

Hand and shoulder pain: Understanding pathologies, diagnosis and treatment



Date: 1–2 March

Venue: Queen's Hospital, Education Center, Romford

CPD: 12 credits (applied for)

Hand and shoulder pain: Understanding pathologies, diagnosis and treatment



1–2 March 2025



Queen's Hospital, Romford

Convenor:

Ms Eskarlett Pereira,

Barking, Havering and Redbridge University
Hospitals NHS Trust

Registration fees

Trainees: £250

Allied Health Professionals: £200

Book here: <https://bit.ly/4fGuT6P>

Educational aims and objectives

This course is designed for higher specialty trainees (ST4 level and above) and trainees about to sit their FRCEM exams.

By the end of the course participants will be able to:

1. Describe osteoarthritis (OA causes, symptoms, clinical examination, and diagnostic)
2. Understand diagnostics (x-ray, ultrasound scan)
3. Describe common hand pain (OA, hand, thumb, wrist)
4. Understand hand conditions and pain tenosynovitis conservative treatment and surgical options
5. Understand carpal tunnel syndrome, and cubital syndrome (clinical examination and treatment)
6. Describe elbow pain (clinical examination and treatment)
7. Describe wrist pain (clinical examination and treatment)
8. Describe shoulder pain (clinical examination and treatment):
 - a. Familiarise students with updates in guidance and approach
 - b. Familiarise with ş lint and caster
9. Understand ultrasound guided injection treatment
10. Understand the surgical options for hand, wrist, elbow and shoulder

Programme

Day 1: Saturday 1 March

08:30	Registration
08:50	Welcome and introduction Ms Eskarlett Pereira, Consultant Hand Therapist and Extended Scope Practitioner and Clinical Lead Hand Therapy Team, Barking, Havering and Redbridge University Hospitals NHS Trust
09:00	Introduction to osteoarthritis (OA) and rheumatoid arthritis (RA) Speaker to be confirmed
09:30	Overview of imaging Speaker to be confirmed
10:00	Ultrasound imaging Dr Sofia Vrizedou, Clinical Radiologist, Barking, Havering and Redbridge University Hospitals NHS Trust
10:30	Q&A
10:40	Refreshments
11:00	OA of the hand and conservative management Mr Pouya Akhbari, Consultant Upper Limb Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
11:40	OA of the thumb and conservative management Mr Staton Phillips, Consultant Trauma and Orthopaedic Surgeon, Mid and South Essex NHS Foundation Trust, and; Ms Eskarlett Pereira, Consultant Hand Therapist and Extended Scope Practitioner and Clinical Lead Hand Therapy Team, Barking, Havering and Redbridge University Hospitals NHS Trust
12:25	Upper limb referral pathways Ms Rebecca Coughlan, Therapy Manager, Barking, Havering and Redbridge University Hospitals NHS Trust
12:35	Q&A
12:50	Lunch
13:30	Wrist pain and conservative management Mr Karam Al-Tawil, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
14:00	Common tenosynovitis and conservative management Mr Rumina Begum, Consultant Orthopaedic Hand and Wrist Surgeon, Mid and South Essex NHS Foundation Trust and; Ms Eskarlett Pereira Consultant Hand Therapist and Extended Scope Practitioner and Clinical Lead Hand Therapy Team, Barking, Havering and Redbridge University Hospitals NHS Trust
14:35	Elbow pain and conservative management Mr Steven Kyriacou, Consultant Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust

15:15 Q&A

15:30 Refreshments

15:45 **Shoulder pain and conservative management**

Mr George Mazis, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust

16:30 **Neuropathies, carpal tunnel, cubital nerve, radial nerve and conservative management**

Ms Mei-Mei Tang, Hand Therapist, Barking, Havering and Redbridge University Hospitals NHS Trust

17:15 Q&A

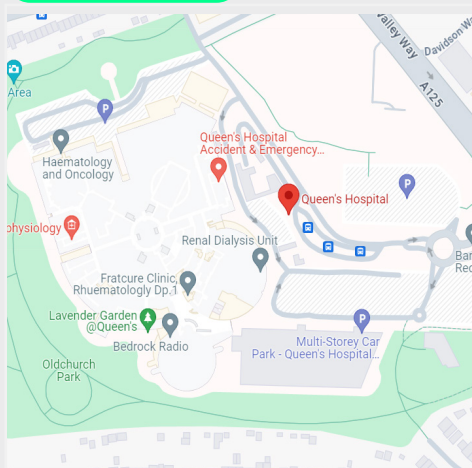
17:30 Close of day

Programme

Day 2: Sunday 2 March

08:50	Registration
09:00	Welcome and introduction Mr Karam Al-Tawil, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust, and; Ms Eskarlett Pereira, Consultant Hand Therapist and Extended Scope Practitioner and Clinical Lead Hand Therapy Team, Barking, Havering and Redbridge University Hospitals NHS Trust
09:05	Surgical options for shoulder pain Speaker to be confirmed
09:45	Surgical options for the elbow Mr Keun Chin, Consultant Orthopaedic Upper Limb Surgeon, Barking, Havering, Redbridge University Hospitals NHS Trust
10:05	Surgical options for the wrist Mr Philip Mathew, Consultant Orthopaedic Surgeon, Chelsea and Westminster NHS Foundation Trust
10:35	Q&A
10:50	Refreshments
11:10	Surgical options for the hand Mr Manu Sood, Consultant Plastic Surgeon, Mid and South Essex NHS Foundation Trust
11:40	Surgical options for the thumb Mr Mark Phillips, Consultant Orthopaedic Surgeon, London Sports Orthopaedics
12:00	Surgical options for common tendonitis in the hand Mr George Mazis, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
12:30	Lunch
13:30	Neuropathies Mr Rumina Begum, Consultant Orthopaedic Hand and Wrist Surgeon, Mid and South Essex NHS Foundation Trust
14:00	Practical sessions – 45 minutes on each station Splint practical session Hand therapist team Ultrasound demonstration Dr Dondorebarwe Sakutombo, Emergency Medicine Doctor, NHS
15:30	Close of course

How to get here



Venue address

Queen's Hospital, Rom Valley Way,
Romford, RM7 0AG

Travelling by tube or train

Romford Railway - 15 min walk

Elizabeth line

Travelling by bus

The main routes include:

Rom Valley Way, (Stop HE) - 9 min walk

5 **103** **165**

Norwood Avenue (Stop H) - 11 min walk

103 **174**

Roneo Corner (Stop RA) - 9 min walk

248 **252** **365**

Orthopaedic Research UK
Furlong House, 10a Chandos Street
London, W1G 9DQ

UK Registered Charity No. 1111657



+44 (0)20 7637 5789



info@oruk.org



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