

## 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 3: EMBRACING PATIENT-CENTRED COMMUNICATION

Wednesday 9<sup>th</sup> September 2020, 7pm – 8pm BST

#### BRONWYN SHERRIFF

##### EVENT OUTLINE

This webinar will explore theoretical and practical resources to help enhance chiropractors' patient-centred communication during everyday clinical practice in relation to patients with musculoskeletal pain. It will introduce relevant models and concepts to provide a broad understanding of the importance of patient-centred communication. It will also present useful strategies, tools and tips to strengthen chiropractors' communication skills whilst linking these to the nine key factors considered essential components for understanding patients' pain beliefs and experiences. This webinar aims to present pragmatic strategies to enable chiropractors to tailor their communication approach for each patient, with the goal of optimising pain management by exploring the patient's context to identify modifiable biopsychosocial factors influencing their pain, physical functioning, and potentially hindering their recovery.

##### LEARNING OUTCOMES

- Enhanced understanding of patient-centred communication through an introduction to relevant Psychological models and concepts.
- Awareness of appropriate resources that can be used as a 'toolkit' during the consultation process.
- Enable further integration and tailored communication approaches according to patients' needs.

##### SPEAKER:

Bronwyn Sherriff is presently completing a PhD, match-funded by Bournemouth University and AECC University College, examining contextual factors and their influence on low back pain management. In 2017, she completed a Health Psychology MSc at King's College London combined with a clinical placement in the Chronic Fatigue Service of the South London and Maudsley NHS Trust. Her MSc dissertation investigated the role of psychological flexibility processes in relation to psychological distress and pain outcomes in haemodialysis patients. In South Africa, she was involved in public health research and community injury prevention initiatives, providing one-to-one counselling to patients with traumatic brain injuries, and teaching individuals with differing educational needs and abilities.

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

**REGISTRATION:** Opens 2<sup>nd</sup> September 2020

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

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

Registration closes 5pm BST on 9<sup>th</sup> September 2020



The Royal College of  
**Chiropractors**