

Persistent Pain Service (PPS) Pain ECHO Didactic Topics



Each ECHO session will include a brief 15-minute presentation. The topics are as below.

These sessions provide evidence-based information which is practically useful.

Please contact pain.echo@ths.tas.gov.au for links to presentations you have missed.

The de-identified patient case discussions are the greatest source of learning.

NOTE: Topics and dates may change.

DATE	TOPIC
11/08/2020	Biopsychosocial model/science of pain
25/08/2020	Pain Types
08/09/2020	Clinical reasoning in Persistent Pain
22/09/2020	Neuropathic pain: what is it, and how will you know if your patient has it?
06/10/2020	How the Persistent Pain Service works
20/10/2020	Topic as requested
03/11/2020	Measures/questionnaires: what questionnaires do we use, what are they useful for, where can you find them?
17/11/2020	Investigations: when and what and why
01/12/2020	Approach to medications
15/12/2020	Pain, fear and avoidance: how clinicians can help (and how we make it worse)
09/02/2021	Nociplastic pain: what is it, and how will you know if your patient has it?
23/02/2021	Activity and Pain: common traps and useful strategies
09/03/2021	Nociceptive pain: what is it, and how will you know if your patient has it?
23/03/2021	Pain and Locus of Control: waiting for you to rescue them, or wanting to know how to rescue themselves?
06/04/21	Easter
20/04/2021	No ECHO session
04/05/2021	Back Pain – steps to choosing management

DATE	TOPIC
18/05/2021	Complex Regional Pain Syndrome
01/06/2021	Recognising the at-risk patient
15/06/2021	Patient Engagement: is your patient with you?
29/06/2021	Topics not definite from beyond this date
13/07/2021	Medication: anticonvulsants, antidepressants
27/07/2021	Clinical Reasoning in Pain
10/08/2021	Anxiety and Depression in Pain
24/08/2021	Topic as requested
07/09/2021	Surgery and Pain
21/09/2021	Graded activity and Graded Exposure
05/10/2021	Your patient, You and Boundaries
19/10/2021	Flare Ups and Having a Plan
02/11/2021	Pain and Opioids
16/11/2021	Topic as requested
30/11/2021	Back Pain – which care for whom?
14/12/2021	Trauma and Pain
	Graded Motor Imagery