

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

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

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

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

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

WEBINAR 4: COACHING TOWARDS SELF-MANAGEMENT

Wednesday 23rd September 2020, 7pm – 8pm BST

PETER STILWELL

EVENT OUTLINE

This webinar will outline the importance of a whole-person approach to self-management in everyday clinical practice involving individuals experiencing musculoskeletal pain. A focus will be on how to integrate current evidence and guideline recommendations to improve patient outcomes.

LEARNING OUTCOMES

- Appreciation of current evidence and recommendations for self-management for musculoskeletal pain.
- Understanding of barriers and facilitators to self-management, with a focus on exercise.
- Understanding of evidence-based techniques to support self-management in chiropractic patients.

SPEAKER:

Peter Stilwell has a chiropractic clinical background and is currently a Postdoctoral Researcher at McGill University in Canada. His research interests include pain, patient-clinician communication, and behaviour change. Prior to completing his PhD in Health from Dalhousie University, he obtained an undergraduate Kinesiology degree from the University of Calgary, Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College (CMCC), and Master of Science (Rehabilitation Research – Physiotherapy) from Dalhousie.

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

REGISTRATION: Opens 15th September 2020

RCC members: FREE - Contact red.events@rcc-uk.org to register

Non-members: £25. Please register and pay online at rcc-uk.org/rcc-events

Registration closes 5pm BST on 23rd September 2020



The Royal College of
Chiropractors