



PAIN MANAGEMENT



2023 DURBAN PAIN ACADEMY

Date: 1st April 2023
Venue: Radisson Blu Hotel, Umhlanga

Programme



CEU points: 3 | Ethics point: 1

TIME	TOPIC	
09h15 – 10h00	Registration and arrival tea/coffee	
Session 1		
10h00 – 10h10	Welcome and introduction	Dr Sudha Bechan
10h10 – 10h35	Integrating pharmacological and nonpharmacological approaches for sleep problems in pain management	Mrs Michelle Baker
10h35 – 11h00	Understanding and exploring the impact of Dignity therapy and guided imagery in palliative care and pain management	Dr Raksha Balbadhur
11h00 – 11h25	The evidence for mindful movement therapies (e.g. Pilates, Yoga, Tai Chi) in managing pain and dysautonomia	Ms Julie Ann van Veenendaal
11h25 – 11h50	Are anti-depressants also pain-relievers?	Dr Janine Brooker
11h50 – 12h15	Regional anaesthesia for post-thoracotomy pain	Dr Zolani Malima
12h15 – 13h00	Lunch Break	
Session 2		
13h00 – 13h25	Analgo-sedation and the management of withdrawal in children	Dr Sbe Hlophe
13h25 – 13h55	Dilemmas in paediatric pain management: How nurses can help	Sr Leona Thomas
13h55 – 14h55	Ethical considerations for interdisciplinary teamwork in pain management: Perspectives from a pain practitioner and a person with lived experience	Ms Helen Roome
14h55 – 15h00	Closing	
		Dr Sudha Bechan

Registration Fee: R200 for non-members | **Free to PainSA members**



For additional information and assistance please contact

- +27 11 894 1278
- painacademy@velocityvision.co.za
- www.velocityvision.co.za



www.painsa.org.za

@painsouthfrica