PPA (North) Education Report 2011 – 2012

There has been a reasonable amount of activity in the last 12 months in PPA North around study evenings and study days.

Pain Deconstructed was a free study evening that was presented at Galsgow Caledonian University on 6th September 2011 and at St John’s Hospital on 11th Ocober 2011. The number of registrants attracted was 67 and 37 respectively. The content of the evening was presented by Neil Clark where the aim was to look at various ways of explaining pain to patients and also introduce the neuromatrix. The sessions were planned to be interactive as attendees were introduced to the CBT model and applying it to pain and fear avaoidance.

The Galsgow meeting also had sponsorship through Grunethal to promote their Change Pain online education programme. This was organised by Linda Sparks.

Feedback was collated by Shona Houston from both sessions. In the Glasgow session it was felt that there was not enough time to cover all the topics mentioned on the flyer, in particular the neuromatrix theory. This was amended for the St John’s session which seemed more balanced.

Requests for further topics for evenings were invited with a strong interest in CBT and Mindfulness being mentioned.

Following on from this the committee, particularly Dougie Lauchlan organised a Spring Study day on 31st March 2012 at the Ebeneezer Duncan Centre in Glasgow. Three speakers were booked including Grant Syme, Heather Gray and Ian Stevens. Pricing for attending was £50 non PPA members, £35 for PPA members and £20 for students or new grads who weren’t working. Unfortunately interest levels were low and resulted in the day being cancelled 2 weeks before the date. It was felt that the day presented a broad range of topics form a variety of speakers and that by hosting it on a Saturday would free people form asking for study leave. It was also felt that the prices were reasonable. And that by hosting the event in Glasgow it would be widely accessible to a large population.

Approximatley 12 people had registered prior to the event being cancelled.

The speakers received book vouchers by way of compensating them for the inconvenience.

A CBT Skills training course was arranged for 15th-16th June to be hosted at Queen Margaret Hospital in Dunfermline. Zara Hansen had agreed to come up and deliver the course. The course was priced at £200 for non PPA members and £180 for members. A CBT course was selected as it had been highly requested on the feedback from the study evenings. Unfortunately interest was low again with 5 people being registered before the course was cancelled.

As can be seen there has been a mixture of highs and lows across the year. The free study evenings prove popular and another session being run 8th November 2012 is again proving popular with 30+ registrants. It is recoginsed that training budgets have been drastically cut in Physio departments and along with a pay freeze makes it unlikely for Physio’s to spend money on a course.

The study evenings have proved popular and this may be a model to continue with in the coming future. However it depends on the sourcing of accommodation and speakers. Whilst keeping the evenings free encourages attendance it may not be sustainable in the future and may need some consideration by the new committee.

Neil Clark

PPAN Liason Officer

31st October 2012-10-31