



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

PROGRAM GUIDE

+62 811 22 3839

learningipminmanado@gmail.com

<https://painmanagement.network/lim23>



Organized by
PainManagement.Network
in cooperation with
**PMR Department, Faculty of
Medicine, Sam Ratulangi University**

Sitou Timou Tumou Tou
Human Lives to Humanize other Human
-Sam Ratulangi

Klinik BebasNyeri





LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

DAY 1: Tuesday, 1st August 2023

8am – 5pm WITA, at Forensic Kandou CGH

WS 1 : C-arm IPM Exam Preparation

Full Day Hands-on Cadaveric of C-arm Guided IPM Exam Preparation, with 6 online sessions and exam preparation dinner meeting for informal tips and tricks directly from facilitators. Learning program includes: pharmacology of anti-inflammation and anaesthetics IPM drugs, strategy to pass c-arm IPM exam, fast track c-arm guided IPM, oral test simulation (two sessions), all with recording.

Facilitated by the only Indonesian facilitator, trainer, and examiner on WIP FIPP since 2017, and WIP FIPP examiner since 2022 :

- 1.dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
- 2.dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS

IPM Expo August 2nd - 5th.

Free 1 day IPM Training Workshop: Basic Knee and Shoulder Intervention Workshop, PMR Pain Management Panel Discussion, on August 4th, for WS1 participants.

Language used English with some Bahasa Indonesia on QnA or interaction (translators will be provided for English-speaking participants).



LEARNING IPM in Manado & Bunaken

August
1st-6th 2023



Rundown Workshop 1

31st July 2023

TIME	ACTIVITY	DESCRIPTION
14.00 - 17.00 WITA	Check-in at Mercure Manado Tateli Beach Resort	
19.00 - 20.00 WITA	Dinner meeting at Mercure Manado Tateli Beach Resort	Dinner for the participants and the instructors : dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS Registration and distribution of participant goodie bags by the committee
20.00 WITA	Free event	

1st August 2023

TIME	ACTIVITY	DESCRIPTION
07.30 - 08.00 WITA	Tour Forensik Room	By MC
08.00-10.00 WITA	C-Arm Guided IPM Exam Preparation Workshop	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS
10.00 WITA	Morning snack	Forensic Hall
10.00-12.00 WITA	C-Arm Guided IPM Exam Preparation Workshop	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS
12.00 - 13.00 WITA	Lunch Break	Forensic Hall
13.00-17.00 WITA	C-Arm Guided IPM Exam Preparation Workshop	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS
15.00 - 15.15 WITA	Afternoon snack	Forensic Hall
18.00 WITA	Participant back to Mercure Manado Tateli Beach Resort	
19.00-20.00 WITA	Dinner meeting at Mercure Manado Tateli Beach Resort	Dinner for the participants and the instructors : dr. Theresia C.T. Novi, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS
20.00 WITA	Free event	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

INCLUDE:

Online Sessions						
3MLP	CP-1	UB06-19	Online Class: Pharmacology of IPM Drugs - Anti-inflammation	11/07/23	19.00 - 21.00	Recording available
	CP-2	UB06-20	Online Class: Pharmacology of IPM Drugs - Anesthetics	14/07/23	19.00 - 21.00	Recording available
	CP-3		Online Class: C-arm Guided Exam Preparation - Strategy	24/07/23	19.00 - 21.00	
	CP-4		Online Class: Fast Track C-arm Guided IPM Procedure	25/07/23	19.00 - 21.00	
	CP-5		Online Class: C-arm Guided Exam Preparation - Viva 1	22/08/23	19.00 - 21.00	post WS
	CP-6		Online Class: C-arm Guided Exam Preparation - Viva 2	23/08/23	19.00 - 21.00	post WS
Accommodations						
		Room	2 Night Accommodation (31/7 - 2/8) Manado to & from Airport, city transport, breakfast, support.			
			Check in on Hotel Mercure Tateli Beach Manado	31/07/23	14.00 - 17.00	
Workshop						
	CP-W1		Workshop Preparation Briefing Hotel Mercure Tateli Beach Manado	31/07/23	20.00 - 21.00	
	CP-W2	WS3	Full Day Cadaveric & Healthy Volunteer Workshop	01/08/23	08.00 - 17.00	
			Morning Snack at Workshop	01/08/23	10.00	
			Lunch at Workshop	01/08/23	12.00	
			Evening Snack at Workshop	01/08/23	15.00	
	CP-W3	DM3	Dinner Meeting - C-arm Exam Preparation	01/08/23	17.00 - 20.00	
			Check out Hotel Mercure Tateli Beach Manado	02/08/23	12.00	
Free Sessions:						
		WS4	IPM Training Workshop LIM23	04/08/23		
		WS4.1.1	US Guided IPM, Shoulder Intervention Workshop	04/08/23	13.00 - 15.00	
		WS4.1.2	US Guided IPM, Knee Intervention Workshop	04/08/23	15.00 - 17.00	
			Manado IPM Expo	2 - 5 Aug		
Optional Addons:						
		Opt1	Extend more night. For better experience in LIM23			
		Opt2	WS2 - USG Guided IPM Workshop: Exam Preparation Cadaveric & Real Patient Workshop for US Guided IPM Exam Preparation	02/08/23		
		Opt3	WS3 - 3MLP USG Guided IPM on Msk Workshop Cadaveric & Real Patient Workshop for Musculoskeletal Procedures on US Guided IPM.	03/08/23		



