**Highland Self Management Forum**

**Pain**

**10th March 2022**

**Microsoft Teams**

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| **AGENDA** | | |
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| 1400 - 1405 | Welcome and Housekeeping | Joanne McCoy  LGOWIT Manager |
| 1405 - 1415 | Alliance Update | Dora Moldovan  Development Officer – Self Management Programme |
| 1415 - 1430 | Realistic Medicine | Kate Arrow  Consultant Anaesthetist & Clinical Lead for Realistic Medicine NHS Highland |
| 1430 - 1445 | Mechanisms of Pain, how different drugs work etc | Jane Wylie  Lead Pharmacist, surgery & Anaesthetics NHS Highland |
| 1445 - 1450 | Refreshment Break |  |
| 1450 - 1500 | Lived Experience Q&A session |  |
| 1500 - 1515 | Fibromyalgia | Sharon Turnbull  More than Fibro |
| 1515 - 1525 | Pain Animation | Spike Setch  LGOWIT E-learning officer |
| 1525 - 1540 | There are many methods of pain relief other than orthodox medication | Kate Hathway  Therapist |
| 1540 – 1545 | Any other questions |  |
| 15.45 | And finally …. | Joanne McCoy  LGOWIT Manager |