



COURSE **INTERVENTIONAL TECHNIQUES IN PAIN MEDICINE**

2ND EDITION
2025/2026

Organisation



Course “Interventional Techniques in Pain Medicine”

Addressing the Growing Demand for Comprehensive Education

The high prevalence of pain, affecting approximately one-third of the Portuguese population (1.Azevedo LF, Costa-Pereira A, Mendonça L, Dias CC, Castro-Lopes JM. *Epidemiology of chronic pain: a population-based nationwide study on its prevalence, characteristics and associated disability in Portugal*. *J Pain*. 2012;13(8):773–83; 2.Antunes F, Pereira RM, Afonso V, Tinoco R. *Prevalence and Characteristics of Chronic Pain Among Patients in Portuguese Primary Care Units*. *Pain and Therapy*, (), 1–11. DOI:10.1007/s40122-021-00308-2), has a significant impact on the Portuguese population, both directly on the healthcare system and indirectly with the social and the economical costs involved in its treatment and management. Considering this situation, it is increasingly urgent to support and develop specialized actions in the approach and treatment of Pain, with a strong focus on its interconnection with all related domains.

Context & Needs

The topic of Pain is addressed in Medicine, Dentistry, Nursing, and Physiotherapy universities. However, at the undergraduate level, it is taught in a fragmented manner, across different disciplines, mainly in the fields of physiology and pharmacology and not in an integrated level.

Motivation & Goal

APED aims to organise through the APED Pain Academy online platform, specialized training courses of short, medium, and long duration. The goal is to create a differentiated training offer, intrinsically designed for the evolution of the study and treatment of pain, based on the synergy between the academic, clinical, and structural competencies of APED and other scientific societies that collaborate on various training projects.

Focus

The **educational focus** will be grounded in the theoretical and practical sharing of clinical approaches, and in the exchange of knowledge by nationally and internationally recognized experts.

The **objective remains consistent**: to advance the study, teaching, and dissemination of the pathophysiological mechanisms, means of prevention, diagnosis, and treatment of Pain.

Organisation Comitee



Filipe Antunes

APED's President | Medical Doctor, Coordinator of the Chronic Pain Unit at Braga Hospital



Edgar Semedo

Coordinator of APED's Intervention in Pain Working Group; Graduate Consultant in Anesthesiology, ex-coordinator of the Acute Pain Unit at ULS Coimbra; member of the Chronic Pain Unit at ULS Coimbra and ex-member of the Chronic Pain Unit at ULS Médio Tejo



Simão Serrano

Coordinator of APED's Intervention in Pain Working Group; Graduate Consultant in Physical Medicine and Rehabilitation at the Centre for Rehabilitation Medicine of the Centre Region - Rovisco Pais (ULS Coimbra) and member of the Chronic Pain Unit of the ULS Médio Tejo.

Advancing knowledge for a future with less pain.

The *Associação Portuguesa para o Estudo da Dor (APED)*, as the Portuguese chapter of the International Association for the Study of Pain (IASP), is firmly committed to advancing the study, education, and dissemination of knowledge surrounding the mechanisms of Pain, as well as the strategies for its prevention, diagnosis, and treatment. **In pursuing this mission, it is our duty to provide professionals with high-quality tools and learning opportunities that foster excellence in clinical practice.**

Interventional techniques in Pain Medicine are today an essential component of the multidisciplinary approach to chronic pain. Their rapid evolution, the increasing demand for specialized skills and clinical relevance have reaffirmed APED's responsibility to invest in structured and comprehensive training programmes.

Following the successful implementation of the first edition of this course — and based on the valuable experience and feedback gathered our peers — **we are proud to present a restructured and enhanced 2nd edition of the Interventional Techniques in Pain Medicine course.**

This new edition reflects our ambition to go further:

- **By strengthening the integration between theory and practice;**
- **Expanding collaboration with national reference centers;**
- **Reinforcing the scientific and clinical interaction within the medical community;**
- **Promoting the sharing of real-world experience among physicians dedicated to the field of Pain Medicine.**

Advancing knowledge for a future with less pain.

Above all, this course **seeks to empower participants with practical skills, critical thinking, and clinical insight** — always with the clear purpose of improving care and outcomes for people living with Pain.

We invite and challenge all physicians committed to this area to join us. Together, let us build a stronger, more connected, and highly qualified Pain Medicine community in Portugal.



Filipe Antunes

President of APED - Associação Portuguesa para o Estudo da Dor

Empowering Physicians to Lead the Future of Pain Intervention.

