

## Moving beyond 'body region silos' to manage musculoskeletal pain: Actions to change clinical practice

Webinar 1 - Tues 11<sup>th</sup> August, 7pm – 8pm BST | **Jan Hartvigsen** | *Providing whole-person, team-based care*

Webinar 2 - Weds 26<sup>th</sup> August, 7pm – 8pm BST | **Annabel Kier** | *Educating beyond words using active learning approaches*

Webinar 3 - Weds 9<sup>th</sup> September, 7pm – 8pm BST | **Bronwyn Sherriff** | *Embracing patient-centred communication*

Webinar 4 - Weds 23<sup>rd</sup> September, 7pm – 8pm BST | **Peter Stilwell** | *Coaching towards self-management*

### WEBINAR 2: EDUCATING BEYOND WORDS USING ACTIVE LEARNING APPROACHES

Wednesday 26<sup>th</sup> August 2020, 7pm – 8pm BST

**ANNABEL KIER FRCC**

#### EVENT OUTLINE

This presentation will explore the role of education as a central aspect of patient care in order to impart evidence-based information and facilitate behavioural change. A focus will be placed on understanding the individual patient and their unique pain experience, which is essential when building a therapeutic relationship.

#### LEARNING OUTCOMES

- Understand the central role of education to enable patients to adopt attitudes, beliefs and behaviours likely to improve their overall health
- Develop active listening skills in order to understand the patient's unique pain experience and enable the provision of information and advice in a patient-centred manner.
- Acknowledge that reassuring patients through active engagement is essential to reduce their fear and concerns; this includes dispelling unhelpful myths which they may hold.
- Gain confidence in assisting patients to explore barriers preventing them from adopting an active approach to managing their clinical condition.

#### SPEAKER:

Annabel Kier has been in private practice and chiropractic education since 1988 and taught at AECC, CMCC and WIOC. She has a degree in traditional acupuncture and has recently graduated with a PGDip in counselling. She has a keen interest in the patient's lived experience and how this may influence their health and wellbeing.

**CONVENOR & WEBINAR SERIES CHAIR:** Jonathan Field FRCC (Pain)

**REGISTRATION:** Opens 18<sup>th</sup> August 2020

RCC members: FREE - Contact [blue.events@rcc-uk.org](mailto:blue.events@rcc-uk.org) to register

Non-members: £25 per webinar. Please register and pay online at [rcc-uk.org/rcc-events](http://rcc-uk.org/rcc-events)

Registration closes 26<sup>th</sup> August 2020 5pm BST