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

		Opt4	WS5 - Real Patient WS Manado 5/8, extend to 6/8. Supervised hands-on real patient workshop and charity. Celebrating the opening of Manado Pain Rehab Center.	05/08/23		
		Opt5	WS6 - Real Patient USG WS Bunaken 6/8, Bunaken 5 - 7/8. Proofing the point that IPM can be performed on remote island.	06/08/23		
		Opt6	UB07 - Register for 3MLP Msk Class 2024. The elite PMN 3MLP Basic Course, only for serious pain intervention specialist, welcome to the club. Join once for lifetime learning together.	Jun - Aug 2024	26.000.000	
		Opt7	UI04 - Register for 3MLP Nerve Class 2023. Mastering the nervous system intervention. Providing solid block for complete pain management skills.	Sep - Nov 2023	28.000.000	
		Opt8	UA02 - Register for 3MLP Spine Class 2024. The true 3MLP Advanced Course, Ultrasound Guided IPM on Spinal System, the peak of IPM mastery. Skills only possessed by view selected pain intervention specialists.	Feb - Apr 2023	38.000.000	
		Opt9	Theresia Novy, "Handbook of US Guided IPM on Musculoskeletal System", Edition 1 errata, 2022, at 30% WS1, WS2, WS3 participant discount, 20% discount for WS4, WS5, WS6 participants, 10% for IPM Expo attendee.	2 - 5 Aug	1.050.000	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

DAY 2: Wednesday, 2nd August 2023

8am – 5pm WITA, at Forensic Kandou CGH

WS 2 : USG IPM Exam Preparation

Full Day Hands-on Cadaveric and Healthy Volunteer of USG Guided IPM Exam Preparation, with online sessions and exam preparation dinner meeting for informal tips and tricks directly from facilitators. Learning program includes: pharmacology of anti-inflammation and anaesthetics IPM drugs, strategy to pass USG IPM exam, fast track USG guided IPM, oral test simulation (two sessions), all with recording.

Facilitated by the only Indonesian facilitator, trainer, and examiner on WIP CIPS since 2017, and WIP CIPS examiner since 2022 :

- 1.dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
- 2.dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS
- 3.dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS

IPM Expo August 2nd - 5th.

Language used English with some Bahasa Indonesia on QnA or interaction (translators will be provided for English-speaking participants).



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

Rundown Workshop 2

1st August 2023

TIME	ACTIVITY	DESCRIPTION
14.00 - 17.00 WITA	Check in at Mercure Manado Tateli Beach Resort	
19.00 - 20.00 WITA	Dinner meeting at Mercure Manado Tateli Beach Resort	Dinner for the participants and the instructor : dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS Registration and distribution of participant goodie bags by the committee
20.00 WITA	Free event	

2nd August 2023

TIME	ACTIVITY	DESCRIPTION
07.30 - 08.00 WITA	Tour Forensik Room	By MC
08.00 - 10.00 WITA	USG IPM Exam Preparation	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS
09.30 - 09.45 WITA	Morning snack	Forensic Hall
10.00-12.00 WITA	USG IPM Exam Preparation	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS
12.00 - 13.00 WITA	Lunch Break	BLU Expo Room
13.00-17.00 WITA	USG IPM Exam Preparation	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS
15.00 - 15.15 WITA	Afternoon snack	Forensic Hall
18.00 WITA	Participant back to Mercure Manado Tateli Beach Resort	
19.00 - 20.00 WITA	Dinner at Mercure Manado Tateli Beach Resort	Dinner for the participants and the instructor : dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS
20.00 WITA	Free event	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

INCLUDE:

