



10th EFIC BERGAMO PAIN SCHOOL IN: “NEUROPHATIC PAIN” 8th - 11th October 2018

Aim

*The recognition that a disease or a lesion of the somatosensory system itself can be associated with the experience of pain has been a major insight. The recent change in the definition of neuropathic pain and its role as a descriptor has prompted a reappraisal of how to deliver this topic (EFIC Core Curriculum for the European Diploma in Pain Medicine - 3.2). The **Bergamo EFIC School** will assist pain clinicians to refine their clinical neurological diagnostic and assessment approach to identify neuropathic pain and to improve their ability to interpret clinical, instrumental and laboratory finding and to establish the most appropriate treatment.*

Board of Directors

Roberto Casale | Italy
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BART MORLION EFIC President

SPEAKERS

ARUN BASHAR
DIDIER BOURASSIRA
ROBERTO CASALE
ANTHONY DICKENSON
PER HANSSON
JAN M KEPPEL HESSELINK
LUIS GARCIA LARREA
MARIA NOLANO
CARLO ALBERTO PORRO
PIERCARLO SARZI
PAOLA SACERDOTE
RICCARDO TORTA
VALERIA TUGNOLI



Scientific Programme

MONDAY, 8th October

08:00 – 08:15 Message from EFIC President *Bart Morlion* and from HABILITA President *Roberto Rusconi*

FROM 8:15 TO 13.00

08:15 – 10:15 Definition and mechanisms of pain. Translation of symptoms into pain mechanisms **Anthony Dickenson**

The lecture will cover mechanisms of pain in the context translation to patients.

Transduction, Transmission: Perception. Modulation. Nociception and pain. Pain without nociception and nociception without pain. Nociceptive and neuropathic pain

10:15 – 10:45 A neuroanatomy refresh- Part I & II

Part I Pain generators in the nervous system. Roberto Casale

“Where” a neurological lesion or disease might express itself with neuropathic pain (peripheral or central),

FROM 10:45 TO 11:15

Coffee Break

11:15 – 12:15 Part II: How a neurological lesion or disease might express itself **Didier Bourassira**

Positive (allodynia, hyperalgesia, hyperpathia) and/or negative sensory symptoms with other (motor, vegetative) symptoms and how to identify neuropathic pain as a player in those conditions.

12:15- 13:00 Pain questionnaires, diaries, pain mapping, quality of life and ADL questionnaires: when and how to use them. **Didier Bourassira**

A critical reappraisal of their usefulness and limits with special regards on **Neuropathic pain questionnaires** (LANSS; BPI, NPQ, DN4 etc ;)

FROM 13:00 TO 14:00

Lunch break

FROM 14:00 TO 18:00 Objective pain diagnostics: theory and practice – Part 1

14:00-14:45 Routine neurophysiology (Clinical indications and limitations) EMG, ENG, Reflex responses (blink, Ralll). **Luis Garcia-Larrea**

14:45- 15:30 SEPs, PEPs, CHEPS (different somatosensory evoked potentials from different types of stimuli and their meaning). **Luis Garcia-Larrea**

15:30-16:15 Autonomic nervous system tests. **Valeria Tugnoli**

FROM 16.15 TO 16.45

Coffee break

16:45-17:15 Quantitative Sensory Testing (thermal, vibratory) examination in normal subjects. **Roberto Casale**



17.15-18.30 Afternoon Practical training

The interview: How to collect a pain history in practice and how to use the interview to address physical examination as well as to establish instrumental diagnostic procedures. Roberto Casale

What the patient tries to tell us about her/his pain. The bio-psycho-social model

Participants will carry out exercises planning a diagnostic workout for neuropathic pain. They will also use and compare different pain questionnaires on themselves.



TUESDAY, 9th October

FROM 8:00 TO 13.00

Objective pain diagnostics: theory and practice – Part 2

08:00 – 08:45 The skin biopsy: the intra epidermal nerve fibres density (IENFD). Maria Nolano

08:45 – 09:30 Clinical red flags, laboratory red flags (blood samples for inflammatory markers, etc.) Key points to make a differential diagnosis between nociceptive and neuropathic pain **Piercarlo Sarzi**

09:30 – 10:15 Imaging. Carlo Alberto Porro

FROM 10:15 TO 10.45

Coffee Break

10:45 –13:00 The clinical examination of the chronic neuropathic pain patient Per Hansson

This pivotal tutorial will examine diagnostic approaches to most common pain syndromes in neurology i.e.: painful diabetic polyneuropathy, post herpetic neuralgia, entrapment neuropathies (including complicated low back pain).

