

Pain and Work

Hotel Thon Opera, Oslo, Norway

April 19th – 21st, 2016

Tuesday, April 19th 2016
Meeting room: Rigoletto

9.30 – 9.45	Course registration and welcome coffee	
9.45 – 10.00	NIVA welcome and general information	Nina Sténs
10.00 – 11.15	Pain – what is it? Definition of pain The purpose and functions of pain The role of pain in adaptation to environmental challenges Overview of pain system(s): <ul style="list-style-type: none"> - What generates pain in the body? Peripheral mechanisms of pain - Pain related reflexes and nervous-system mechanisms 	Stein Knardahl
11.15 – 11.30	Coffee and refreshments	
Session 1: Pain as a problem: cumulative load or acute pain that becomes chronic? From acute to chronic pain; what maintains pain? Psychological mechanisms		
11.30 – 12.30	Chronic pain: peripheral mechanisms	Fred Haugen
12.30 – 13.30	Lunch	
13.30 – 15.00	Chronic pain: central mechanisms with a focus on central sensitization	Per Hansson
15.00 – 15.15	Coffee and refreshments	
15.15 – 16.15	Chronic pain: genetic susceptibility and epigenetic modifications Trends in current pain research	Johannes Gjerstad
19.00	Dinner at the hotel, restaurant Scala	

Wednesday, April 20th 2016

Meeting room: Rigoletto

Session 2: Methods to measure pain

9.00 Transportation from hotel to STAMI (The National Institute of Occupational Health) Stein Knardahl

9.30 – 12.00 Overview of methods
Laboratory demonstrations: methods to investigate pain mechanisms Dagfinn Matre

12.00 Transportation back to Thon Hotel Opera

13.00 – 14.00 Lunch

Session 3: Work factors and pain

14.00 – 15.45 Which mechanical work factors contribute to musculoskeletal pain disorders?
An overview of recent research, methods and future needs Andreas Holtermann

15.45 – 16.00 Coffee and refreshments

16.00 – 17.00 Shift work, sleep and pain Dagfinn Matre

17.30 Social program and dinner
- Guided dinner cruise on the Oslo fjord

Thursday, April 21st 2016

Meeting room: Rigoletto

9.00 – 11.30 Which psychological and social work factors contribute to musculoskeletal pain disorders?
An overview of recent research, methods and future needs Jan Olav Christensen

11.30 – 11.45 Coffee and refreshments

Session 4: Psychophysiological mechanisms of pain and disability

11.45 – 13.00 Chronic pain: psychological mechanisms. Pain and work ability: expectancies, fear-avoidance, catastrophic thinking, perceptual amplification, and other factors that may determine work ability Stein Knardahl

13.00 – 14.00 Lunch

14.00 – 15.00 Participants' projects: presentation of studies and projects by course participants (5 min per presentation)

15.00 – 15.15 Coffee and refreshments

15.15 – 15.45 Summing up