



PAIN MANAGEMENT EXPERT

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Dr Paul Watson BA (Hons) MB ChB FRCA FFPMRCA
Consultant in Pain Medicine

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Name:	Dr Paul Watson	
Date of birth:	28 th March 1972	
Nationality:	British	
Address:	Pain Expert Limited	
GMC status:	Registered with a licence to practice.	
GMC number:	7042113	
Education:	University of Bristol School of Medicine	2003-2009
Qualifications:	BA (Hons) MB ChB FRCA FFPMRCA	1994 2009 2018 2020
NHS employment:	Royal United Hospitals Bath	2021- current
Medicolegal practice:	Litfield House Medical Centre, Bristol	2023-current

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Professional qualifications: I read medicine at University of Bristol School of Medicine and was awarded MB BCh in 2009. After completing a range of medical, surgical, and emergency medicine positions in the South West of England, I completed specialist training in Anaesthesia and was elected Fellow of the Royal College of Anaesthetists (FRCA) in 2018. I gained Advanced Pain Training through accredited placements in Bristol and Gloucester in 2020. I was awarded FFPMRCA in 2020 and placed on the Specialist Register in 2021.

NHS Consultant appointments: I was appointed as substantive Consultant in Anaesthetics and Pain Medicine at Royal United Hospitals Bath in June 2021. I have been the medical lead for tertiary pain services at Bath National Pain Centre (BNPC) since November 2021. BNPC is an interdisciplinary centre seeing a full spectrum of chronic pain conditions across 4 distinct pain services. We comprise a multidisciplinary pain clinic and three national pain services: Complex Regional Pain Syndrome (CRPS) service, Bath Centre for Pain Services (BCPS) offering residential rehabilitation for complex pain, and Complex Cancer Late Effects Rehabilitation Service (CCLERS).

Clinical experience: I am a consultant in Pain Medicine and medical lead for 3 nationally commissioned residential pain services: Bath Centre for Pain Services (BCPS), Complex Cancer Late Effects Rehabilitation Service (CLERS) and the National Complex Regional Pain Syndrome (CRPS) Service. In our pain clinic I manage wide range of painful conditions including management of complex regional pain syndrome (CRPS), spinal pain, pain after surgery & trauma, and painful neuropathies. In our national services, I assess complex pain cases that have persisting distressing pain that has not been controlled by standard pain management at the patient's local services. Following in depth appraisal of the history and input from local teams, I make recommendations for further investigations, medical management or interventions where appropriate. I offer opinion on alternative diagnoses & medical suitability for residential pain rehabilitation. I work closely with & support the highly specialised multidisciplinary teams involved in rehabilitation. I oversee medical aspects of patients' presentation during their time with us, both pain-related & otherwise.

Special interests: My interests range from interventional management of chronic pain right through to interdisciplinary rehabilitation. I have particular interest in management of CRPS, spinal pain, and pain after injury.

Presentations and Teaching: I am the Faculty Tutor (Pain) at Royal United Hospitals Bath. I have presented at local and national meetings including the Neuromodulation Society of the UK & Ireland (NSUKI). I continue to teach at postgraduate level.

Selected Presentations:

- 2022: Innovations in CRPS management. The Society of Anaesthetists of the South Western Region (SASWR). Invited speaker.
- 2022: Qualitative Analysis of Patient Feedback Following Attendance at a Novel Virtual Model of an Established Residential Pain Rehabilitation Program at a National Specialist Centre During the COVID-19 Pandemic. IASP 19th World Congress on Pain, Toronto.
- 2022: Comparison of Psychometric and Physical Measures of Treatment Outcome Following Virtual Attendance Versus Face-to-Face Model of an Established Residential Pain Rehabilitation Program at a National Referral Centre During the COVID-19 Pandemic. IASP 19th World Congress on Pain, Toronto.
- 2019: Acupuncture Anaesthesia. The Society of Anaesthetists of the South Western Region (SASWR). Invited speaker.

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- 2016: Clinical Effectiveness of Spinal Cord Stimulators. Neuromodulation Society of UK & Ireland (NSUKI) Annual Scientific Meeting, Manchester
- 2015: Analgesia for fractured neck of femur audit leads to implementation of fascia–iliaca compartment block protocol. Winter Scientific Meeting, AAGBI, London

Expert witness training: Excellence in Report Writing, Bond Solon, 2022. Courtroom Skills, Bond Solon, 2022. I am familiar with the Civil Procedure Rules Part 35.

Selected Publications:

Watson P, Watson D, Dhese A, et al. Improving blood-prescribing decisions: Evaluating the efficacy of a blood guidelines app. *Transfusion Medicine*. 2020; 1-7. Original article.

Watson D, Dhese A, **Watson P**, New H, Birchall J. Transfusion guidelines at your fingertips. *Blood & Transfusion Matters Issue 52* 2017

Watson P, Keenan R, Rugonfalvi-Kiss. Improving analgesia in fractured neck of femur with a standardised fascia iliaca block protocol. *BMJ Qual Improv Report* 2016:5

Watson, P. Modulation of involuntary movements in cerebral palsy with acupuncture. *Acupunct Med* 2009;27;76-78 – Case report in Peer reviewed BMJ journal.

Watson P. Analgesia for fractured neck of femur audit leads to implementation of fascia–iliaca compartment block protocol. *Anaesthesia* 2014, 70(Suppl. 2), 21. Abstract in peer reviewed journal.

Watson P, Mobile App PocketDr Delivers Evidence-Based Clinical Checklists for Junior Doctors' to Improve Management of Ill Patients. *Medicine 2.0*. Abstract in peer reviewed conference journal.

Watson S, **Watson P**. Sytematic Improvement of Outcomes in Critical Care: Small Changes in Daily Review Sheet Improves Best Practice Standards in Dynamic Environments (Abstract). *World Journal of Medical Education and Research (WJMER)*, Vol 2, Issue 1, 2012; Page 114. Abstract in peer reviewed journal.

Dr Paul Watson
October 2023