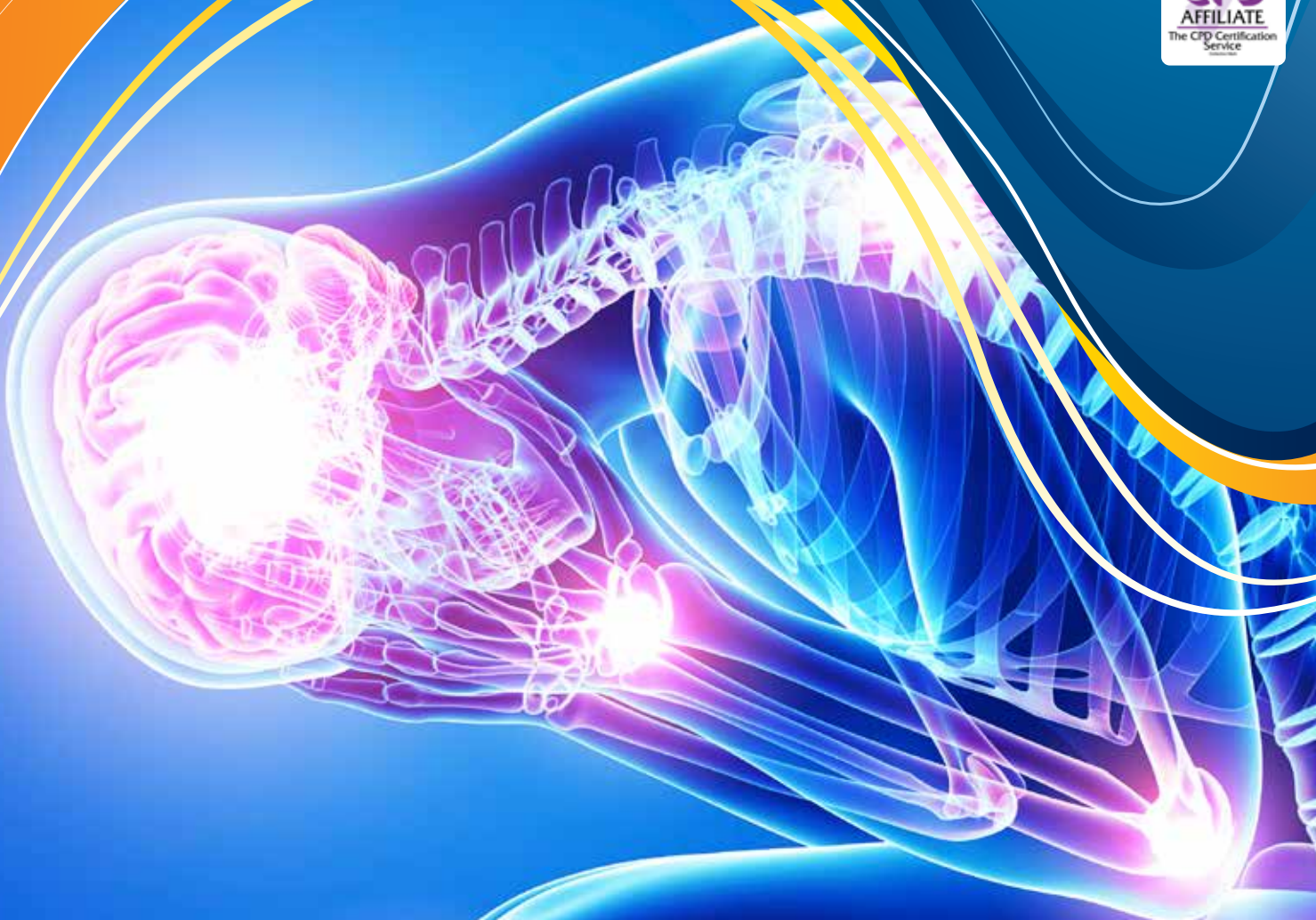
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5.5 POINTS



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In this online training package we offer 7 sessions. Each presentation has the slides included in the video however you may also access the slides separately.

Session 1 **Fibromyalgia - the confusion explained**

A comprehensive insight into the theories of its development and management of the condition. The relationship of brain trauma and whiplash injury to Fibromyalgia.