Online Sessions						
	UP-1	UB06-19	Online Class: Pharmacology of IPM Drugs - Anti-inflammation	11/07/23	19.00 - 21.00	Recording Available
	UP-2	UB06-20	Online Class: Pharmacology of IPM Drugs - Anesthetics	14/07/23	19.00 - 21.00	Recording Available
	UP-3	UB06-21	Online Class: Updates in Regenerative Medicine IPM	18/07/23	19.00 - 21.00	Recording Available
	UP-4	UB06-22	Online Class: Cases & Updates IPM Msk	21/07/23	19.00 - 21.00	Recording Available
	UP-5		Online Class: US Guided Exam Preparation - Strategy	26/07/23	19.00 - 21.00	
	UP-6		Online Class: Fast Track US Guided Exam Preparation	27/07/23	19.00 - 21.00	
Accommodations						
		Room	2 Night Accommodation (31/7 - 2/8) Manado to & from Airport, city transport, breakfast, support.			
			Check in on Hotel Mercure Tateli Beach Manado	01/08/23	14.00 - 17.00	
Workshop						
	WS3	UP-W1	Full Day Cadaveric & Healthy Volunteer Workshop	02/08/23	08.00 - 17.00	
			Morning Snack at Workshop	02/08/23	10.00	
			Lunch at Workshop	02/08/23	12.00	
			Evening Snack at Workshop	02/08/23	15.00	
	DM3	UP-W2	Dinner Meeting - USG IPM Exam Preparation	02/08/23	17.00 - 20.00	
			Check out @Hotel	03/08/23	12.00	
Free Sessions:						
		WS4	IPM Training Workshop LIM23	04/08/23		
		WS4.1.1	US Guided IPM, Shoulder Intervention Workshop	04/08/23	13.00 - 15.00	
		WS4.1.2	US Guided IPM, Knee Intervention Workshop	04/08/23	15.00 - 17.00	
			Manado IPM Expo	2 - 5 Aug		
Optional Addons:						
		Opt1	Extend more night, to 4/8 or 5/8 For better experience in LIM23			
		Opt2	WS3 - 3MLP USG Guided IPM on Msk Workshop Cadaveric & Real Patient Workshop for Musculoskeletal Procedures on US Guided IPM.	03/08/23		
		Opt3	WS5 - Real Patient WS Manado 5/8, extend to 6/8 Supervised hands-on real patient workshop and charity.	05/08/23		
		Opt4	Celebrating the opening of Manado Pain Rehab Center.	06/08/23		



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

			WS6 - Real Patient USG WS Bunaken 6/8, Bunaken 5 - 7/8			
		Opt5	UB07 - Register for 3MLP Msk Class 2024 The elite PMN 3MLP Basic Course, only for serious pain intervention specialist, welcome to the club. Join once for lifetime learning together.	Jun - Aug 2024		
		Opt6	UI04 - Register for 3MLP Nerve Class 2023 Mastering the nervous system intervention. Providing solid block for complete pain management skills.	Sep - Nov 2023	28.000.000	
		Opt7	UA02 - Register for 3MLP Spine Class 2024 The true 3MLP Advanced Course, Ultrasound Guided IPM on Spinal System, the peak of IPM mastery. Skills only possessed by view selected pain intervention specialists.	Feb - Apr 2023	38.000.000	
		Opt8	Theresia Novy, "Handbook of US Guided IPM on Musculoskeletal System", Edition 1 errata, 2022, at 30% WS1, WS2, WS3 participant discount, 20% discount for WS4, WS5, WS6 participants, 10% for IPM Expo attendee.	2 - 5 Aug	1.050.000	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

Day 3: Thursday, 3rd August 2023

8am – 5pm WITA, at Forensic Kandou CGH

WS3: 3MLP USG IPM on Musculoskeletal Cadaveric Workshop

Cadaveric injection workshop for participant of PMN 3 Month IPM Learning Program Basic Course: Ultrasound Guided IPM on Musculoskeletal System, hands-on cadaveric injection training.

Facilitated by the only Indonesian facilitator, trainer, and examiner on WIP CIPS since 2017, and WIP CIPS examiner since 2022:

1. dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
2. dr. Gunawan Kurniadi, Sp. KFR
3. dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS
4. dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS

IPM Expo August 2nd - 5th.

Language used English with some Bahasa Indonesia on QnA or interaction (translators will be provided for English-speaking participants).



