



# 2023 BLOEMFONTEIN PAIN ACADEMY

**Date:** 10<sup>th</sup> June 2023

**Venue:** Ilanga Estate,  
Bloemfontein

## Provisional Programme

**CPD**  
ACCREDITED

TIME	TOPIC	
07h45 - 08h30	Registration and arrival tea/coffee	
<b>Session 1</b>		
08h30 - 08h40	Welcome	
08h40 - 09h05	The practical approach to post-covid thoracic pain	Ms Anneli Pienaar
09h05 - 09h30	Pain management in the resource limited setting: challenges and tricks	Dr Ross Du Plessis
09h30 - 09h55	Non-pharmacological treatment for osteo-arthritis	Dr Johan van Rensburg
09h55 - 10h20	CRPS and a management approach	Prof Gillian Lamacraft
10h20 - 10h45	Exercise as treatment for pain - Why we should move it move it!	Ms Georgina van Aarde
<b>10h45 - 11h15</b>		
<b>Session 2</b>		
11h15 - 11h40	The Bloemfontein perspective on acute and chronic pain management including challenges	Dr Anthony Travis
11h40 - 12h05	General vs specialist palliative care	Dr Jan Du Plessis
12h05 - 12h30	Who is at the centre of pain management?	Dr Nadia Du Plessis
12h30 - 13h30	Ethics: intersectionality and chronic pain	Dr Ruben Naidoo
13h30 - 13h35	Closing	

[CLICK HERE TO REGISTER](#)

**Registration Fee:** R200 for non-members | **Free to PainSA members**



For additional information and assistance please contact

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