Digital Technology in the Management of Pain and Long Covid: Opportunities

Faculty:
Cormac Ryan
Deepak Ravindran
Hannah Malyon
Sophie Stockbridge

This century has seen an explosion of the various digital technologies that have been introduced into healthcare to improve patient experience and quality of care. The pandemic has accelerated the adoption of digital technology for various reasons. While telehealth adoption has been a major advantage, conditions like Long Covid and Pain, where symptoms fluctuate considerably, could benefit from various digital tools and techniques. These can immensely benefit the clinician and the patient and influence research and policy. This symposium will explore the role of digital tech in the field of Pain and Long Covid. It will highlight advances, advantages and, more importantly, with the advent of AI, the perils of automation and digitalisation.

Topics Covered
- Digital technology – an overview in healthcare with specific reference to Pain and Long Covid
- Available options and recommendations for Pain and Long Covid – digital tech
- Future Options and the Role of Apps/trackers/wearables

Learning Objectives
By the end of the session, the attendees will have understood the following:
1. The Role of digital technology in the Management of pain and Long Covid
2. Advantages and disadvantages of digital technology
3. Recommendations and caveats

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). 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).

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.

4. Hannah Malyon

Lead Long Covid Physiotherapist at Berkshire Long Covid Integrated Service, Berkshire (UK), Hannah Malyon graduated in 2016 from Oxford Brookes University with BSc in Physiotherapy. She has worked across inpatient, outpatient and community settings covering several specialities and conditions. She joined the long covid team in 2021 after working in acute respiratory care for 3 years. Her specialist interests include respiratory medicine, pain management and rehabilitation for long-term conditions.

5. Sophie Stockbridge

Lead Occupational Therapist at Berkshire Long Covid Integrated Service, Berkshire (UK), Sophie Stockbridge completed her BSc Hons Occupational Therapy at Oxford Brookes University. After graduating in 2016, she has gained a variety of Occupational Therapy experience by working across multiple different fields, including acute mental health, adult social care, community paediatrics, community adult mental health, community neuro, acute adolescent mental health, the community falls team, community rapid response and Long Covid. Sophie joined the Long Covid team in October 2022.