LEARNING IPM in Manado & Bunaken

August
1st-6th 2023



Rundown Workshop 3

2nd August 2023

TIME	ACTIVITY	DESCRIPTION
14.00 - 17.00 WITA	Check in at Mercure Manado Tateli Beach Resort	
19.00 - 20.00 WITA	Dinner meeting at Mercure Manado Tateli Beach Resort	Dinner for the participants and the instructors : dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS dr. Gunawan Kurniadi, Sp. KFR Registration and distribution of participant goodie bags by the committee
20.00 WITA	Free event	

3rd August 2023

TIME	ACTIVITY	DESCRIPTION
07.30 - 08.00 WITA	Tour bagian Forensik	By MC
08.00 - 10.00 WITA	3MLP USG IPM on Musculoskeletal Cadaveric Workshop	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS dr. Gunawan Kurniadi, Sp. KFR
10.00 WITA	Morning snack	Forensic Hall
10.00-12.00 WITA	3MLP USG IPM on Musculoskeletal Cadaveric Workshop	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS dr. Gunawan Kurniadi, Sp. KFR
12.00 – 13.00 WITA	Lunch Break	BLU Expo Room
13.00-17.00 WITA	3MLP USG IPM on Musculoskeletal Cadaveric Workshop	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS dr. Gunawan Kurniadi, Sp. KFR
15.00 WITA	Afternoon snack	Forensic Hall
18.00 WITA	Participant back to Mercure Manado Tateli Beach Resort	
19.00 - 20.00 WITA	Dinner at Mercure Manado Tateli Beach Resort	Dinner for the participants and the instructor : dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Fortuna Meita Caturwulan, Sp. S, M. Kes., FIPP, CIPS dr. Dewa Gd S.A. Putra, Sp. OT, M. Biomed., CIPS dr. Gunawan Kurniadi, Sp. KFR
20.00 WITA	Free event	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

WORKSHOP OVERVIEW

For Multi Discipline Pain Specialists			
	Online Session 1: EPTM Preparation Program	Jul-23	
	Online Session 2: EPTM Test Simulation	Jul-23	
	2 Night Accomodation (1/8 – 3/8) with BF		
	on Mercure Tateli Beach Manado Resort Hotel		
	Check in	01/08/23	14.00 – 17.00
	Dinner Meeting on Exam Preparation	01/08/23	17.00 – 20.00
	Breakfast at Hotel	02/08/23	
	USG Exam Prepatation Workshop	02/08/23	08.00 – 17.00
	Morning Snack at Workshop	02/08/23	10.00
	Lunch at Workshop	02/08/23	12.00
	Evening Snack at Workshop	02/08/23	15.00
	Manado IPM Expo – USG Guided	03/08/23	
	Check out	03/08/23	12.00
Optional Addons:			
Opt1	3MLP Msk WS		
Opt2	Basic IPM WS		
Opt3	Real Patient WS Manado		
Opt4	Real Patient WS Bunaken		



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

Day 4 : Friday, 4th August 2023 (IPM Training Workshop)

Opening ceremony of Workshops and Symposium of Learning IPM in Manado. Including signing ceremony of the UNSRAT & Kandou CGH Strategic Plan to Become Center of Excellence in Healthcare and Education of Pain Management.

Moderator :

1. dr. Christopher Lampah, Sp.K.F.R
2. dr. Masrianti, Sp. KFR, KR (K)

MC : dr. Reynaldo + dr. Raisa

08.00 – 08.25 WITA	Participants Registration	
08.25 – 08.35 WITA	Opening Ceremony of LIM23 by MC	
08.35 – 08.40 WITA	Laporan Acara LIM23	dr. Patrick Muljono, Mkes
08.40 – 08.50 WITA	Pembukaan Direktur RSUP Prof R.D Kandou	Dr. dr. Jimmy Panelewen, SpB-KBD
08.50 – 09.10 WITA	Pain Management to Reduce Global Healthcare Cost Burden	Dr. dr. Jimmy Panelewen, SpB-KBD
09.10 -09.20 WITA	Sambutan Dekan	Prof. Dr. dr. Nova Kapantow, DAN, MSc, Sp.GK
09.20 – 09.40 WITA	Ethics in Pain Management	Prof. Dr. dr. Nova Kapantow, DAN, MSc, Sp.GK
09.40 WITA	Morning Snack	
Pain Management as a Holistic Approach		
09.40 – 10.00 WITA	Musculoskeletal Pain: Easy Come Easy Go?	Dr. dr. Joudy Gessal, Sp.K.F.R., M.S.(K)
10.00 – 10.20 WITA	Pain In Pediatrics : How to Evaluate?	Dr. Gloria Rondonuwu, Sp.K.F.R
10.20 – 10.40 WITA	Spinal Cord Injury: is there any cure for the pain?	Dr. Lidwina Sengkey, Sp.K.F.R.,N.M.(K)
10.40 – 11.00 WITA	Neck Femur Fracture Pain in Geriatrics; How to overcome?	Dr. Elfrida Marpaung, SpK.F.R.Ger.(K)
11.00 – 11.20 WITA	Giants in Geriatric Pain	dr. Jenny Pandaleke, Sp.K.F.R.
11.20 – 11.40 WITA	Relieve Pain Aerobic Exercise	Dr. dr. Theresia Isye Mogi, Sp.K.F.R.,K.R.(K), SH, Mkes
11.40 – 12.00 WITA	Managing Pain Wisely: Surgery or Conservative?	Dr. Theresia CT Novy, Sp.K.F.R., M.Kes., FIPP, CIPS
12.00 – 13.00 WITA	ISHOMA	
13.00 – 17.00 WITA	WORKSHOP	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

