



## 7<sup>th</sup> EFIC MONTESCANO PAIN SCHOOL IN: NEUROLOGICAL DIAGNOSIS IN CHRONIC PAIN “Clinical and instrumental processes” 5<sup>th</sup> - 8<sup>th</sup> October 2015

### Aim

Many specialists from different countries and a variety of branches of medicine are increasingly involved in Pain Medicine. This is certainly a boost to cultural richness. However, this creates a point of weakness in the lack of uniformity of clinical approaches to the patient and in the different uses of the various available diagnostic tools. The Montescano School will help pain clinicians to refine their clinical neurological approach and to improve their ability to interpret instrumental and laboratory findings. For the many who do not work in a multidisciplinary team or who rely on external support, the School will also provide the skills for a better understanding of the various diagnostic tests.

### Faculty

Marijana Bras | Croatia  
Roberto Caporali | Italy  
Roberto Casale | Italy  
Giuseppe De Benedittis | Italy  
Antonio DeTanti | Italy  
Anthony Dickenson | UK  
Elon Eisenberg | Israel  
Magdi Hanna | UK  
Per Hansson | Sweden  
Alessandro LaManna | Italy  
Reinhard Sittl | Germany

### Scientific Programme

#### MONDAY, 5<sup>th</sup> October

##### FROM 8:00 TO 13:00

**08:00 – 09:30** Message from EFIC and opening lecture  
o Lecture

*Elon Eisenberg*

##### The outpatient

In outpatient practice it is important to make a first essential screening (neuropathic, nociceptive, mixed pain). The aim of this section is to give a quick reference flow chart for clinicians mainly working in outpatient clinics.

**09:30 – 11:30** The interview: empathy for the devil?  
How to improve the patient/doctor relationship  
What the patient tries to tell us about her/his pain  
Is empathic approach needed

*Marijana Braš*



**FROM 11:30 TO 12.00**

**Coffee Break**

**12:00 – 13:00 The ABC of the clinical examination of the somatic sensory system**

*Roberto Casale*

Minimum instrument set needed and how to use it  
(hammer, tuning fork, Von Frey hairs, heat and cold, dermatographic pencil)  
Mechanical static, dynamic, deep somatic  
Mechanical pinprick  
Thermal (heat & cold)  
**The associated motor impairment**  
Voluntary, autonomic  
Peripheral, central

**FROM 13:00 TO 14:00**

**Lunch break**

**14:00** *Transfer to ZINGONIA HOSPITAL (BG) for Clinical Practical Training.*

**FROM 14:30 TO 18:00**

**Afternoon Practical training**

Participants will carry out exercises applying what they have learned in the morning lessons through workshops composed of small groups, interactive sessions, role playing and multimedia simulations, including how to map a painful area.

**14.30 – 16.00 Questionnaires, diaries and pain mapping**

*Roberto Casale*

How to make easy and fast recordings of clinical picture (analogic, semantic, numerical)  
Complex pain questionnaires and specific, disease-oriented questionnaires  
Quality of life, ADL; Motor impairment

**The instrumental examination of the somatic sensory system: QST**

*Alessandro LaManna*

Quantitative Sensory Testing (Mandatory for all the attendants)

**FROM 16.00 TO 16.30**

**Coffee break**

**16.30 – 17.30 The instrumental examination of the somatic sensory system: neurophysiology**

(Optional. Groups will be organised according with attendants requests)

**Routine neurophysiology (Clinical indications and limitations)**

EMG ENG

Reflex responses (blink, RaIII)

**Special neurophysiology testing (clinical indications and limitations)**

Microneurography

Evoked potentials (LASER, dermatomeric, SSEP)

Brain mapping

**17.30 – 18.00 Is pain a “simple experience”: Psychophysical approach to pain perceptions** *Alessandro LaManna*



## TUESDAY, 6<sup>th</sup> October

### FROM 8:00 TO 13:00

#### **08:00 – 09:30 The clinical examination in minimally conscious state patients**

*Antonio DeTanti*

The presence of pain in minimally conscious state patients (MCS), how to assess and treat it is still a matter of uncertainty. As a consequence there are no guidelines that can help the clinician in assessing and treating pain in MCS. This seminal lecture will give a minimal clinical core set to evaluate pain in these patients.

#### **09.30 – 11:00 The clinical examination of the chronic neuropathic pain patient**

*Per Hansson*

This pivotal tutorial will examine diagnostic approaches to most common pain syndromes in neurology i.e.: painful diabetic polyneuropathy, post herpetic neuralgia, entrapment neuropathies (including complicated low back pain).

