



Interdisciplinary Interventional Workshop

20

21

22 JANUARY 2023

CAPE TOWN

This workshop is for doctors and therapists wishing to establish a private interdisciplinary pain management service with an interventional aspect. It is designed to provide foundational knowledge on the key concepts of pain science and on the intersection of medical and rehabilitation interventions.

THE PARTICIPANT WILL AT THE END OF THE WORKSHOP:

- Understand the pathology of common nociceptive, neuropathic and nociplastic pain conditions
- Understand the process of diagnosis and reasons for selection of various interventional procedures and how these intersect with non-pharmacological treatments
- Understand when NOT to select interventional procedures
- Have introductory knowledge of a variety of evidence-based non-pharmacological treatment options
- Understand the importance of lifestyle modification in pain management
- Learn how to build their own interdisciplinary team

Day 1

Leaders in the field of pain management will give lectures on foundational concepts that are necessary for having a common understanding of the complexity of pain and of how to introduce aspects of collaborative work.

Day 2 AND Day 3

Days 2 and 3 are practical teaching days where participants will learn when procedural interventions are appropriate, and will get exposure to various evidence-based non-pharmacological treatment options that are effective in the management of patients with complex pain.

Friday

DAY 1 | 20 JANUARY 2023

7:45 - 8:15 Coffee, Registration, Welcome

SESSION 1

Speakers

8:15 - 9:00 The Landscape of Pain Management in South Africa
9:00 - 9:45 The Multi-dimensional Nature of Pain
9:45 - 10:30 Nociceptive, Neuropathic, Nociplastic - what is it all about?
10:30 - 11:00 TEA

[Professor Sean Chetty](#)
[Professor Romy Parker](#)
[Professor Romy Parker](#)

SESSION 2

11:00 - 12:00 That's not what I said!': The importance of good communication skills to improve patient outcomes and minimise medico-legal risk.
12:00 - 12:45 Evidence into practice: Converting papers into patient care
12:45 - 13:30 LUNCH

[Mrs Beverley Bolton and Ms Stephanie Esterhuysen](#)
[Mr Cameron Reardon \(TBC\)](#)

SESSION 3

13:30 - 14:15 Diet and Inflammation: What the evidence suggests?
14:15 - 15:00 Pharmacological management of non-cancer pain
15:00 - 15:15 TEA

[Ms Tessa Hille](#)
[Dr Roland van Rensburg](#)

SESSION 4

15:15 - 16:00 Pelvic Pain - current state of the art
16:00 - 16:45 Pain and Mental Health - is it 'all in your head'?

[Dr Deon Kennedy](#)
[Dr Michelle King](#)

Saturday

DAY 2 | 21 JANUARY 2023

7:45 - 8:00 Coffee, Registration

SESSION 1

Speakers

JOINT LECTURES

- 8:00 - 9:00 Everything you need to know: Anatomy, physiology, radiology and pathology
- 9:00 - 9:45 The science of pain and its intersection with interventional procedures
- 9:45 - 10:00 TEA
- 10:00 - 11:00 Interventional procedures: How I do it.

- [Dr Adriaan Liebenberg](#)
- [Dr Nadah Karriem](#)
- [Dr Adriaan Liebenberg](#)

SESSION 2

INTERVENTIONAL LECTURES

- 11:00 - 12:00 Authorisation & Coding
[Mrs Monique Smit](#)
- 12:00 - 13:00 Anaesthesia [Dr Rozali Spies](#)
- 13:00 - 14:00 LUNCH

REHABILITATION LECTURES

- 11:00 - 12:00 Understanding physiology in the therapeutic context [Ms Linda Hiemstra](#)
- 12:00 - 13:00 Treatment of psychosocial risk factors and the meaning effect [Ms Linda Hiemstra](#)

SESSION 3

INTERVENTIONAL WORKSHOP

- 14:00 - 17:00 **Facetal**
Dorsal medial branch block, Intrafacetal blocks, Rhizotomy
Neural
Foraminal nerve block / stimulation, Transforaminal nerve block, Caudal block, Interlaminar block

REHABILITATION WORKSHOP

- 14:00 - 15:30 **CRPS and Phantom Limb Pain**
- 15:30 - 16:00 **Chronic Widespread Pain**
- 16:00 - 17:00 **Graded Motor Imagery**

Sunday

DAY 3 | 22 JANUARY 2023

7:45 - 8:00 Coffee, Registration

SESSION 1

Speakers

JOINT LECTURES

- 8:00 - 8:45 Ethical Considerations: Why it's not (just) the needle?
- 8:45 - 9:30 Outcome measures and database management
- 9:30 - 9:45 TEA

- [Dr Izelle Taljaard](#)
- [Ms Linda Hiemstra / Mr Keenau Pearce](#)

SESSION 2

INTERVENTIONAL LECTURES

- 9:45 - 10:15 Theatre Radiography
[Mrs Sarice Robberts](#)
- 10:15 - 11:15 Pain Procedure Techniques
[Dr Adriaan Liebenberg](#)
- 11:15 - 11:30 Practice Support
[Dr Adriaan Liebenberg](#)
- 11:30 - 12:00 LUNCH