The idea of developing a course on Interventional Techniques in Pain Medicine was born from a very real and urgent need felt in daily clinical practice — the need for structured, accessible, and meaningful training in a field that continues to grow in complexity and clinical relevance.

As physicians working in Chronic Pain Units, we are faced every day with the demands of assessing complex patients, deciding on the most appropriate interventions, and applying those techniques with rigour and safety. It is this hands-on reality — and the recognition that many colleagues seek training that mirrors it — that has guided us in the development of this programme.

The first edition of the course confirmed that this need is shared, and highlighted the importance of providing space for training, reflection and connection among professionals from different specialties who are committed to Interventional Pain Medicine.

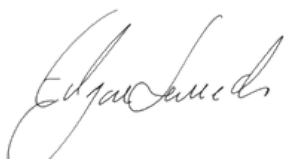
"Knowing is not enough; we must apply. Willing is not enough; we must do."

Johann Wolfgang Von Goethe

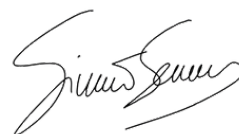
For this reason, **the 2nd edition of the course is not a mere repetition, but a restructured and refined version**, shaped by what we have learned, and by a clear intention to go further. **We have strengthened the articulation between modules, created more opportunities for practical learning, and reinforced the collaborative dimension of the programme**, encouraging the sharing of expertise between centers.

Our goal remains the same: to provide high-level training that is clinically useful, scientifically sound and grounded in reality.

We believe this course reflects the core of what APED stands for — rigorous education, clinical integration, and shared advancement. And we are proud to contribute to building a more cohesive and better prepared national community in the field of Pain Medicine. We look forward to welcoming you.



Edgar Semedo



Simão Serrano

Coordinators of APED's Working Group Intervention in Pain

Interventional Techniques in Pain Medicine Scientific Course

Course Chairman

Filipe Antunes

General Objectives

- ✓ To promote and disseminate specialized continuous education on the latest developments in Interventional Techniques in Pain Medicine.
- ✓ To acquire, deepen, and apply the theoretical and practical foundations of Interventional Techniques in Pain Medicine, using the best available scientific evidence in this field.
- ✓ To emphasize the practical component of interventional techniques in Pain Medicine

Interventional Techniques in Pain Medicine Scientific Course

Learning Objectives

By the end of this course the learner will:

- ✓ Actively participate in and discuss the various topics of Interventional Pain Medicine through theoretical modules and webinars, in both e-learning and face-to-face formats;
- ✓ Acquire knowledge and enhance skills in the clinical and objective examination of different chronic pain syndromes;
- ✓ Identify and describe the different indications and surgical techniques used in the treatment of chronic pain;
- ✓ Understand the essential role of ultrasound and fluoroscopy in the field of intervention, and train in their use on live models and simulators, under the supervision of national and international experts in intervention;
- ✓ Practise various fluoroscopy-guided and ultrasound-guided techniques on cadavers, under the supervision of interventional physicians of reference in their respective areas of expertise;
- ✓ Learn and utilise the different technologies used in Interventional Pain Medicine, including thermal and cooled radiofrequency, pulsed radiofrequency, peripheral and spinal cord neurostimulation, botulinum toxin application, viscosupplementation and other percutaneous techniques;
- ✓ Demonstrate the acquisition of knowledge and skills through theoretical and practical assessments and examinations, with proof provided by a final diploma of approval.

Interventional Techniques in Pain Medicine Scientific Course

Course Structure and Components

Core Course Curriculum	Theoretical Curriculum (ELM)	<ul style="list-style-type: none"> • 12 theoretical modules online (asynchronous - pre-recorded lectures) • 4 complementary theoretical modules online (asynchronous - pre-recorded lectures) • 1 complementary theoretical module live online (synchronous - live session)
	Practical Curriculum (in-person events)	<ul style="list-style-type: none"> • In-person Practical Module in Live Model (2 days in March 2026) • In-person Practical Module in Live Model and Cadaver (2 and a half days in June 2026)
	Clinical Observation Module in Hospital Centre	<ul style="list-style-type: none"> • The clinical observation module includes 2 periods for ultrasound-guided procedures and 2 periods for fluoroscopy-guided procedures at national hospital centres of reference. Places for this clinical observation module will be allocated to graduates through a draw to determine the order of choice at partner institutions (Aprox. 20h of clinical observation module time)