- Data from clinical evidence and case scenarios are presented and discussed in relation with guidelines on Neuropathic pain (IASP NeupSig EFNS etc)
- Diagnostic work-up of neuropathic pain flow chart
- QST interpretation in pain medicine
- Pressing issues

FROM 13:00 TO 14:00

Lunch break

FROM 14:00 TO 18:00

Afternoon Practical training

14:00 – 16:30 The clinical examination of the chronic neuropathic pain patient in practice Per Hansson

Under the guidance of an expert clinician, participants will have the opportunity to participate to an outpatient consultation of the most common pain syndromes in neurology painful diabetic polyneuropathy, post-herpetic neuralgia, limb nerve entrapment neuropathies (including complicated low back pain).

FROM 16.30 TO 17:00

Coffee break

17:00 – 18:00 The QST examination in patients Participants will carry out exercises applying what they have learned in the morning lessons through workshops composed of small groups, role playing and multimedia simulations including QST testing.



WEDNESDAY, 10th October

FROM 8:30 TO 13.00

8:30 – 09:00 Guidelines on the pharmacological treatment of neuropathic pain: which one and what revision. Per Hansson

09:00 – 10:30 Drug classification and terminology from a pain medicine perspective. Part-I Paola Sacerdote

Drugs acting on transduction: nociceptor activation and peripheral sensitization

Drugs acting on transmission (from periphery to spinal cord; central sensitisation)

FROM 10.30 TO 11.00

Coffee break

11:00-12.30 Drug classification and terminology from a pain medicine perspective. Part II Riccardo Torta

Drugs acting on modulation (descending pathways)

Drugs acting on perception

Associated therapeutic goals (sleeping disorders, depression etc)

12:30 – 13:00 Discussion on guidelines from a national perspective and introduction to topicals (faculty and attendants).

FROM 13:00 TO 14:00

Lunch break

FROM 14:00 TO 16:00

14:00 – 16:00: Topical treatments

Topical innovation in the treatment of localized peripheral neuropathic pain: the case of phenytoin. The intimate relation between pathogenesis and mechanism of action

JM Keppel Hesselink

Topical treatments with Ketamine, Baclofen, Lidocaine, Capsaicin, Benzodiazepine

Zaira Simeyonidou

FROM 16:00 TO 16:30

Coffee break

FROM 16:30 TO 18:00

16:30 – 18:00 Physical modalities for pain control Part I & II



Part I – Non invasive physical treatments Roberto Casale

- TENS (and non invasive electrotherapy in general); Heat & Cold; LASER; Mechanical stimulation (painful and non painful stimulation, including acupuncture, vibration and massage)
- Mechanical stimulation, Vibration
- Physiotherapy and movement
- Virtual reality, mirror therapy, serious games etc.

Aperitif session

Wine tasting and the psychophysical approach to pain perception. Is pain a “simple experience”?

Attendants will describe sensations evoked by different stimulations (including wine tasting) to understand how sometimes can be difficult to describe them.



THURSDAY, 11th October

FROM 8:30 TO 13.00

08:30 – 10:30 Physical Therapy for pain control Part I & II

Part II – Invasive or minimally invasive treatments using physical agents **Arun Bashkar**

- Neuromodulation (SCS and related techniques): evidence based evaluation

FROM 10.30 TO 11.00

Coffee break

11:00 – 12: 00

- Heat and cold for thermoablation
- Radiofrequency

12:00 – 12: 30 When to use or not to use invasive or minimally invasive treatments using physical agents: a real word analysis

12:30 – 13.30 Take home messages & Learning questionnaires – End of the School

In this setting, the clinical and diagnostic tools learned during the School will be discussed and compared, with teachers, in relation to real clinical cases.

General information

School's Director: robertocasale@abilita.it

School's Secretariat: efic@defoe.it

School Venue



Habilita Care & Research Hospitals

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Organizing Secretariat

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