Dr Attam Singh MB BS, FRCA, FFPMRCA, Consultant in Pain Medicine & Clinical Associate of the London Pain Clinic

Session 2 **The assessment of pain and disability: assisting the court to determine exaggeration**

This presentation will discuss what makes a good chronic pain expert and set out the methodology that pain injury lawyers look for in their chronic pain experts' reports. It will also explore the structure of a chronic pain report that reflects the legal principles of credibility, vulnerability, clinical causation, diagnosis, treatment, prognosis and risk of relapse. It will also advise on how to assist the Court on the issue of exaggeration and how to deal with pressure from instructing lawyers to amend your reports.

Marcus Grant, Barrister at Temple Garden Chambers

Session 3 **Complex Regional Pain Syndrome - A Hopeful Story**

Complex regional pain syndrome (CRPS) is a condition characterised by high distressing persistent pain, which is usually trauma –induced but the associated pain is out of proportion to the initiating event. In this presentation Dr Firkins will discuss the prevalence, spectrum of presentations and prognosis of CRPS. She will also provide information about her tertiary service, focusing on the rehabilitation and self-management strategies employed and briefly highlighting patient reported outcome data which suggests meaningful change. Dr Firkins will also explore how all health professionals can support individuals with this condition. This will include how to work with common cognitions in severely affected cases, such as a strong desire to amputate the affected limb, control the pain and also persistent active suicidal ideation.

Dr Ashlyn Firkins, Clinical Psychologist, The national specialist service for complex regional pain syndrome (CRPS) and a specialist centre for complex cancer late effects (CCLERS); based at the Royal National Hospital for Rheumatic Diseases

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Session 4 **Interdisciplinary approach to Pain Management**

Pain is a large feature for many of our clients and significantly impacts on their day to day function. So how do we as a team assess and treat. The aim of this presentation is to explore through case studies some of the practical strategies used in a functional setting to manage and reduce pain for a wide range of clients.

We will explore our client's perspectives and view of pain, impact on day to day life both functionally and psychologically and how they rate pain. We will also discuss how to treat pain and measure the outcomes. Do our strategies really work?

Andrea Parry, Clinical Lead & Occupational Therapist and Ruth Bradley, Physiotherapist, United Rehab Solutions

Session 5 **Trauma, brain injury and pain: an ignored psychiatric triad?**

Dr. Julius H Bourke, Consultant Neuropsychiatrist, Re:Cognition Health & Clinical Senior Lecturer in Neurophysiology and Clinical Neuropsychiatry, QMUL

Session 6 **Making sense of post traumatic neurological pain syndromes**

Post traumatic pain is often terrible for patients. If severe and chronic it tends to consume their attention and in turn limit their whole quality of life. Understanding and diagnosing post traumatic pain is often difficult especially when assessing patients for the first time in their chronic phase. Via detailed case examples Dr Alder will combine the basic science of pain research with necessary neuroanatomy to provide frameworks for diagnosis and prognosis.

Dr Steve Alder, Consultant Neurologist, Re:Cognition Health

Session 7 **"When it hits you feel no pain" – music therapy and pain management – an overview of evidence and practice**

Daniel Thomas will present on the effect and effectiveness of music therapy as a non-pharmacological alternative to conventional pain management. He will also provide an overview of the current research relating to the use of music within pain management and reduction.

Daniel Thomas BA (Hons), PGDip (MT), Joint Managing Director and Neurologic Music Therapist, Chroma

These sessions are recordings from a conference that took place on 10th October 2018

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Biographies

as of October 2018



Simon Dyer QC Cloisters

Simon Dyer QC is a specialist Personal Injury and Clinical Negligence barrister. He acts mostly for claimants and is frequently instructed to high profile and high value cases. He conducts hearings, consultations and roundtable meetings, as well as drafting complex pleadings, including large schedules and written advice. He is currently recommended by the leading directories for both Clinical Negligence and Personal Injury. Chambers and Partners 2017 said Simon Dyer "is highly skilled on the full range of medical law, and has a particular focus on cases involving complex cerebral palsy and spinal injuries." "Hugely experienced barrister who is excellent with clients." "Focuses on personal injury and clinical negligence for claimants who have suffered catastrophic injuries. His disarming style in joint settlement meetings and negotiations elicits praise from clients, and he is regularly instructed in multimillion-pound claims." "He puts clients at ease and is a phenomenal performer on his feet." "A go-to guy for high-value claims." "worked in hospitals both in the UK and USA.

