

## **A Pain Science Education Approach to addressing persistent pain in the Workplace**

Faculty:

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Pain Science Education is a form of educational approach to pain management. As an approach, it is recommended in clinical guidelines and practices that it is commonly integrated within pain management programmes. Pain Science Education aims to change an individual's understanding of persistent pain from the biomedical structural-pathology model towards a more biopsychosocial model of understanding in keeping with contemporary scientific evidence. Pain Science Education has recently been delivered on a public health level through initiatives such as Pain Revolution in Australia ([www.painrevolution.org](http://www.painrevolution.org)) and Flippin Pain™ in the UK ([www.flippinpain.co.uk](http://www.flippinpain.co.uk)). This workshop/symposium will explore how a public health approach to Pain Science Education delivery could be brought into the workplace setting. Whilst this session focuses on chronic pain more broadly, a short component will be delivered by Ginevra Liptan, talking about this issue related to Fibromyalgia.

The topics covered: Improving understanding of pain to facilitate better management.

In health and safety inductions, rather than focusing purely on anatomy and biomechanics, which may have an iatrogenic effect, Pain Science Education could be delivered by occupational health professionals to new and existing staff members to help prevent the development of chronic pain and associated work loss by challenging negative expectations such as the expectation that work leads to structural pathology, and in turn persistent pain. Such expectations may significantly increase the risk of developing persistent pain.

Learning objectives:

By the end of the session, the following attendees will have explored:

What is Pain Science Education?

How is Pain Science Education currently being delivered at the public health level?

How could Pain Science Education be adapted specifically for the workplace setting?

### **About Our Speakers:**

#### **1. Cormac Ryan (UK)**

Cormac is a Professor of Clinical Rehabilitation at Teesside University, UK. He has a BSc in

Sports and Exercise Science, an MSc in Physiotherapy, and a PhD in pain management. He is co-lead of PETAL (Pain Education Team Aspiring Better Learning), an international collaboration aiming to facilitate better public understanding of current thought on 'how pain works' ([www.petalcollaboration.org](http://www.petalcollaboration.org)). Cormac has contributed to guidelines/standards for organisations, including the British Pain Society and the Faculty of Pain Medicine. He is the Community Pain Champion for Flippin' Pain™, a UK-wide public health campaign to improve public understanding of pain ([www.flippinpain.co.uk](http://www.flippinpain.co.uk)).

## 2. Deepak Ravindran (UK)

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.

## 3. Dr. Ginevra Liptan (USA)

Ginevra Liptan, MD is a graduate of Tufts University School of Medicine, board-certified in internal medicine and trained in functional medicine. A fibromyalgia specialist, she is the Medical Director at The Frida Center for Fibromyalgia, Portland, Oregon, USA. She developed fibromyalgia as a medical student and spent many years using herself as a guinea pig to find successful treatments. Ginevra is one of the few specialists in the world focusing exclusively on fibromyalgia and has fine-tuned her integrative approach to treating thousands of patients. Dr Liptan is the author of The FibroManual: A Complete Fibromyalgia Treatment Guide for You and Your Doctor.