



## **Opioids in Clinical Practice**

**Tuesday 3<sup>rd</sup> June 2025**

**ICC, Newport, Wales**

Join us for a comprehensive day of learning on "Opioids in Clinical Practice," taking place on Tuesday, 3rd June 2025, at the ICC in Newport, Wales.

Led by leading experts in pain medicine, psychiatry, and palliative care, this event will delve into the complexities of opioid use. From understanding how opioids work to tackling addiction and exploring adverse effects, you'll gain insights into the latest research and clinical approaches. Engage in discussions on paediatric palliative care, approaches to weaning, and real-world case studies.

Whether you're an experienced practitioner or early in your career, this session provides essential knowledge and practical strategies to optimize opioid management and patient outcomes.

**Target Audience**

This session targets healthcare professionals involved in pain management and opioid prescribing, including:

- Consultant physicians and pharmacists specializing in pain medicine and addiction.
- General practitioners and clinicians seeking guidance on opioid use in clinical practice.
- Palliative care specialists working with paediatric and adult patients.
- Early-career healthcare professionals interested in expanding their knowledge of opioids.

### **Aims and Objectives**

The session aims to:

1. Enhance understanding of the pharmacological mechanisms of opioids and their clinical implications.
2. Discuss the latest evidence and guidelines on opioid use, focusing on addiction, long-term adverse effects, and genetic factors influencing efficacy and safety.
3. Explore specialized applications such as opioids in paediatric palliative care.
4. Present strategies for managing opioid dependency, including effective weaning approaches.
5. Provide a platform for interactive learning through complex case discussions, fostering collaboration and practical problem-solving.

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0930-0940	Welcome	Felicia Cox with (am) Dr Jane Quinlan and (pm) Dr Paul Farquhar-Smith
0940-1010	How opioids work	<b>Dr Emma Davies</b> Consultant Pharmacist South Wales
1010-1030	Opioids: pharmacogenetics and pharmacogenomic considerations	<b>Prof Roger Knaggs</b> Professor in Pain Medicine & Pharmacy University of Nottingham President BPS
1030-1100	The evidence for opioids	<b>Dr Cathy Stannard</b> Consultant Physician in Pain medicine NHS Gloucestershire CCG NICE Clinical Lead for Chronic Pain
1100-1120	Coffee break	
1120-1200	Long term opioid use after day case surgery in the UK	<b>Dr Mark Rockett</b> Consultant Anaesthetist Derriford Hospital, Plymouth
1200-1240	Opioids Use Disorder	<b>Prof Tim Hales</b> Teaching & Research University of Dundee
1240-1320	Lunch	
1320-1400	Long term adverse effects of opioids	<b>Dr Paul Farquhar-Smith</b> Consultant in Pain Medicine Royal Marsden
1400-1430	Opioids in Paediatric Palliative Care	<b>Dr Anna Karenia-Anderson</b> Consultant Paediatric Palliative Care Physician Royal Marsden
1430-1450	Coffee break	
1450-1530	Approaches to weaning and optimisation	<b>Dr Jane Quinlan</b> Consultant in Pain Medicine Oxford University Hospitals Trust
1530-1630	Complex case discussions	All
1630	Summary and close	

Speakers:



**Dr Emma Davies:**

Principal Pharmacist - pain, analgesic stewardship and harm reduction  
Cwm Taf Morgannwg University Health Board

Emma Davies provides clinical support and advice to colleagues from a range of professions and a spectrum of specialties, especially for complex management including substance misuse in Primary and Secondary Care. In addition, Emma provides education and training to Primary Care practices and colleagues in Secondary Care. She also develops resources for Health Education and Improvement Wales, who co-ordinate national post-graduate training and education for all healthcare professionals in Wales.

Emma was lead author for All Wales guidelines on Analgesic Stewardship and Pharmacological Pain Management. She set up and co-ordinates a network for pharmacy professionals with an interest in Pain in Wales.

With degrees in pharmacology and pharmacy, Emma is interested not just in how drugs work but also when and where to use them and most importantly, how to do so safely.



Prof Roger Knaggs

Roger is a Professor of Pain management at the University of Nottingham where he completed his PhD on the physicochemical properties of opioids,

My major research interest relates to the appropriate use of analgesic medicines, and associated clinical outcomes and healthcare utilisation.

My main clinical and research interests relate to the appropriate use of analgesic medicines, and associated clinical outcomes and healthcare utilisation. One early study investigated the prescribing and clinical outcomes in primary care after opioid recommendation for chronic non-cancer pain from a pain clinic. This work won the UKCPA Napp Pain Award in 2005. Other topics have included the use of lidocaine 5% medicated plaster for peripheral neuropathic pain, the effectiveness of manual acupuncture and intramuscular stimulation for persistent pain, patient evaluation of nurse-led follow-up services for patients with chronic pain, and oral analgesic prescribing after major orthopaedic and gynaecological surgery.

There has been a marked increase in the use of strong opioids, such as oral morphine and oxycodone, and transdermal fentanyl and buprenorphine, for non-cancer indications over the last decade. I am beginning to study these changes and their geographical variation in more detail, together with understanding the impact of recent legislative changes following The Shipman Inquiry. There remain many unanswered questions regarding the long term effects of opioid therapy and in collaboration with clinical colleagues I am developing a research programme to address some of these issues.



### **Dr Anna-Karenia (AK) Anderson**

Dr Anna-Karenia (AK) Anderson has worked as a consultant in Paediatric Palliative Medicine at the Royal Marsden Hospital and Shooting Star Children's Hospice, where she is also the Medical Director.

Early on she established a specialist paediatric palliative care 24/7 out of hours service and later spearheaded the development of a specialist paediatric palliative care service for Surrey and Southwest London. She is research active, publishing in the areas of [phase of illness](#), [surprise question](#) and [Fentanyl](#) with ongoing projects on symptom assessment tools. She is co-author of two [Cochrane reviews](#) on paediatric pain and contributor to the [APPM formulary](#).

Dr Anderson created the national clinical guidelines group for Paediatric Palliative care, producing [guidelines](#) with the support of Cochrane Response on Seizures, Agitation, GI dystonia. A second series of guidelines are in development on pain and dystonia. As current chair of the [APPM](#) (Association for Paediatric Palliative Medicine), she has widened the organisations representation, championed the development of specialist interest groups including perinatal palliative care and supported the expansion of the education program. She has steadily increased the associations affiliations with other healthcare organisations.

She is also co-chair of the SPAN (Surrey and Southwest London) Paediatric Palliative Care network, and Children and Young People's co-medical lead for Palliative and End of life care for Southeast England Region. Currently she is looking to support improvement in data reporting for services supporting children with life-limiting and life-threatening conditions.

AK is passionate about PPI representation supporting PPI representation within her clinical services, at region and in national projects.