



Faculty Development Program



Title : ORTHOPEDIC PAIN MANAGEMENT AND RELIEF

Date : 2025-02-24 - 2025-02-24

Time : 14:15 - 17:30

Venue : TT 707

Event Outcome

- The outcomes of the event will be To recognize the symptoms of pain and effectively deal with it by adopting pain management techniques and thereby cultivating a healthy lifestyle.



Resource Person 1 - Details

Name : Dr PC Austin

Designation : Consultant Orthopedics, ORTHO AND MEDICINE

University/ Company : SCHIEFFELIN INSTITUTE OF HEALTH RESEARCH and LEPROSY CENTRE KARIGIRI, karigiri

Address : India, 632106.



Resource Person 2 - Details

Name : Paul Rajkumar P

Designation : Occupational Therapist, Schiefflin Institute of Health Research and Leprosy Centre

University/ Company : Schiefflin Institute of Health Research and Leprosy Centre, karigiri

Address : India, 632106.

Resource Person's Profile :

1. Profile of Dr PC Austin

Dr. PC Austin is an MBBS, D. Ortho, DNB, PMR who Graduated from and worked in Christian Medical College and Hospital, Vellore.

He also worked in Government Medical College, Vellore for 10 years. Presently he is working in SIHRLC, Karigiri Hospital (post-retirement) as a consultant orthopedics.

2. Profile of Paul Rajkumar P

Graduated from Christian Medical College, Vellore with Bachelors degree in occupational Therapy in 1997.

Achieved a Master of Science degree in Ergonomics and Organisational Behaviour from Derby University, England in 2013.

Has worked in 2 other countries, Ireland for 13 years, Qatar for 1 year and in India, Vellore for 11 years to date in SIHRLC Karigiri Hospital.

Attend and present research studies in national and international conferences.

Has done 3 research publications in Journals

People may experience bouts of pain daily or have a slight pain sensation at all times. The most common types of chronic pain are back pain, neck pain, headaches, joint pain and nerve related pain. Living with these symptoms daily can further lead to other symptoms such as depression, anxiety, restricted movement, fatigue, and insomnia, among others. Thus, living with such pain can not only impact ones physical life but also ones social, professional and emotional life. This necessitates the need for better pain relief options. Pain management is an important part of orthopedic care and treatment. Orthopedic pain management and relief involve a multi faceted approach, encompassing medication, physical therapy, and sometimes surgery to alleviate pain and restore function in patients with musculoskeletal conditions. Certain forms of persistent pain may benefit from physical therapy. Low intensity exercises can also work wonders for people with pain. Stress can be a major contributor to pain. Reducing stress through meditation, walks in nature, deep breathing exercises, therapy, etc can work wonders in pain relief. Also diet has a direct role to play in pain and inflammation. A healthy diet for weight loss may further be required for back pain relief or pain in the legs. Thus the Program addresses the sources and reasons for pain and seeks to provide pain management techniques with demonstrations to alleviate pain and lead a healthy life.

Lecture

Demonstration

Coordinator's: Prof. SANGEETA MUKHERJEE 14812 - Assistant Professor Sr. Grade 2
- SSL
Prof. EVANGELINE PRISCILLA B 14082 - Assistant Professor Grade 2
- SSL