**Highland Self Management Forum**

**Pain**

**10th March 2022**

**Microsoft Teams**

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