WS4 – WORKSHOP INFORMATION

Room 1 : Main Hall A, Kandou CGH (Hybrid) WS4.1 : Multi Discipline IPM Training Workshop, WS For Specialists US Guided IPM on Musculoskeletal with high prevalence: on Knee and Shoulder area. This WS is very useful for new IPM adopters. Moderator : dr. Jenny Pandaleke, Sp.K.F.R.		
13.00 – 15.00 WITA	US Guided IPM on Knee : Specialist participant will learn to perform basic knee intervention, with healthy volunteer scan by facilitator.	Dr. Gunawan Kurniadi, Sp. KFR
15.00 – 17.00 WITA	US Guided IPM on Shoulder : Specialist participant will learn to perform basic shoulder intervention, with healthy volunteer scan by facilitator.	Dr. Theresia CT Novy, Sp.K.F.R., M.Kes., FIPP, CIPS
Room 2 : 1st Floor Hall, Kandou CGH (Hybrid) WS4.2 : GP's Pain Management Training Workshop, WS for GPs and Residents Moderator : dr. Gloria Rondonuwu, Sp.K.F.R		
13.00 – 13.20 WITA	The Role of GP in klinikBebasNyeri Video presentation of the role of GP in pain clinic, showcasing GP's activities on klinikBebasNyeri	dr. Daniel Hadimartana, Sp. KFR
13.20 – 14.00 WITA	The Role of GP in Pain Management Understanding importance and central role of GP in pain management.	Dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
14.00 – 14.30 WITA	Physical Examination for Pain Diagnosis How to perform pain diagnosis for GP. Understanding red flag, yellow flag, when to refer for surgery, rehab, or for IPM / pain intervention specialists.	Dr. Daniel Hadimartana, Sp. KFR
14.30 – 17.00 WITA	Skill Station: Pain Diagnosis for GP Training on how to perform pain diagnosis for GP's. Understanding red flag, yellow flag, when to refer for surgery, rehab, or for IPM / pain intervention specialists.	Dr. Christopher Lampah, Sp. KFR dr. Daniel Hadimartana, Sp. KFR
Room 3 : Main Hall B, Kandou CGH (Online) WS4.3 : Nurse Pain Management Workshop, WS for Nurses Perawat diperkenalkan pada berbagai fungsi keperawatan pada manajemen nyeri pasien. Moderator: I Ketut Suwendra Skep,Ns.		
13.00 – 13.30 WITA	Manajemen Nyeri Keperawatan Peserta memperoleh penjelasan mengenai nyeri, manajemen nyeri, dan manajemen nyeri keperawatan. Adanya "Klinik Nyeri" di Rumah Sakit (bagian dari persyaratan akreditasi RS) dan di Klinik Utama. Sekilas mengenai Buku Putih Nyeri KKI 40/2018 dan PNPk Nyeri Kemenkes tahun 2019. Adanya Perawat Manajemen Nyeri sebagai salah satu spesialisasi keperawatan di negara-negara maju.	Ns Jeavery Bawotong Skep. M.Mkes.
13.30 – 14.30 WITA	Asuhan Keperawatan Klinik Nyeri, Skill Station 1: Asesmen Awal Pasien Edukasi mengenai asuhan keperawatan di klinik nyeri, menerangkan mengenai nyeri sebagai tanda vital ke-6 pada pasien, dilanjutkan dengan pelatihan evaluasi nyeri pasien menggunakan VAS Wong-Baker@.	Ns. Dhini A. W, S. Kep
14.30 – 15.30 WITA	Peran Perawat pada Tindakan IPM Skill Station 2: Perawat Asisten IPM & USG Edukasi mengenai berbagai peran perawat pada tindakan IPM yang merupakan tindakan minimal invasif,	Ns. Desi Sumiyati S. Kep



