

# CONFERENCE ON CHRONIC WIDESPREAD PAIN

**January 8-10, 2010**

**Venue: RECOUP Hospital Auditorium, Anjanapura Layout, Bangalore, India**

## INTRODUCTION

- > Chronic widespread pain (CWP) is estimated to affect 5%-10% of the general population and is among the most common cause of referrals to Physicians and Rehabilitation Professionals
- > CWP is characterised by pain lasting over 3 months in all four body quadrants, the neck, and back.
- > CWP is associated with higher pain intensity, longer pain duration, sleep disruption, interpersonal tensions, anxiety, depression and greater disability. It is one of the most common reasons for early retirement or absence for sickness.
- > CWP is a complex condition characterised by sensitisation of central pain pathways and has a myriad of possible causes and triggers, both physical and psychological.

## CONFERENCE OBJECTIVES

1. To gain a current and focused overview of the pathophysiology, assessment and management of CWP.
2. To evaluate other more complementary and/or controversial methods in CWP.

## COURSE DIRECTOR

*Dr. Deepak Sharan, Consultant in Orthopaedics, Rehabilitation and Ergonomics, RECOUP, Bangalore, India*

## FACULTY

1. *Dr. Michael Hutson, Consultant Orthopaedic (Musculoskeletal) Physician, Nottingham and London, UK  
Past President FIMM (International Federation for Manual/Musculoskeletal Medicine), Member of Academy of Experts (MAE) and Royal Society of Medicine. Special interests: Whiplash, Back pain, RSI, Shoulder Pain, Sports Injuries. Author of several textbooks on musculoskeletal disorders.*
2. *Ms. Tina Murphy, Teacher of the Alexander Technique and Masseur, Waterford, Ireland*
3. *Ms. Farida Irani, Senior Bowen Instructor, Sydney, Australia*
4. *Mr. Stephen Fisher, Chairman of Trustees, RSI Action, UK*
5. *Dr. Debasish Danda, Professor, Department of Immunology and Rheumatology, Christian Medical College, Vellore, India*
6. *Dr. Joy Philip, Formerly Professor of Medicine and Rheumatology, Thiruvananthapuram Medical College & Dean, Faculty of Medicine, Kerala University, India.*
7. *Dr. Mahendra P. Sharma, Additional Professor, Dept of Mental Health and Social Psychology, NIMHANS, Bangalore, India.*
8. *Dr. Paulomi M Sudhir, Assistant Professor, Department of Mental Health and Social Psychology, NIMHANS, Bangalore, India.*
9. *Dr. BG Dharmanand, Consultant Rheumatologist, Manipal Hospital, Bangalore, India.*
10. *Dr. Sandhya P, Department of Immunology and Rheumatology, Christian Medical College, Vellore, India.  
and other prominent national faculty*

## PARTICIPANTS

*Specialists in Orthopaedics, Pain and Palliative Care, Neurology, Physical Medicine and Rehabilitation, Rheumatology, Medicine, Psychology, Physical and Occupational Therapy, Patients with CWP, their care givers and advocates.*

## COURSE FEES

		<b>On or before December 20, 2009</b>	<b>After December 20, 2009</b>
<b>CONFERENCE (Jan 8-10, 2010)</b>	<i>Professionals, Patients</i>	<i>Rs. 2,500/-</i>	<i>Rs. 3,000/-</i>
	<i>Students</i>	<i>Rs. 2,000/-</i>	<i>Rs. 2,500/-</i>
<b>CLINICAL ATTACHMENT (Jan 4-10, 2009)</b>		<i>Rs. 12,000/-</i>	<i>Rs. 15,000/-</i>

*Please make Cheques / DD in favour of RECOUP payable at Bangalore (Add Rs. 60 for outstation cheques). Students must enclose a supporting certificate from the Head of Institution. Please email us if you need assistance for accommodation.*

## MAIN TOPICS COVERED

### **January 8, 2010**

1. Lecture Demonstration on Bowen Therapy
2. Lecture Demonstration on Yoga
3. Lecture Demonstration on Tai Chi
4. Lecture Demonstration on Alexander Technique
5. Workshop on EMG Biofeedback
6. Free Papers Presentations

### **January 10, 2010 Sunday**

#### **Workshop on Cognitive Behavioural Therapy (CBT)**

##### **Introduction:**

CBT is recognised as evidence based therapeutic programme for CWP. CBT is not only effective in addressing the immediate problems but due to its emphasis on skills training it has been found to be one of the most durable of psychological interventions. The lecture demonstration workshop is intended to provide a practical introduction to the basic principles and skills involved in the practice of CBT in CWP.

1. Theoretical background, varieties and approaches in CBT
2. Case formulation in CBT and Applications of CBT in CWP
3. Vague aches and pains what are they?
4. Role of Genetics in CWP
5. CWP in Autoimmune Rheumatic Diseases

### **January 9, 2010 Saturday**

1. Introduction to CWP
2. Guest Lecture: Diffuse RSI in 2010 -where are we now?
3. Current Concepts in Pathophysiology of CWP
4. How I evaluate Individuals with CWP?
5. Recent Advances in our understanding of Widespread Myofascial Pain Syndrome
6. Pharmacological Management of Fibromyalgia
7. Sleep and Its Potential Role in Chronic Pain and Fatigue
8. Clinical features of spinal dysfunction and soft tissue dysfunction
9. Recent Advances in Management of Chronic Fatigue Syndrome (CFS)
10. Biopsychosocial Model of CWP Management
11. The Functional Bowel Disorder Spectrum
12. Evidence based use of Exercise and Rehabilitation Regimens for CWP
13. Intensive, Multidisciplinary Management of CWP: the RECOUP experience
14. Role of self management, advocacy and support groups in CWP
15. Formation of Chronic Pain Support Group
16. Symposium on Osteoporosis Management

## CALL FOR ABSTRACTS

Researchers and Clinicians are invited to submit their original research in the field of CWP. The abstract (300 words) should include Title, Authors with presenters name underlined, Purpose and Objective, Methodology, Results and Implications. Only one abstract per registration. Awards will be given for best papers from professionals and students.

Last date for the submission of the abstract is December 31, 2009. The abstract should be emailed to [academics@recoup.in](mailto:academics@recoup.in).

## CLINICAL ATTACHMENT

From 4<sup>th</sup> to 10<sup>th</sup> January at RECOUP, Bangalore. The attachment includes daily lectures by Dr. Michael Hutson, Clinical training in MSD Rehabilitation, and CWP Conference. Further details are available on [www.recoup.in](http://www.recoup.in).

## ADDRESS FOR CORRESPONDENCE

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Email- [academics@recoup.in](mailto:academics@recoup.in)

## **Registration Form**

Name :.....

Address:.....

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Phone: ..... Mobile:.....

Email:.....

Hospital/Institution:.....

Profession/Designation:.....

How do you find out about this conference?

Through Internet  RECOUP website  RECOUP staff  Others  If RECOUP staff mention name.....

PROFESSIONAL

STUDENT

(Students must submit supporting certificate from Head of Institution)

### **Payment Details**

Demand Draft / Cheque No.: .....

Worth Rs.....

Drawn on.....Bank

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