

**MEDIA RELEASE**

**20 April 2015**

**Pain Medicine Education for GP's at Bethesda Health Care**

The third Bethesda Health Care General Practitioner (GP) Education session for 2015 will be on Thursday 7 May from 6:30pm in the hospital café, and will be offering a new topic for attending GP's - **'The Latest in Pain Medicine for General Practice'**.

Up to 50 GP's are expected to attend the session presented by accredited Pain Medicine Physicians - Dr John Salmon and Dr Stephanie Davies.

Topics covered includes:

- Principles of persistent pain management : diagnosis and mechanism based therapy.
- Appropriate prescribing: what to do if paracetamol is now considered ineffective for back pain and NSAIDS and most strong opioids are off the menu?
- Networking with allied health.
- Application of internet-based CBT pain programs.
- Appropriate use of injection therapy.
- Identifying risk factors for difficult management criteria for referral to a pain specialist.
- Identifying patients at risk of poor outcomes following orthopaedic and spinal surgery : the importance of diagnosing neuropathic and radicular/spinal referred pain patterns and the recognition that spinal and joint pathology is most frequently asymptomatic.
- Pain specialist interventions: injection and radio frequency therapies neuromodulation interventions.
- Management of pain disabled workers' compensation and MVA insurance patients.
- Management of problematic opiate dependence and pain.
- CBT pain programs: which patient for which program?

This is the first time that Pain Management has been included in the popular GP Education program, which is now in its third year. Future topics include Orthopaedics, Breast Cancer treatment and Plastic Surgery.

Hospital Chief Executive Officer Yasmin Naglazas said that 'these education sessions are a great way to promote the specialties that are offered by the hospital to our surrounding medical practitioners'.

Bethesda Health Care is an independent 88-bed award-winning hospital in Claremont who has been providing care and service to the Western Australian community for more than 70 years.

[www.bethesda.asn.au](http://www.bethesda.asn.au)

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