

Back to Rehab

Wednesday 10 February 2021

Programme

14:00	Welcome and Introduction	Victoria Strassheim Health Project Lead AHSN NENC
14:15	Public Health Campaign: Painkillers don't exist	Ewan Maule Head of Medicines Optimisation Sunderland Clinical Commissioning Group Lead on the Sunderland and County Durham CCG Public Health Campaign – Painkillers don't exist
14:30	The Campaign to Reduce Opioid Prescribing (CROP)	Sue Hart Health Programme Manager AHSN NENC
14:45	Flippin' Pain Campaign and Australian Public Health Campaign	Dr Cormac Ryan Professor of Clinical Rehabilitation Teesside University
15:00	ESCAPE pain back programme and Joint Pain Advisor role	Professor Mike Hurley Clinical Director for the Musculoskeletal Programme Health Innovation Network South London
15:15	Cognitive Behavioural Skills to Treat Back Pain: The Back Skills Training Programme	Dr Esther Williamson Senior Research Fellow University of Oxford
15:30	Comfort Break	
15:45	Breakout Sessions: Delegates to attend one session	
	<p>Trade Union Congress (TUC) and Occupational Health (OH) Joanne Famelton, HR Manager, AHSN NENC Josh Bell, Advanced Physiotherapist, The Newcastle upon Tyne Hospitals NHS Foundation Trust Susanne Nichol, Better Health at Work Award Programme Coordinator, Northern Trade Union Congress (TUC)</p> <p>Overview Collaborative workshop with multiple agency representatives discussing the issues of the Equality Act, Reasonable workplace adjustments and the obstacles for patients to remain in the workplace.</p>	
	<p>Patient Reported Outcome Measures (PROMS) and wider outcomes on the North of England Back Pain Pathway Professor Denis Martin, Professor of Rehabilitation and Director of the Centre for Rehabilitation Sciences, Teesside University</p> <p>Overview In this workshop PROMS will be discussed both qualitative and quantitative, to explore current practice and ideas in collecting and using outcomes across the region</p>	

Making Every Contact Count (MECC), Exercise and Social Activity

Louise Harlanderson, Public Health Practitioner and MECC Development Lead, Gateshead Public Health

Overview

Changing the Culture – how this can be helped through MECC, exercise and social prescribing – is it about accurate exercise, or opportunities to change behaviours and thoughts?

Cognitive Behavioural Therapy – the uses with acute and chronic pain

Maria Bromage, Cognitive Behavioural Therapist, Persistent Physical Symptoms Service
Lanchester Road Hospital

Overview

In this workshop, Maria will discuss how she works with clients with pain using a CBT approach to bring about change.

Integrated Care Pathway of Persistent Physical Symptoms Service in Cumbria

Elspeth Desert, Clinical Director, Persistent Physical Symptoms Service

Overview

Presentation of the Integrated Care Pathway of Persistent Physical Symptoms Service in Cumbria, how it is working and the obstacles the team have overcome and future obstacle/solutions they foresee.

Education Resource Platform

Graham Stokoe, Head of Communications, AHSN NENC
Victoria Strassheim, Health Project Lead, AHSN NENC

Overview

The various options for an education platform for patients, healthcare professionals' employers of back pain patients.

16:15 Feedback and Summary

16:30 Close