

Pre-congress Workshop Chronic Pelvic Pain

Description

Innovations in Pelvic Pain: A Multidisciplinary Approach.

This full-day workshop explores the complexities of **chronic pelvic pain (CPP)** through a multidisciplinary lens, addressing its physiological, psychological, and social dimensions. Featuring leading experts, interactive sessions, and cutting-edge discussions, the event offers attendees actionable insights into innovative treatments, communication strategies, and service design for effective CPP management.

Objective

Understanding pain mechanisms

Explore how pain develops and transition into chronic conditions, including neuropathic, nociceptive and nociplastic pain mechanisms. Explore the connections between CPP and fibromyalgia, understanding the shared pathways of central sensitisation and widespread pain.

Uncover the Drivers of Chronic Pain

Explore the hormonal connections, sleep secrets, and lifestyle habits that can amplify or calm pelvic pain. Decode the biopsychosocial blueprint to better understand chronic pelvic pain

Master the art of collaboration

Engage in interactive workshop to identify biases, improve communication and foster empathy in managing pelvic pain

Discover multimodal pain solutions

Discover groundbreaking approaches to tackle complex challenges like bladder pain syndrome, pelvic floor dysfunction, and myofascial pain. Learn how to integrate transformative therapies like neuromodulation and pelvic nerve blocks for pain relief.

Tackle the invisible impact of pain

Shine a light on the emotional toll of chronic pelvic pain - its effect on intimacy, relationships and mental well-being. Empower patients with mindset shifts and strategies in a bid to improve quality of life.

Explore the future of chronic pelvic pain

Learn about innovative technologies shaping the future of chronic pelvic pain care.

**Tuesday, 29th
April 2025**

Start time: 09:00

End Time: 16:30

**Registration
fee: £75**

**Maximum
delegates: 50**

Address:

**Bridge Community
Church Conferencing
Poplar Room 2**
Rider Street
Leeds
LS9 7BQ

Course organiser:

> Karolina Afors

Register here

Delegates will be able to claim
6 CPD credits for attendance.

Who should attend?

Primary care providers, Gynaecologists, Nurse specialists, Physiotherapists, Medical students, Specialist trainees, Mental health providers, Pain management specialists. Allied healthcare practitioners.

