A multidisciplinary roadmap to navigating pain in adults with cerebral palsy.

AACPDM 2017 Preconference session on behalf of Lifespan care committee
13th September 2017; 01:00-15:00 PM

Presenters
Wilma van der Slot, MD, PhD, Chantel Barney, PhD, Shyheim Ramdhaney, Scott Schwantes, MD, Reidun Jahnsen, PT, PhD, Laura Vogtle, PhD, Laura Pizer Gueron, PT, MPH, Ellen Snoxell, PS, PhD

Moderator
Ronna Linroth, OT, PhD

Purpose
This course will provide knowledge of pain in adults with CP and information to improve clinical practice.

Target Audience
Physicians, Occupational Therapists, Physical Therapists, Psychologists, Nurses, Researchers.

Course Summary
Pain is common in Cerebral Palsy (CP) and impacts activities of daily living, sleep, mood and communication. Although the challenges of pain in CP are well known, it is often under recognized and under treated in clinical practice. Presenters will describe the complex nature of pain in adults with cerebral palsy including characteristics, causes, associated symptoms, aggravating and elevating factors, and pain’s impact on life. Practical, evidence-based information will be presented to guide clinical practice including efficient pain assessment and treatment approaches for adults with CP across all GMFCS levels.

Learning Objectives
1: To identify characteristics and potential causes of pain in adults with CP.
2: To learn effective means of assessing pain in all levels of GMFCS.
3: To understand different treatment approaches from a multidisciplinary viewpoint.
4: To understand different aspects of living with chronic pain in adults with CP.
Program

Welcome

13:00-13:05 Welcome and learning objectives.
Ronna Linroth

Pain characteristics and pain assessment in adults with Cerebral Palsy

13:10-13:40 Introduction to pain in adult cerebral palsy.
Wilma van der Slot, MD, PhD

13:40-14:05 A scientific update on pain assessment, the connection between pain and spasticity, sensory testing and nerve fiber function, and patient reported experiences with pain.
Chantel Barney, PhD

14:05-14:20 The lived experience of pain in cerebral palsy.
Shyheim Ramdhaney, adult with CP

Q&A with panel 14:20-14:35
Panel: Shyheim Ramdhaney, Chantel Barney, Wilma van der Slot, Marij Roebroeck, Susan Labhard
Led by Ronna Linroth

Break (14:35-14:50)

Approaches to pain treatment for adults with Cerebral Palsy

14:50-15:20 A physician perspective on the early adoption of a neuropalliative approach, facilitating effective treatment programs, the use of adjunctive therapies, and navigating the challenges associated with opioids.
Scott Schwantes, MD

15:20-15:35 Physiotherapy to target pain in adults with cerebral palsy – as part of a multidisciplinary approach in a national prevention program in Scandinavia.
Reidun Jahnsen, PhD, PT

Laura Vogtle, PhD

15:55-16:10 Pain neuroscience education is an effective addition to a comprehensive physical therapy program to decrease pain, increase mobility, and improve quality of life in adolescents and adults with cerebral palsy.

Laura Gueron, DPT

16:10-16:35 Effective psychological strategies for living with chronic pain.

Ellen Snoxell, PhD

Q&A with panel (16:35-16:50)
Panel: Shyheim Ramdhaney, Scott Schwantes, Reidun Jahnsen, Laura Vogtle, Laura Gueron, Ellen Snoxell, Marij Roebroeck, Susan Labhard.

Led by Ronna Linroth

Closing

16:55

Wilma van der Slot

Affiliations presenters and panel

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