



7th EFIC MONTESCANO PAIN SCHOOL IN: NEUROLOGICAL DIAGNOSIS IN CHRONIC PAIN “Clinical and instrumental processes” 5th - 8th October 2015

Aim

Many specialists from different countries and a variety of branches of medicine are increasingly involved in Pain Medicine. This is certainly a boost to cultural richness. However, this creates a point of weakness in the lack of uniformity of clinical approaches to the patient and in the different uses of the various available diagnostic tools. The Montescano School will help pain clinicians to refine their clinical neurological approach and to improve their ability to interpret instrumental and laboratory findings. For the many who do not work in a multidisciplinary team or who rely on external support, the School will also provide the skills for a better understanding of the various diagnostic tests.

Faculty

Marijana Bras | Croatia
Roberto Caporali | Italy
Roberto Casale | Italy
Giuseppe De Benedittis | Italy
Antonio DeTanti | Italy
Anthony Dickenson | UK
Magdi Hanna | UK
Per Hansson | Norway
Alessandro LaManna | Italy
Reinhard Sittl | Germany
Chris Wells | UK

Scientific Programme

MONDAY, 5th October

08:30 – 08:45 Welcome Message from Habilita Care & Research Hospitals Director

Andrea Rusconi

FROM 8:45 TO 13.00

08:45 – 11:00 The interview: empathy for the devil?

Marijana Braš

How to improve the patient/doctor relationship
What the patient tries to tell us about her/his pain
Is empathic approach needed

FROM 11:00 TO 11.30

Coffee Break

11:30 – 13:00 The ABC of the clinical examination of the somatic sensory system

Roberto Casale

Minimum instrument set needed and how to use it



(hammer, tuning fork, Von Frey hairs, heat and cold, dermatographic pencil)

Mechanical static, dynamic, deep somatic

Mechanical pinprick

Thermal (heat & cold)

The associated motor impairment

Voluntary, autonomic

Peripheral, central

FROM 13:00 TO 14:00

Lunch break

14:00 *Transfer to ZINGONIA HOSPITAL (BG) for Clinical Practical Training.*

FROM 14:30 TO 18:00

Afternoon Practical training

Participants will carry out exercises applying what they have learned in the morning lessons through workshops composed of small groups, interactive sessions, role playing and multimedia simulations, including how to map a painful area.

14.30 – 16.00 **Questionnaires, diaries and pain mapping**
How to make easy and fast recordings of clinical picture (analogic, semantic, numerical)
Complex pain questionnaires and specific, disease-oriented questionnaires
Quality of life, ADL; Motor impairment
The instrumental examination of the somatic sensory system: QST
Quantitative Sensory Testing (Mandatory for all the attendants)

Roberto Casale

Alessandro LaManna

FROM 16.00 TO 16.30

Coffee break

16.30 – 17.30 **The instrumental examination of the somatic sensory system: neurophysiology**
(Optional. Groups will be organised according with attendants requests)
Routine neurophysiology (Clinical indications and limitations)
EMG ENG
Reflex responses (blink, RaIII)
Special neurophysiology testing (clinical indications and limitations)
Microneurography
Evoked potentials (LASER, dermatomeric, SSEP)
Brain mapping

17.30 – 18.00 **Is pain a “simple experience”: Psychophysical approach to pain perceptions** *Alessandro LaManna*



TUESDAY, 6th October

FROM 8:00 TO 13.00

08:00 – 09:30 The clinical examination in minimally conscious state patients

Antonio DeTanti

The presence of pain in minimally conscious state patients (MCS), how to assess and treat it is still a matter of uncertainty. As a consequence there are no guidelines that can help the clinician in assessing and treating pain in MCS. This seminal lecture will give a minimal clinical core set to evaluate pain in these patients.

09.30 – 11:00 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).

I SESSION

- 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

FROM 11.00 TO 11.30

Coffee break

11:30 – 13:00 II SESSION

Per Hansson

- 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
- Symptoms and questionnaires utility for NeP identification
- QST interpretation in pain medicine
- Pressing issues

FROM 13:00 TO 14:00

Lunch break

FROM 14:00 TO 18:00

14:00 – 14:45 Message from Chirs Wells on behalf of EFIC (President of the EFIC Executive Board)

A look at future directions in neuropathic pain

Chris Wells

14:45 – 16:15 The clinical examination of the chronic neuropathic pain patient in practice

Per Hansson

Under the guidance of an expert clinician, 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.

FROM 16.15 TO 16.45

Coffee break

16:45 – 18:00 Afternoon Practical training

Participants will also have the opportunity to participate to an outpatient consultation and QST testing in some of the most common pain syndromes in



neurology painful diabetic polyneuropathy, postherpetic neuralgia, limb nerve entrapment neuropathies (including complicated low back pain).

WEDNESDAY, 7th October

FROM 8:30 TO 13.00

08:30 – 10:00 **How to interpret inflammatory flags in the differential diagnosis between nociceptive and neuropathic pain**

Roberto Caporali

Clinical red flags

Laboratory red flags (blood samples for inflammatory markers, etc.)

FROM 10.00 TO 10.30

Coffee break

10:30 – 12:00 **Translation of symptoms into pain mechanisms: a dictionary**

Anthony Dickenson

The lecture will cover the peripheral, spinal and supraspinal mechanisms of pain as evidenced from preclinical studies but in the context translation to patients. Allodynia, hyperalgesia, ongoing pain will be covered.

Neuropathic, inflammatory and visceral pain mechanisms

Peripheral sensitization, central sensitization – what these may mean in terms of signs and symptoms

Can the actions of drugs aid us in terms of understanding pain mechanisms?

12:00 – 13:00 **Food for Pain**

Roberto Casale

FROM 13:00 TO 14:00

Lunch break

FROM 14:00

In occasion of the EXPO 2015 “Feeding the Planet, Energy for life” the School will organise a tour for attendants and faculty at the Expo in Milano.

THURSDAY, 8th October

FROM 8:30 TO 13.00

08:30 – 10:00 **Neuropathic or Nociceptive.**

Rephrasing unclear concepts, uneasy questions in cancer pain

Magdi Hanna

10:00 – 11:30 **The inpatient: difficult diagnosis and difficult patients**

Giuseppe De Benedittis

A patient is referred to a pain clinic mainly for further investigations, confirmation of the diagnostic hypothesis or to start a given treatment. Quite often they can be defined as “difficult patients”. In this setting the clinical and diagnostic tools should be used to define the type of pain precisely and determine the possible sites of action of the therapeutic options.



The multidisciplinary approach and the critical revision of the highly complex patient's history
Chronic pain and the psychological profile of the difficult patient
The neuro-psycho-social model

FROM 11.30 TO 12:00

Coffee break

12:00 – 13.00 Cold Cases

Reinhard Sittl

Under the guidance of an expert clinician, a tournament will be organized between participants to verify the level of knowledge acquired. The tournament consists of simulated "cold" cases within a range of pain topics from those most frequently seen in the outpatient setting.

The aim is to make this an educational exercise on how to reach the most appropriate diagnostic hypothesis while introducing the fun of a sort of competition.

FROM 13:00 TO 14:00

Lunch break

FROM 14:00 TO 16:00

Learning questionnaires

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: roberto.casale@fsm.it

School's Secretariat: efic@defoe.it

More details at: www.montescanoschool.eu

School Venue



Habilita Care & Research Hospitals

San Marco Branch, Piazza della Repubblica, 10
24122 – Bergamo, Italy

Organizing Secretariat



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