REHABILITATION LECTURES

- 9:45 - 10:15 Groups as Intervention
[Mrs Claire James](#)
- 10:15 - 10:45 Cognitive Functional Therapy
[Ms Linda Hiemstra](#)
- 10:45 - 11:30 Evidence-based physiotherapy interventions [Mrs Nika Bester](#)

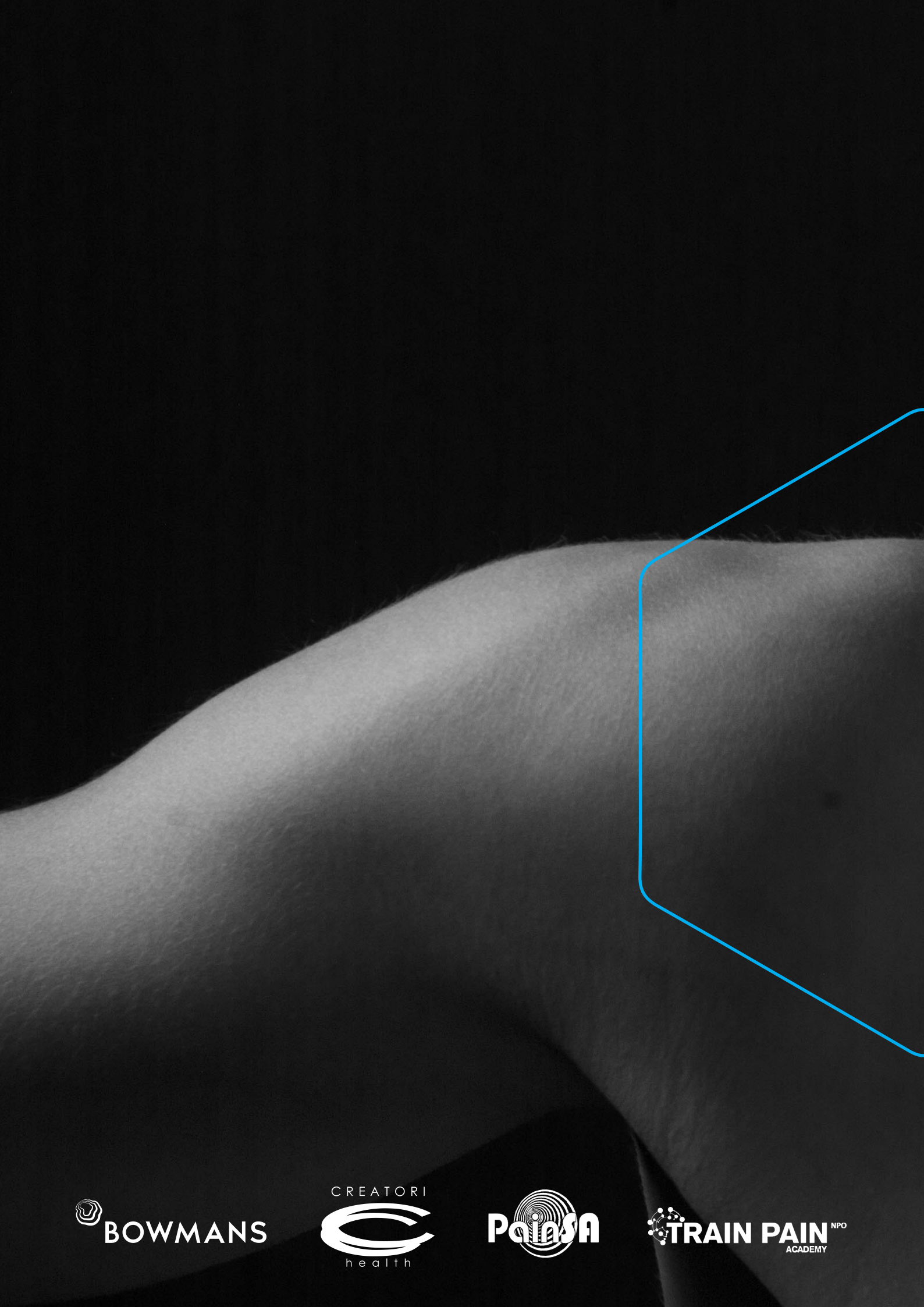
SESSION 3

INTERVENTIONAL WORKSHOP

- 12:00 - 14:45 **Autonomic System**
Stellate ganglion block, Coeliac plexus block, Superior hypogastric block, Inferior hypogastric block, Ganglion Impar block
- 14:45 - 15:00 CLOSURE

REHABILITATION WORKSHOP

- 12:00 - 12:30 Hydrotherapy in the management of pain [Ms Carin Terblanche](#)
- 12:30 - 13:30 Dysautonomia [Ms Tamryn Olivier](#)
- 13:30 - 14:45 Mindfulness and Sensory Sensitivity
[Ms Stephanie Kriel](#)



 **BOWMANS**

CREATORI

health

 **PainSA**

 **TRAIN PAIN**^{NPO}
ACADEMY