Interventional Techniques in Pain Medicine Scientific Course

Course Structure and Components

ELM - LEARNING MATERIALS

Theoretical Curriculum

**12 asynchronous
theoretical modules (pre-
recorded lectures)**

Modules	Nº of Lectures	Time per Lecture	Release Date
#1 – General Principles of Interventional Pain Medicine	4	30mins	24/10/2025
#2 - Orofacial Pain and Headaches	6	25mins.	24/10/2025
#3 - Neck and Shoulder Girdle Pain	4	25mins.	07/11/2025
#4 - Back Pain	4	25mins.	12/12/2025
#5 - Lower Back Pain	5	25mins.	09/01/2026
#6 - Abdominal and Pelvic Pain	5	25mins.	06/02/2026
#7 – Cancer Pain	5	25mins.	20/02/2026
#8 - Musculoskeletal Pain - Shoulder	5	25mins.	03/04/2026
#9 - Musculoskeletal Pain - Elbow, Wrist and Hand	5	25mins.	01/05/2026
#10 - Musculoskeletal Pain - Hip	5	25mins.	15/05/2026
#11 - Musculoskeletal Pain – Knee	4	25mins.	29/05/2026
#12 - Musculoskeletal Pain – Ankle and Foot	5	25mins.	12/06/2026

Interventional Techniques in Pain Medicine Scientific Course

Course Structure and Components

ELM - LEARNING MATERIALS

	Modules	Nº of Lectures	Time per Lecture	Release Date
Theoretical Curriculum 4 asynchronous complementary theoretical modules (pre-recorded lectures)	MC1 - Pharmacology in Interventional Pain Medicine	4	30mins.	21/11/2026
	MC2 - Regenerative Medicine and Orthobiological Agents in Interventional Pain Medicine	3	30mins.	26/12/2025
	MC3 - Neuromodelation in Interventional Pain Medicine	3	30mins.	20/03/2026
	MC4 - Complex Regional Pain Syndrome – the role of Interventional Pain Medicine	5	25mins.	17/04/2026
Theoretical Curriculum 1 synchronous complementary theoretical module (live online)	MC5 LIVE Online - Peripheral Nerve Pathology – Importance in Interventional Pain Medicine	4	30mins.	24/01/2026

Interventional Techniques in Pain Medicine Scientific Course

Course Structure and Components

Live Events In-Person

	Theme	Total Duration	Date	Location
Practical Curriculum Module 1 Live Model	LIVE MODEL Ultrasound Live-demos: Neck and thoracic spine; Lumbosacral spine; Buttock region; Chest and abdominal wall; Ask te experts (Q&A moment)	220mins (9h – 13h)	13th March 2026 (Morning)	COIMBRA Hotel D.Inês
	LIVE MODEL Ultrasound training stations, 5 rotations between Neck and thoracic spine; Lumbosacral spine; Buttock region; Chest and abdominal wall; Ask te experts (Q&A moment)	220mins (14h30 – 18h30)	13th March 2026 (Afternoon)	
	Theoretical evaluation (contents learned from M1 to M7 and complementary modules 1 , 2 and special live complementary module)	50mins (9h30 - 10h30)	14th March 2026 (Morning)	
	WORKSHOPS Spinal Cord Stimulation (SCS) with simulator; Viscosupplementation; Peripheral neurostimulation (PNS); Thermal and Pulsed Radiofrequency; Cooled Radiofrequency; Botulinum toxin	180mins (11h – 17h)	14th March 2026 (Morning & Afternoon)	

Interventional Techniques in Pain Medicine Scientific Course

Course Structure and Components

Live Events In-Person

	Theme	Total Duration	Date	Location
Practical Curriculum Module 2 Live Model and Cadaver	LIVE MODEL Ultrasound training stations, 5 rotations between: - Shoulder scanning - Elbow, Wrist, and Hand scanning - Hip scanning - Knee scanning - Ankle and Foot scanning	250mins (8h30 - 11h & 11h20 - 13h)	19th June 2026 (Morning)	PORTO S. João Hospital
	Theoretical evaluation (contents learned from M8 to M12 and complementary modules 4 and 5)	50mins (14h - 14h55)	19th June 2026 (Afternoon)	
	Round Table: The Ethical and Multidisciplinary Perspective in Interventional Pain Medicine	60mins. (15h - 16h)	19th June 2026 (Afternoon)	
	LAB CADAVER & SIMULATORS BIOSKILLS Fluoroscopy - radiological anatomy and fluoroscopic training; 6 stations: 2 cervical spine, 2 lumbar spine and 2 sacral region (3 rotations of 50mins.)	150mins (16h30 - 19h)	19th June 2026 (Afternoon)	