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

	dilanjutkan dengan pelatihan simulasi pengoperasian USG pada tindakan IPM berpandu USG. Memberikan paparan singkat mengenai berbagai jenis tindakan IPM: Injeksi berpandu USG, Injeksi berpandu C-arm, IPM PRP, IPM RF / Pulse, IPM Cryo, IPM Endoskopi (PELD), IPM Laser (PLDD), IPM Implant (SCS).	
15.30 – 15.50 WITA	Video: Manfaat IPM dan Peran Perawat Video memperlihatkan sekilas manfaat IPM serta berbagai peran perawat di klinis Bebas Nyeri.	
15.50 – 16.50 WITA	Edukasi & Follow Up Post-IPM Skill Station 3: Simulasi Edukasi Post-IPM Pelatihan melakukan asuhan keperawatan berupa edukasi dan follow-up pasien post IPM, diikuti simulasi edukasi post-IPM.	Ns. Dita Fitriani, S.Kep
16.50 – 17.00 WITA	Doubt Clearing (QnA) Tanya jawab.	Ns. Dhini A. W, S. Kep
Room 4 : Forensic, Kandou CGH (Offline)		
WS4.4. USG Scan Workshop		
13.00 – 13.20 WITA	How to perform USG Scan	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
WS4.5. USG IPM Cadaveric Injection The cadaver third day is allocated for PMR Injection training for PMR Staff and Residents who wants to perform the injection training. Specially for those who observe previous WS2 and WS4.		
08.00-08.20 WITA	IPM Injection on Cadaveric Briefing Briefing on how to perform IPM injection self training as already observed in previous WS. Attended by all staff and residents who want to participate in this WS.	Dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS dr. Gloria Rondonuwu, Sp. K.F.R
08.20-17.00 WITA	US Guided Injection Workshop, Hands-on Cadaveric Participant in group of 4, each with USG performing USG injection on cadaver as observed on previous WS2 & WS3.	Coordinated by dr. Gloria, Sp. KFR
15.00 – 15.15 WITA	Afternoon Snack	
17.00 – 17.05 WITA	CLOSING by MC	



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

Day 5 : Saturday, 5th August 2023 (Manado Pain Rehab Center)

WS 5: Real Patient Workshop & Free Medication Charity

Time	Topic	Facilitator
08.00 – 11.00 WITA	Pain Management Charity and Real Patient Workshop at the Clinic	dr. Gunawan Kurniadi, Sp. KFR
08.00 – 09.00 WITA	Briefing & Patient reception	dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
09.00 – 11.00 WITA	Hands on Real Patient Workshop	
10.00 WITA	Morning Snack	CVBC 4 th floor

Soft Opening of Pain Rehab Clinic at CVBC Kandou Hospital, Manado

11.00 – 11.10 WITA	Opening Ceremony by MC
11.10 – 11.20 WITA	Opening by :
11.20 – 11.30 WITA	- Dr. dr. Jimmy Panelewen, SpB-KBD
11.30 – 11.40 WITA	- Dr. dr. Joudy Gessal, Sp. KFR(K)
11.40 – 11.50 WITA	- Mudy Situmorang
	- dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
11.50 – 12.10 WITA	Tumpeng Cutting Ceremony
12.10 – 13.00 WITA	Lunch Break at CVBC 4 th floor
13.00 – 15.00 WITA	Hands on Real Patient Workshop



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

Day 6 : Sunday, 6th August 2023 (Bunaken Island)

WS 6 : Remote Island Pain Management Charity & Real Patient Workshop

For Multi Discipline Pain Specialist: Real Patient Workshop		
For Public: Charity Event		
06/08/23	06.00 – 07.00 WITA	MMTBR port to Bunaken port
	07.00 – 08.00 WITA	Breakfast
	09.00 – 10.30 WITA	Christian Sunday Service
	10.30 – 12.00 WITA	Pain Management Charity and Real Patient Workshop on Bunaken Facilitators: dr. Christopher Lampah, Sp. KFR dr. Theresia C.T. Novy, Sp. KFR, M. Kes, FIPP, CIPS
	12.00 – 13.00 WITA	Lunch
	13.00 WITA	Free Event



