

A whole health Integrated trauma informed pain practice

Keynote Sessions

Faculty:

Deepak Ravindran

Our understanding of pain and its complexity has advanced manifold in the last two decades. Emerging neuroscience and the role of the microbiome and neuroimmunology alongside the nascent field of connectomics all help us understand and make sense of the Pain complexity and how we should pivot to manage persistent Pain. On average, more than 20% of the population globally struggles with chronic pain, and the impact it has on carers and society accounts for major productivity losses from an economic perspective.

The biomedical, psychological and social aspects of pain are all relatively well understood. Still, the relevance of social determinants of health and their impact on the biology of the nervous and immune systems in life is now better appreciated. This, therefore, allows us to put in place “upstream” strategies around pain prevention. More importantly, it gives us tools that we can implement for our patients in primary care and secondary specialist pain clinics.

This talk will highlight some of the emerging research in this field, and the speaker will highlight opportunities for how we can implement various tools in the workplace and clinical practice.

About Our Speaker:

Deepak Ravindran

Deepak is a full-time NHS consultant in the UK and is a Fellow of the Faculty of Pain Medicine at RCOA and the Deputy Editor for ePain – the digital platform of NHS England. He is a Hon Professor at Teesside University and is board certified in Lifestyle Medicine and MSK Medicine. He helped set up an award-winning NHS service for Pain and Long Covid. He lectures nationally and internationally on various aspects of trauma-informed Pain practice and is the author of the Amazon Best Seller – The Pain Free Mindset, published in 2021. He also serves on the clinical advisory board for Pain related Digital start-ups and is the Chief Medical Officer for Boutros Bear.