



# Red Whale

## Herefordshire & Worcestershire CCGs are hosting The MSK and Chronic Pain Update Course, delivered by Red Whale

Keeping on top of all the changes to guidelines and the latest research can be a challenge so we've done all the legwork for you. Our jam-packed course provides a comprehensive guide to understanding and managing MSK conditions and persistent pain issues.

### YOUR MSK AND CHRONIC PAIN UPDATE COURSE



This tricky area takes up roughly 30% of our consultation time. Get a new narrative for your patients and a practical framework to tackle chronic pain!

**Thursday 19th March - 14:00 to 18:00**

(Registration & refreshments from 13:30)

Bank House Hotel, Bransford, Worcester, WR6 5JD

#### Course fees:

Free of charge - 1 GP per practice

£80.00 - Additional delegates

Each Practice is allocated one free ticket, for any additional bookings the cost will be £80pp. In order to pay for this we will require a BACS transfer. If you do book any additional paid places, we will be in touch with you to confirm payment details.

**[CLICK HERE TO BOOK YOUR PLACE](#)**

Tea and coffee will be provided but you will need to bring your own lunch.

This course is open to all GPs in Herefordshire and Worcestershire.

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Videos, Q&A and real-life scenarios complement the lecture-based format. Our GP presenters will share the most important new evidence, relating it to you, your patients and your practice.

## What will be covered?

- Explain why chronic pain is 'in the brain' and increase our understanding of how to support patients in a post-opiate era!
- The guidelines, evidence and practical tips for common MSK conditions including osteoarthritis, back pain, inflammatory arthritis, fibromyalgia, hypermobility and much more.
- 'Minute microskills' that promote self-management like pacing/grading, acceptance and mindfulness.
- Common painful muscle and tendon complaints.
- What we can do when there is no diagnosis and how the 'whole person' approach may help.

**And much more!**

## The MSK and Chronic Pain Update Handbook

Take home a copy of the MSK and Chronic Pain Update Handbook. This fully-referenced handbook covers the most important research, policy and guidance relevant to primary care over the last five years.

It's way more than a set of lecture notes – the Handbook is a fantastic resource that can be used in consultation, as a learning tool, for tutorials and exam revision.

## Who are we?

Red Whale is one of the leading providers of primary care education in the UK with over 20,000 practitioners attending our courses each year.

We specialise in producing courses that are evidence-based, highly relevant to everyday practice and full of actions that delegates can take away and implement immediately.

## WHAT WILL I GET?

- 4 hours of fabulous face to face teaching
- Course attendance certificate and 4 CPD credits
- A copy of the MSK and Chronic Pain Update Handbook packed with additional content

**Plus 12 months FREE online access to GPCPD.com:**

**500** searchable & referenced articles

**100s** of FREE learning activities to earn extra CPD credits



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