Dr Attam Singh MB BS, FRCA, FFPMRCA, Consultant in Pain Medicine & Clinical Associate of the London Pain Clinic

Dr Attam Singh MB BS, FRCA, FFPMRCA is a pain physician and works at the London Pain Clinic. Dr Singh is a multi-award winning Consultant, with awards including the Clinical Excellence Award for showing Care and Compassion in Clinical Practice in 2013 and Health Service Journal Award for Patient Safety in 2014. In addition to his Harley Street private practice, Dr Singh is a Consultant in Pain Medicine based at the award winning Hip Fracture Unit in West Hertfordshire NHS Trust, where he has developed a dynamic and cohesive pathway for treating painful broken hips which is now being replicated across the country. Dr Singh qualified in anaesthesia before becoming professional trained as a Consultant in Pain Medicine and has worked in hospitals both in the UK and USA. Dr Singh specialises in musculoskeletal and neuropathic pain of either single or multiple origin and forms part of the Fibro Clinic which specialises in the investigation and treatment of Fibromyalgia and its long term issues.



Marcus Grant Barrister at Temple Garden Chambers

Marcus was named Personal Injury/Clinical Negligence Junior of the Year in Chambers & Partners UK Bar Awards 2016.

He was ranked as the only Star Individual Personal Injury Junior Barrister in Chambers & Partners (London) in both 2017 and 2018 and was nominated as the 2017 Legal 500 Personal Injury and Clinical Negligence Junior of the Year.

Also, he is ranked a Band 1 Barrister in Motor Insurance Fraud in Chambers & Partners 2018, and also as a Tier 1 Personal Injury and a Tier 1 Insurance Fraud Leading Junior in the Legal 500 2017. His specialism is head injury, chronic pain and fraud litigation. He is noted for his leadership in exploring recent neurological developments in the Courts and is regarded for his insight into the nuances of the medicine and his tenacity in handling medical experts in his specialist areas.

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Dr Ashlyn Firkins Clinical Psychologist, Royal National Hospital for Rheumatic Diseases

Dr Ashlyn Firkins is a Clinical Psychologist, who works across inpatient and outpatient settings, conducting specialist psychological assessments to identify current coping strategies for those affected by CRPS and/or CCLERS and looks to optimise these, as well as identifying potential barriers for engagement with the inpatient rehabilitation programme. Ashlyn offers short term individual and group therapy workshops to those on the programme, using a range of third wave CBT approaches. She also conducts liaison work with local services to set up longer term care post discharge. As part of her role, Ashlyn undertakes research for the trust, analysing service outcome data and is a visiting research fellow at the University of the West of England. Along with a doctorate in clinical psychology, Ashlyn has an MSc in Neuropsychology and a BSc in Psychology and Cognitive Neuroscience. She has a keen interest in the adjustment processes needed to manage long term physical health conditions and over the last ten years she has worked in a range of health care roles, services and settings. This includes the field of acquired brain injury, liaison psychiatry & persistent pain.

Andrea Parry Neurological Occupational Therapist BSc Hons, United Rehab Solutions

Andrea Parry is a specialist occupational therapist offering a bilingual (Welsh) service. Andrea has worked within catastrophic injury rehabilitation and personal injury / medical negligence for over 12 years. Andrea is an expert in neurological rehabilitation, with a specialist interest in acquired brain injury and persistent disorders of consciousness. Furthermore, Andrea provides rehabilitation for a range of medical conditions such as amputees, spinal injuries, complex trauma orthopaedic injuries (which includes hand therapy), ASD and mental health. Andrea has developed her professional skills working with disorders of consciousness, specialising in assessment, recording and analysing responses, interdisciplinary treatment and recommendations. This is a complex area that requires specialist skills, for example, therapeutic handling, sensory integration, spasticity management, specialist equipment and technology as well as being aware of the medical complications and risks factors that often accompany this diagnosis. In addition, Andrea also works with clients who have suffered multiple injuries and often present with complex and challenging needs, some of which maybe pre-existing. Offering specialist, unique and creative solutions to the client, families and support teams is a passion of Andrea's and it's this passion that drives her to achieve the best outcomes for all those involved in a client's care.