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

WORKSHOP INFORMATION

Early Bird Price (June 25 th – July 15 th)	C-arm EP	USG EP	Dual EP		Free WS4 registration for participants of WS1, WS2 and WS3	
	WS1	WS2	WS1 & 2			
WORKSHOP	<i>Aug 1st</i>	<i>Aug 2nd</i>	<i>Aug 1st- 2nd</i>			
Room	18,700,000	17,700,000	33,400,000			
	31/7 – 2/8	1/8 – 3/8	31/7 – 4/8		3MLP & EPTM cashback for WS1 and WS2 is IDR 500,000 per course	
	2 nights	2 nights	4 nights			
No Room	16,200,000	15,200,000	29,400,000			
PRE-SYMPOSIUM WORKSHOPS						
Early Bird Price (June 25 th – July 15 th)	US IPM Msk	Mixed CU	Mastering US	Three WS		
	WS3	WS1 & 3	WS2 & 3	WS1,2,3		
WORKSHOP	<i>Aug 3rd</i>	<i>Aug 1st+3rd</i>	<i>Aug 2nd- 3rd</i>	<i>Aug 1st- 3rd</i>		
Room	18,650,000	34,350,000	33,350,000	47,050,000		
	2/8 – 5/8	31/7 – 4/8	1/8 – 5/8	31/7 – 5/8		
	3 nights	4 nights	4 nights	5 nights		
No Room	16,150,000	31,350,000	30,350,000	42,550,000		
PRE-SYMPOSIUM WORKSHOPS for PMN 3MLP Msk Alumni						
Early Bird Price (June 25 th – July 15 th)	Msk Alumni	Msk Alumni	Msk Alumni	Msk Alumni		
	US IPM Msk	Mixed CU	Mastering US	Three WS		
	WS3	WS1 & 3	WS2 & 3	WS1,2,3		
WORKSHOP	<i>Aug 3rd</i>	<i>Aug 1st+3rd</i>	<i>Aug 2nd- 3rd</i>	<i>Aug 1st- 3rd</i>		
Room	14,650,000	30,350,000	29,350,000	43,050,000		
	2/8 – 5/8	31/7 – 4/8	1/8 – 5/8	1/8 – 5/8		
	3 nights	4 nights	4 nights	4 nights		
No Room	14,150,000	28,350,000	27,350,000	40,550,000		



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

SYMPOSIUM & WORKSHOPS						
Aug 4th, 2023	WS4 – Symposium and IPM Training Workshop					
WORKSHOP	WS4.1. For Pain Specialists		WS4.2. For GPs & Residents		WS4.3. For Nurses	
Early Bird Price (June 25 th – July 15 th)	No Room	Online	No Room	Online	No Room	Online
	1,000,000	800,000	500,000	250,000	350,000	150,000
POST-SYMPOSIUM WORKSHOPS						
Aug 5th, 2023	WS5 – Real Patient Workshop at Manado Pain Rehab Center					
Aug 6th, 2023	WS6 – Real Patient Workshop at Bunaken Resort					
WORKSHOP	Specialists		WS ½/3	Msk Alumni		
Early Bird Price (June 25 th – July 15 th)	Room (1 night)	4,500,000	4,000,000	3,500,000		
	No Room	3,500,000	3,000,000	2,500,000		

Kandou Central General Hospital and Sam Ratulangi University's Faculty of Medicine

Register at: <https://pmn.page/reg-lim23> (for specialists)

Register at: <https://pmn.page/reg-lim23gp> (for GPs & Residents)

Register at: <https://pmn.page/reg-lim23kep> (for Nurses)



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

FAMILY TOUR

Family Tour Contact:

Jessica
0813-6247-1994

Paket tour satu hari:

1. Daily Bunaken (Organized by Residen IKFR):

Kegiatan	Harga/Pax
Snorkeling 2 Sites	600.000/Pax
Diving 2+1 Sites (Underwater Photography Included, 1 on 1 Dive Instructor, Beginner-friendly, Introductory Class Included)	1.800.000/Pax

Harga Paket Wisata Bunaken 1 Day / Sehari ini sudah termasuk :

- ✓ Speed boat PP Bunaken
- ✓ BBM sesuai rute
- ✓ Makan Siang
- ✓ Tiket masuk dermaga
- ✓ Tiket masuk Pulau
- ✓ Asuransi perjalanan laut
- ✓ Free tambahan spot (Area Barat)
- ✓ Air mineral & Kopi
- ✓ Snack / cemilan (Min 5 pax)
- ✓ Guide / pendamping
- ✓ Makan guide

Harga Paket Wisata Bunaken 1 Day / Sehari tidak termasuk :

