

UPCOMING EVENTS

Sleep medicine, art and literature – Ars longa, vita brevis

Date: Tuesday 4 February 2020

More information at:

www.rsm.ac/SleepandArt

Inside the teenage mind

Date: Tuesday 18 February 2020

More information at:

www.rsm.ac/theteenagemind



The Royal Society of Medicine

Sleep and pain

Join the RSM and save 40% on all future meetings

Special delegate offer - join the RSM today quoting "DELB20" and receive 15 months membership for the price of 12.

Apply online at www.rsm.ac.uk/become-a-member


Or visit the RSM Membership team on the ground floor mezzanine.

*New members only. Excludes Student membership.

Charity No. 206219 VAT reg no. 524 4136 71

Book now:

www.rsm.ac/SleepandPain

 **Fri 22 May 2020**
9:00am to 4:55pm

 **CPD accredited**

 **Royal Society of Medicine,**
1 Wimpole Street, London

Follow us:    

About this event

Join us as we bring together experts from two separate faculties, pain and sleep medicine, to explore the bidirectional link between pain and sleep.

A bad night sleep worsens pain. Many patients attribute poor sleep to the primary pain condition rather than considering distinct and treatable primary sleep disorders such as sleep apnoea or restless legs. Learning how to spot and treat sleep disorders improves outcomes in the pain clinic.

Attendees can expect to:

- Understand normal and abnormal sleep and how abnormal sleep is measured and impacts upon pain.
- Identify common sleep disorders as they may present within the pain clinic.
- Be knowledgeable about impact of treatment of insomnia upon pain outcomes.
- Gain awareness of the impact of pharmacological therapies for pain upon sleep.

Key speakers

- **Dr Nicola Tang**
Dr Tang is running award-winning research trials into insomnia CBT within the pain clinic.
- **Dr Kirstie Anderson**
Dr Anderson has published research into the cardiometabolic and sleep impact of the commonly prescribed pain medications. She explores the impact of deprescribing opioids on sleep and restless legs.
- **Professor Sue Wilson**
Professor Wilson has extensive research experience of psychopharmacology and all aspects of polysomnography in the understanding of sleep and the investigation of sleep disorders.
- **Dr Kyle Pattinson**
Dr Pattinson works within the academic pain team in Oxford and has studied the impact of opioids upon respiratory control.

Call for abstracts

Andrew Lawson Prize: Long-term pain, sleep, and pain medications: Vicious circles, or good cycles?

Prize: Free attendance at a Pain Section meeting of your choice and £200

Deadline: Sunday 1 March 2020

Meeting date: Friday 22 May 2020

Open to: Students and trainees

Criteria: 20 minute presentation (including Q&A) on the topic of: 'Long-term pain, sleep, and pain medications: Vicious circles, or good cycles?'

Essays should be no longer than 3000 words.

Tickets

RSM Members	£30 - £95
Non Members	£42 - £133

Event bookings

020 7290 2991
events@rsm.ac.uk

Agenda

9:00am Registration, tea and coffee

9:15am Welcome and introduction

Chair: Dr Kirstie Anderson, President, Sleep Medicine Section, Royal Society of Medicine

9:30am An overview of the common primary sleep disorders and their presentation in the pain clinic

Dr Kirstie Anderson, President, Sleep Medicine Section, Royal Society of Medicine

10:15am Fatigue and sleep – the role of the sleep lab and polysomnography

Professor Sue Wilson, Imperial College London

11:00am Tea and coffee break

11:30am Breathing and your brain, the impact of opioids on central ventilation

Dr Kyle Pattinson, University of Oxford

12:15pm Panel discussion

12:30pm Lunch

1:30pm Introduction

Chair: Dr Anthony Ordman, Past President, Pain Medicine Section, Royal Society of Medicine

2:40pm Insomnia and CBT in the pain clinic, waking less to improve pain

Dr Nicola Tang, University of Warwick

2:15pm Updates in the treatment of obstructive sleep apnoea and implications for the pain clinic

Dr Rexford Musa, Guy's and St Thomas' Sleep Service, London

3:00pm Tea and coffee break

3:30pm The timing of pain, migraine, sleep and circadian rhythm

Dr Alex Nesbitt, Guy's and St Thomas' Sleep Service, London

4:15pm Panel discussion

4:30pm Presentation of the Andrew Lawson student essay prize

4:55pm Close of meeting

Book online at www.rsm.ac/SleepandPain



@RoySocMed



@RoyalSocietyofMedicine



@roysocmed



@royal-society-of-medicine