



Pre-Conference Session Description

Course Title: Pain and Fatigue in Adults with CP: From State-of-Science to Treatment Options

Presenters and facilitators: Marij Roebroek, Deborah Thorpe, Caitlin Cassidy, Mark Peterson, Elisabet Rodby Bousquet, Prue Morgen, Laura Brunton, Heidi Haapala, David Frumberg, on behalf of the Lifespan Care committee

Target Audience: Physicians, Occupational Therapists, Physical Therapists, Psychologists, Nurses, Researchers, working with adults with CP

Course Summary:

Pain is the most frequently indicated health issue in adults with CP, with a world-wide estimated prevalence of 70%. Severe fatigue is experienced in 1 out of 3 adults with CP; in those with pain, fatigue is present in 1 in every 2 people. Despite this prevalence and the known impact on daily life, pain and fatigue in adults with CP are often under recognized and under treated in clinical practice. The main focus of this pre-conference is on knowledge translation, combining presentations of up-to-date research findings, the lived experiences of adults with CP, and clinical experience of expert professionals in this field. The audience will be actively involved in breakout sessions to translate this information into treatment options to address pain and fatigue that fit in their clinical practice, aiming to enhance health outcomes for this population.

After a short introduction, the program has a modular set-up with two blocks. Each module will address a topic from different perspectives, and will include breakout sessions on clinical cases to enable participants to gain a thorough understanding, receive practical tips of clinical experts, and learn from each other. Participants are invited to submit a clinical case in advance.

At the end of the Pre-Conference Session, participants will be able to discuss:

1. Up-to date knowledge of health problems and related factors in adults with CP, with among which pain and severe fatigue;
2. How to accurately diagnose pain or fatigue in adults with CP;
3. Best practices of treating pain and/or fatigue in adults with CP;
4. How to apply treatment options for pain and fatigue in adults with CP in their clinical practice.