##### **I SESSION**

- Data from clinical evidence and case scenarios are presented and discussed in relation with guidelines on Neuropathic pain (IASP NeupSig EFNS etc)
- Diagnostic work-up of neuropathic pain flow chart

### FROM 11:00 TO 11:30

#### **Coffee break**

#### **11:30 – 13:00 II SESSION**

*Per Hansson*

- Data from clinical evidence and case scenarios are presented and discussed in relation with guidelines on Neuropathic pain (IASP NeupSig EFNS etc)
- Diagnostic work-up of neuropathic pain flow chart
- Symptoms and questionnaires utility for NeP identification
- QST interpretation in pain medicine
- Pressing issues

### FROM 13:00 TO 14:00

#### **Lunch break**

### FROM 14:00 TO 18:00

#### **14:00 – 15:30 The clinical examination of the chronic neuropathic pain patient in practice**

*Per Hansson*

Under the guidance of an expert clinician, participants will carry out exercises applying what they have learned in the morning lessons through workshops composed of small groups, role playing and multimedia simulations.

### FROM 15.30 TO 16.00

#### **Coffee break**

#### **16:00 – 18:00 Afternoon Practical training**

Participants will also have the opportunity to participate to an outpatient consultation and QST testing in some of the most common pain syndromes in neurology painful diabetic polyneuropathy, postherpetic neuralgia, limb nerve entrapment neuropathies (including complicated low back pain).



## WEDNESDAY, 7<sup>th</sup> October

### FROM 8:30 TO 13.00

**08:30 – 10:00** How to interpret inflammatory flags in the differential diagnosis between nociceptive and neuropathic pain

*Roberto Caporali*

Clinical red flags

Laboratory red flags (blood samples for inflammatory markers, etc.)

### FROM 10.00 TO 10.30

*Coffee break*

**10:30 – 12:00** Translation of symptoms into pain mechanisms: a dictionary

*Anthony Dickenson*

The lecture will cover the peripheral, spinal and supraspinal mechanisms of pain as evidenced from preclinical studies but in the context translation to patients.

Allodynia, hyperalgesia, ongoing pain will be covered.

Neuropathic, inflammatory and visceral pain mechanisms

Peripheral sensitization, central sensitization – what these may mean in terms of signs and symptoms

Can the actions of drugs aid us in terms of understanding pain mechanisms?

**12:00 – 13:00** Food for Pain

*Roberto Casale*

### FROM 13:00 TO 14:00

*Lunch break*

### FROM 14:00

In occasion of the EXPO 2015 “Feeding the Planet, Energy for life” the School will organise a tour for attendants and faculty at the Expo in Milano.

## THURSDAY, 8<sup>th</sup> October

### FROM 8:30 TO 13.00

**08:30 – 10:00** Neuropathic or Nociceptive.

Rephrasing unclear concepts, uneasy questions in cancer pain

*Magdi Hanna*

**10:00 – 11:30** The inpatient: difficult diagnosis and difficult patients

*Giuseppe De Benedittis*

A patient is referred to a pain clinic mainly for further investigations, confirmation of the diagnostic hypothesis or to start a given treatment. Quite often they can be defined as “difficult patients”. In this setting the clinical and diagnostic tools should be used to define the type of pain precisely and determine the possible sites of action of the therapeutic options.

The multidisciplinary approach and the critical revision of the highly complex patient’s history

Chronic pain and the psychological profile of the difficult patient

The neuro-psycho-social model



**FROM 11.30 TO 12:00**

**Coffee break**

**12:00 – 13.00 Cold Cases**

*Reinhard Sittl*

Under the guidance of an expert clinician, a tournament will be organized between participants to verify the level of knowledge acquired. The tournament consists of simulated “cold” cases within a range of pain topics from those most frequently seen in the outpatient setting.

The aim is to make this an educational exercise on how to reach the most appropriate diagnostic hypothesis while introducing the fun of a sort of competition.

**FROM 13:00 TO 14:00**

**Lunch break**

**FROM 14:00 TO 16:00**

**Learning questionnaires**

In this setting, the clinical and diagnostic tools learned during the School will be discussed and compared, with teachers, in relation to real clinical cases.

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**Total EACME Hours**

25h 30'

**General information**

School's Director: [roberto.casale@fsm.it](mailto:roberto.casale@fsm.it)

More details at: [www.montescanoschool.eu](http://www.montescanoschool.eu)

**School Venue**



**Habilita Care & Research Hospitals**

San Marco Branch, Piazza della Repubblica, 10  
24122 – Bergamo, Italy

**Organizing Secretariat**



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