

ASM26

Annual Scientific Meeting

Pre-congress Workshop Beyond the Scalpel: Redefining Peri/Post-Operative Pain Management

Objective

- Challenge traditional models of post-operative pain management.
- Integrate **precision, multimodal, and biopsychosocial approaches**.
- Explore innovations: digital health, biomarkers, AI, and patient-centric care.
- Build a blueprint for **personalised pre and postoperative pain recovery pathways**.

Provisional programme*

08:45-09:00 Welcome and introduction

09:00-09:45 **Session 1: Rethinking the Physiology**
"Surgical Trauma, Nociception, and Central Sensitisation"

09:50-10:35 **Session 2: The Human Dimension**
"Changing Mindsets to Enhance Surgical Outcomes"

10:35-11:00 Coffee & Networking

11:00-12:00 **Session 3: Multimodal Pathways**
"Movement as Medicine: Physiotherapy Across the Peri- and Post-Operative Pathway"

12:00-13:00 **Session 4: Novel Frontiers**
"Biomarkers, AI & Precision Pain Medicine"

13:00-14:00 Lunch Break

14:00-15:00 **Session 5: Lifestyle & Recovery**
"Nutrition, Sleep, and Lifestyle Hacks for Post-Operative Healing"

15:00-16:00 **Session 6: Emerging Techniques and the Future of Post operative care**
USS Shock Therapy & Integrative Approaches to Recovery

16:00-16:10 Closing Remarks

** The programme is currently provisional and may be updated as planning progresses.*



**Tuesday, 28th
April 2026**

Start time: 08:45
End Time: 16:10

**Registration
fee: £150**

**Maximum
delegates: 50**

Address:

Victoria Room,
The QEII Centre,
Broad Sanctuary,
Westminster, London
SW1P 3EE

Course organiser:

> Karolina Afors

Register here

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

Who should attend?

- Surgeons
- Gynaecologists
- Anaesthetists / Pain Specialists
- Trainees / Fellows
- Nurses, Physiotherapists & Allied Health Professionals
- Digital health & pharma innovators

