

Making and Embedding Transformation Post-COVID

Naughty or NICE: Chronic pain guidelines and their implications for the design and delivery of services

12.30-13.45 Wednesday 14 April 2021

Speaker Bios

Christine Price, person with lived experience of persistent pain



Christine is affected by neuropathic pain (sciatica), which she has lived with since an injury in 2008. Recently she started to write, blog and talk about her experiences of living well with pain, directed at both clinicians and patients. She has been invited to sit on research advisory panels, is a patient representative on the Executive Board of the UK's Physiotherapy Pain Association and a Principal Investigator for CauseHealth.

Christine is involved in the production of learning materials about persistent pain, for both patients and clinicians. She is author of 'The Complexity of Persistent Pain – A Patient's Perspective', Rethinking Causality, Complexity and Evidence for the Unique Patient, A CauseHealth Resource for Healthcare professionals and the Clinical Encounter, and co-author of 'A Person-Centred and Collaborative Model for Understanding Chronic Pain. Perspectives from a Pain Patient, a Practitioner and a Philosopher' with Rani Anjum and Matthew Low.

[@LivingWellPain](#)

Dr Deepak Ravindran, Consultant in Pain Management, Royal Berkshire NHS Foundation Trust & author of The Pain Free Mindset

Dr Ravindran is the Clinical Lead for Pain Medicine at the Royal Berkshire Hospital in Reading. He is fellowship trained from Stanmore and UCL with additional qualifications in Musculoskeletal Medicine and Lifestyle Medicine. He is part of the award-winning Community Pain service in Berkshire (IPASS) and recently also helped set up the Berkshire Long-Covid Service in 2020. He is the author of the new book for patients and healthcare professionals on pain called "The Pain Free Mindset" published in March 2021.

Dr Ravindran's areas of clinical expertise include treatment of neck and back pain, fibromyalgia neuropathic pain, CRPS and cancer pain. He firmly believes pain disorders should be treated



in a trauma informed manner with excellent multidisciplinary rehabilitation techniques and focus on recovery, hope and lifestyle change.

Twitter [@DeepakRavindra5](#)

Instagram [@drdeepakravindran](#)

Emma Davies, Advanced Pharmacist Practitioner in pain management, Cwm Taf Morgannwg University Health Board and co-founder of Live Well with Pain



Emma is an Advanced Pharmacist Practitioner and has worked in pain management for around 15 years. She developed her interest in supported self-management whilst working in the Southampton Pain Service.

Currently working in South Wales, Emma provides pain management clinics in primary care, working with GPs, pharmacists and the primary care teams. Emma also teaches at undergraduate and postgraduate level, develops guidelines and educational materials and provides advice to the Welsh Government on pain management.

Emma is currently studying for a PhD, examining trends in opioid prescribing and healthcare resource utilisation in Wales.

[@emma_davies50](#)

Prof Cormac Ryan, Professor of Clinical Rehabilitation, Teesside University, Community Pain Champion for Flippin' Pain



Cormac Ryan is Professor of Clinical Rehabilitation at Teesside University and a community pain champion for the Flippin' Pain campaign. He has over 15 years of experience in pain management research. He graduated as a physiotherapist from Queen Margaret University College Edinburgh in 2004, before completing a PhD in chronic lower back pain at Glasgow Caledonian University. Cormac has published over seventy peer-reviewed journal articles and obtained more the £1m in research funding. Cormac is co-editor in chief of *Pain and rehabilitation*, the peer-reviewed journal of the Physiotherapy Pain Association. Cormac's two

main areas of interest are; 1) the role that pain science education plays in the management of persistent pain and 2) fishing.

[@TeessideUni](#)

Mike Carpenter, Advanced Practitioner and Developing Consultant Physiotherapist, Connect Health



Mike joined Connect Health in September 2018. He works as an Advanced Physiotherapy Practitioner, within the community pain management team, in Hertfordshire. He is the Clinical Lead for the Herts Valley integrated MSK service. In February 2019, Mike was successful in progressing onto the national Developing Consultant Physiotherapist programme run within Connect Health. He is also part of the Connect Health pain Special Interest Group (SIG).

After completing his BSc in Physiotherapy from the University of Southampton in 2007, he went on to complete a MSc in Advanced Neuromusculoskeletal Physiotherapy from Kings College London (KCL) in 2010. It was during his MSc his passion for working with people with persistent pain really evolved.

As well as his clinical roles, Mike has also worked as part of the academic team at KCL since 2012 as a MSK teaching fellow. He has taught across the under-graduate, pre-registration and post-registration advanced programmes.

[@MikeCarpenterPT](#) [LinkedIn](#)

Victoria Abbott-Fleming, Barrister, Inspirational Speaker and Founder of Burning Nights CRPS Support

Victoria Abbott-Fleming is a non-practising barrister and in 2003 she suffered a seemingly simple accident at work. However, this quickly turned complex and was diagnosed with CRPS in her right leg.

During the 17 years of living with CRPS, Victoria had several bouts of pneumonia, complex skin complications, she also contracted H1N1 and five types of pneumonia in both lungs. Eventually in 2014 she was diagnosed with CRPS in her left leg due to a sciatic nerve lesion. Unfortunately, she became a bilateral above knee amputee because of CRPS.



Victoria now works with chronic pain patients and their families to bring awareness and support especially to those affected by CRPS. Victoria is the Chair of Burning Nights CRPS Support, a CRPS charity and also the Chair of The Patient Voice Committee at the British Pain Society.

W: www.burningnightscrps.org
Facebook: [@chronicpainCRPS](#)
Twitter: [@BNightsCRPS](#) and [@PatientBps](#)
LinkedIn: <https://www.linkedin.com/in/victoria-abbott-fleming/>
Instagram: [@burningnightscrps](#)