Ruth Bradley Physiotherapist, United Rehab Solutions

Ruth Bradley is an independent physiotherapist offering bilingual (Welsh) rehabilitation for a range of medical conditions such as amputees, complex orthopaedic injuries, neurological, post ICU weakness and respiratory physiotherapy, resulting from catastrophic injuries, birth injuries, chronic and acute illness. Working in these varied specialities Ruth has developed specialist skills in physiotherapy assessments, analysis and development of individual treatment plans. Aiming to promote independence, improve function, maximise activity, decrease symptoms and prevent abnormality. Ruth's experience over a wide range of specialist areas has provided her with a strong skill set working with patients through their critically unwell stages through to the home environment. Before training as a physiotherapist Ruth spent 2.5 years working as an Occupational Therapy Assistant bringing a unique angle to her role as a physiotherapist, adept at incorporating meaningful activity and function into clients' goals and treatment.



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Dr. Julius H Bourke Consultant Neuropsychiatrist, Re:Cognition Health & Clinical Senior Lecturer in Neurophysiology and Clinical Neuropsychiatry, QMUL

Dr Julius Bourke is a Consultant Neuropsychiatrist with a specialist interest in post concussion syndrome, chronic pain, chronic fatigue and their biological interplay with mood and anxiety disorders. His NHS clinic is based in East London and provides a specialist service for chronic fatigue and chronic pain. He is a Senior Clinical Lecturer in Neurophysiology and Clinical Psychiatry at QMUL, where his research has focussed on the neurophysiology of chronic idiopathic pain. At recognition health, he sees TBI cases clinically and for medicolegal reports, as well as patients with unexplained symptoms and syndromes.

Dr Steven Alder Consultant Neurologist, Re:Cognition Health

Dr Steven Alder is based at Re:Cognition Health in London, using his clinical expertise to focus primarily on the assessment of patients with traumatic brain injury and neurological medically unexplained symptoms. Steve is currently embarking on research exploring the utility of Magneto-encephalography (MEG) and Quantitative EEG beyond the most sophisticated structural imaging to accurately detect the presence of organic brain injury patients who have suffered a head injury and have been left with enduring neurological, neuro-cognitive and neuro-emotional sequelae. The aim is that once the presence of organic brain injury can be accurately determined, further research can be targeted at attempting to improve the clinical symptoms that these patients suffer.



Daniel Thomas BA (Hons), PGDip (MT), Joint Managing Director and Neurologic Music Therapist, Chroma

Daniel qualified as a music therapist in 2002. His early clinical work focused on children and families, especially supporting attachment, bonding and resilience. Daniel then worked in prisons, mental health settings and in special and mainstream schools with children with a range of brain injuries and other conditions He certified in the APCI assessment in 2014, and as a Neurologic Music Therapist in 2017. He is also the Joint Managing Director of Chroma. He is passionate about developing clinical partnerships and widening access to great quality therapy provision at scale. Daniel also lectures internationally on music therapy and the economics of therapy, and has recently published a book called "The Economics of Therapy" with Jessica Kingsley Publishers.

team

brain injury support

At Team Brain Injury Support, we provide high calibre support and rehabilitation packages to clients within their own homes. We are CQC Registered to provide to both Adults and Children.

Working with both Acquired Brain Injuries and Traumatic Brain Injuries all our packages are bespoke and person centred.

We work with our Clients, Families and the MDT to ensure that each package is individual and goal driven, focusing on the clients, working with them to achieve and exceed their goals.

Each client is supported by our highly experienced office team. The office teams take care of all the Care Planning, Risk Assessments and all ongoing management of the Support Team and package, allowing the MDT focus on the client.

Team Brain Injury Support believe in the training and education of our workers. All Support Workers are provided with Specialist Brain Injury Training along with all Mandatory Training and updates. All support workers are fully DBS checked and referenced prior to starting.

Team Brain Injury Support recognises the importance of communication and reporting, we have a bespoke reporting system available to all clients. It has been designed for support workers, families and MDT to be able to monitor, report daily activities and rehabilitation goals in central location. The system is a live, online system providing immediate access to logs, reports, calendars and a communication board. Each client has their own bespoke reporting measures

Team Brain Injury Support will ensure:

- High calibre Support Workers
- Monthly Rotas providing consistency to Client
- Workers introduced, matching both client needs and family requirements
- Full, ongoing training, compliance and support for all Support Workers
- Dedicated Area Manager and Coordinator
- Online bespoke reporting system
- Nurse led approach for all Care Planning

**Surety House, Old Redbridge Road,
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