NEUROSCIENCE

May 11, 2019

# EM113: Pain: Translating Neuroscience into Clinical Practice

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PhD, MManTh, BPhysio

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**Course Educators:**
Dr Niamh Moloney PhD, MManipTh, BPhysio(Hons)
Dr Martin Rabey PhD, FACP, MManipTh, BSc(Hons)Physio

**Course Outline**:
This workshop will deepen clinicians' understanding of pain neuroscience in order to clarify more complex patient presentations. This will facilitate refinement of clinical assessments, leading to more effective interventions.

**Specific Course Objectives:**
1. Present pain neurophysiology relevant for physiotherapists including: nociception and inflammation, pain modulation and neuro-endocrine-immune system responses
2. Using interactive tasks and clinical scenarios, explore how these physiological processes relate to patient presentations
3. Explore how in-depth pain assessment influences treatment selection and application

**Dr Niamh Moloney** is a Musculoskeletal Physiotherapist who combines almost 20 years of clinical and academic experience. Her PhD (2012) investigated pain and sensory profiles in people with neck and arm pain, with her subsequent research focusing on assessment of pain profiles and its impact on prognosis and treatment response. In her research and clinical practice she has applied these approaches to a number of musculoskeletal conditions as well as pain following breast cancer treatment. She has over 40 peer-reviewed publications and has presented her research widely at national and international conferences. She has taught in the area of pain and musculoskeletal physiotherapy since 2005 holding positions at the University of Sydney (Lecturer) and Macquarie University, Sydney (Senior Lecturer, currently Honorary Research Fellow) and contributing to the Neuromusculoskeletal Masters, University College Dublin.

**Dr Martin Rabey** is a Specialist Musculoskeletal Physiotherapist and Fellow of the Australian College of Physiotherapists. His PhD (2016), completed at Curtin University in Perth, explored the complex interactions

between multiple dimensions (pain sensitivity, psychological, health and lifestyle, movement, behaviour, demographics, socioeconomics) associated with persistent low back pain. Following this, he was part of a team researching complex interventions for persistent low back pain at Neuroscience Research Australia. He has since returned to clinical practice in Guernsey in the Channel Islands where he grew up. His ongoing research revolves around the examination and management of chronic pain disorders. He has been teaching pain physiology to clinicians since 2001.

| **50** Seats | **€160.00** | **8** Hours | **7,9** ECM |
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| INTENDED FOR | PAYMENTS | CALENDAR | LANGUAGE |
|---|---|---|---|
| Doctors and Physiotherapists | Balance €160.00 + VAT 22% (€195.20) within 7 days from the registration<br><br>**Total: €160.00** + VAT 22% **(€195.20)** | 11 May 2019 | English with simultaneous Italian translation |

## SCHEDULE

08:30 - 09:00
Registration and opening

09:00 - 11:20
**Neuroscience:** Pain processes in the peripheral nervous system and spinal cord: from nociception to central sensitization
**Clinical Practice:** Assessing pain sensitivity and responses to exercise; what this means for treatment

11:20 - 11:30

Coffee Break

11:30 -13:00
**Neuroscience:** Pain and the brain: from the neuromatrix to descending pain modulation

**Clinical Practice:** What we say matters: how to approach education and reassurance

13:00 - 14:00
Lunch

14:00 - 16:30
**Neuroscience:** Pulling it together: how multiple systems interact
**Clinical Practice:** Integrating multiple systems to guide patient management

16:20 - 16:30 Coffee Break

16:30 - 17:00
Questions and Answers

17:00 - 17:30 ECM Test

Morning and afternoon sessions include a short break