- ✗ Keperluan pribadi
- ✗ Extra menu, air bilas
- ✗ Segala hal yang tidak tercantum di include

2. Tangkoko Nature Reserve & National Park Tour - Whole Day (Organized by Residen IKFR)

Kegiatan	Harga/Pax
Tangkoko Forest Tour (Wildlife Spotting, Nature Observation, Light Trekking) & Sunset Barbecue at Pantai Batu putih Tangkoko	600.000/Pax

Harga Wisata Sehari Tangkoko ini sudah termasuk :

- ✓ Transportasi dan Driver
- ✓ Makan Siang dan Malam
- ✓ Air mineral & Kopi
- ✓ Snack / cemilan
- ✓ Guide / Pendamping Ranger Hutan
- ✓ Tiket Masuk Taman Nasional Tangkoko
- ✓ Makan guide



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

3. Minahasa Daily (by Cakraloka Tour):

Jumlah Peserta	Harga/Pax
2 orang	850.000/pax
3-4 orang	825.000/Pax
5-8 orang	800.000/pax
9-15 orang	775.000/pax
16-25 orang	750.000/pax
26-50 orang	725.000/pax
51-100 orang	700.000/pax

Family Tour Contact:

Jessica
0813-6247-1994

Itinerary :

- ① Dijemput Oleh Driver di Hotel / Bandara
- ① Mengunjungi Makam Imam Bonjol, untuk berwisata sejarah
- ① Mengunjungi Pagoda Ekayana
- ① Makan siang di atas Danau Tondano
- ① Mengunjungi Benteng Moraya
- ① Selanjutnya pengunjung akan menikmati lokasi Danau yang memiliki 3 perubahan warna. Mengikuti dengan aktifitas kawah gunung yang aktif disekitarnya. Kadang Coklat, Hijau & Biru.
- ① Sore hari balik ke Manado, diantar ke Hotel / Bandara

Include / Sudah Termasuk :

- ✓ Transportasi Selama Tour Berlangsung
- ✓ BBM / Bensin
- ✓ Parkir semua lokasi
- ✓ Driver yang sopan dan berpengalaman
- ✓ Makan siang halal muslim
- ✓ Tiket Masuk semua objek wisata
- ✓ Air mineral
- ✓ Snack / Cemilan (Min 5 pax)
- ✓ Makan Driver selama tour
- ✓ Guide / Pendamping

Exclude / Belum Termasuk :

- ✗ Tiket pesawat
- ✗ Keperluan pribadi
- ✗ Extra jus / menu tambahan
- ✗ Tip jika berkenan & sukarela
- ✗ Segala hal yang tidak tercantum di include



LEARNING IPM in Manado & Bunaken



August
1st-6th 2023

Paket Tour Organized by Cakraloka tour

1. Paket 3 hari 2 malam non hotel:

(City Tour manado, bunaken, minahasa highland)

Family Tour Contact:

Jessica
0813-6247-1994

Jumlah Peserta	Harga/Pax
2 orang	3.250.000
3-4 orang	2.600.000
5-8 orang	2.350.000
9-15 orang	2.550.000
16-25 orang	2.300.000
26-50 orang	2.100.000

2. Paket 4 hari 3 malam (city tour manado, bunaken, minahasa highland, wisata kuliner)

Jumlah Peserta	Harga/Pax
2 orang	3.500.000
3-4 orang	3.400.000
5-8 orang	3.150.000
9-15 orang	3.000.000
16-25 orang	2.900.000
26-50 orang	2.800.000

Catatan:

City tour manado: Jembatan soekarno, pusat perbelanjaan pasar 45, klenteng ban hin kiong, tugu perang dunia ke 2, centrum

Minahasa highland: Pagoda ekayana, pasar extreme, benteng moraya, danau tondano, puncak tetetana, danau linow

Include:

- Transportasi selama tour
- BBM
- Driver
- Makan sesuai program tour
- Speed boat PP dari bunaken
- Tiket masuk dermaga bunaken
- Tiket masuk pulau bunaken
- Tiket masuk semua objek wisata
- Welcome drink
- Asuransi perjalanan laut
- Guide snorkeling di bunaken
- Guide berlisensi/Bahasa inggris (khusus grup)
- Parkir semua lokasi
- Air minum
- Makan driver dan guide selama tour

Sitou Timou Tumou Tou
Human Lives to Humanize other Human
-Sam Ratulangi

**LEARNING IPM**
in Manado & Bunaken

+62 811 22 3839
learningipminmanado@gmail.com
<https://painmanagement.network/lim23>