Interventional Techniques in Pain Medicine Scientific Course

Course Structure and Components

Live Events In-Person

	Theme	Total Duration	Date	Location
Practical Curriculum Module 2 Live Model and Cadaver	Fluoroscopy-guided Interventions (5 stations rotations) - Spinal Cord Stimulation (SCS) + Interlaminar epidural injection; Sacroiliac joint + Ganglion Impar Block; Lumbar medial branch block + Lumbar facet joint block + Transforaminal lumbar epidural steroid injection (TFESI); Superior Hypogastric and Splanchnic nerves block; Cervical Medial branch block and cervical facet joint block.	250mins (8h30 - 13h & 14H30 - 18H30)	20th June 2026 (Morning & Afternoon)	PORTO S. João Hospital
	Ultrasound-guided Interventions (5 stations rotations): Greater and Lesser Occipital Nerve (GON&LON), cervical facet joint and medial branch block; Shoulder joint + Suprascapular nerve (intra and peri-articular injection, peri-capsular radiofrequency and Cryoneurolysis ablation); Knee joint (intra and peri-articular injection, peri-capsular radiofrequency and cryoneurolysis ablation); Hip joint (intra and peri-articular injection, peri-capsular radiofrequency and cryoneurolysis ablation - PENG block); Caudal, Sacroiliac joint and Pudendal nerve block	250mins (8h30 - 13h & 14H30 - 18H30)	20th June 2026 (Morning & Afternoon)	
	LAB CADAVER Practical Evaluation in Cadaver 2 ultrasound-guided techniques and 2 fluoroscopy-guided technique performed by the participants will be evaluated by 1 instructor; 45 min per student for evaluation (for the 4 procedures).	300mins (8h30 - 13h30)	21st June 2026 (Morning)	

Interventional Techniques in Pain Medicine Scientific Course

Course Assessment Components

- ✓ Theoretical self-assessment quizzes at the end of each theoretical online modules to support learning (both synchronous and asynchronous modules)
- ✓ 2 Theoretical examinations of 50min./each to take place in the Live Events (Core Practical Curriculum Modules) in March and June, to assess and evaluate learning
- ✓ Practical examination on cadavers (ultrasound-guided and fluoroscopy-guided procedures) at the end of the 2nd Module of the Core Practical Course Curriculum



Interventional Techniques in Pain Medicine Scientific Course

Target Audience

Medical Doctors with a special interest in Interventional Pain Medicine.

Requirement for registration

Enrolment in the course (either for the basic training or the optional internship) is subject to proof of eligibility by sending a copy of professional card or a copy of registration with the speciality college, issued and/or recognized by the Portuguese Medical Association. The course is specifically designed to cater all physicians, national or international, whose professional licences are issued or recognised by the Portuguese Medical Association (Ordem dos Médicos) and who speak and/or understand the Portuguese language.

Priority will be given to those who are APED members at the time of registration and can prove this when registering (enter membership number). Places will be allocated on a time basis.

Interventional Techniques in Pain Medicine Scientific Course

Enrolment Fees

Interventional Pain Medicine is an annual course that starts on 25th October 2025 and ends on 21st June 2026.

The Course registration fees are as follows:

- **Core Course Curriculum - 2.000€**

Core Theoretical Curriculum

- 12 pre-record theoretical modules (asynchronous online modules)
- 4 pre-record complementary theoretical modules (pre-recorded asynchronous online modules)
- 1 Live Online complementary theoretical module (synchronous module)

Core Practical Curriculum

- 2 in-person live events
 - 1 Practical Module in ultrasound on a live model: 2 days live event in Coimbra, Hotel D. Inês (in March 2026)
 - 1 Practical Module in ultrasound on a live model and cadaver: 2½ days live event in Porto, Department of Anatomy of HSJ (in June 2026).

- **Clinical Observation Module (Optional) - 1.200€**

- 4 Clinical Observation periods (two for ultrasound-guided procedures and two for fluoroscopy-guided procedures) at one of the 6 interventional pain medicine reference hospital centers partnering with APED on the Course. The order of choice by which the graduates can choose the hospital centre will be determined through a draw.

Interventional Techniques in Pain Medicine Scientific Course

Special Enrolment Fees for Former Graduates

1st edition Course (2024/25) graduates who, for extraordinary reasons, were unable to attend the following course components may enrol, subject to the following fees and terms:

- **Live Events**
 - Coimbra Live Event in March - 500€
 - Porto Live Event in June - 500€
- **Practical Evaluation on a Cadaver** - 300€

Enrollment Terms: Applications are subjected to evaluation by the organising committee and subject to availability.

