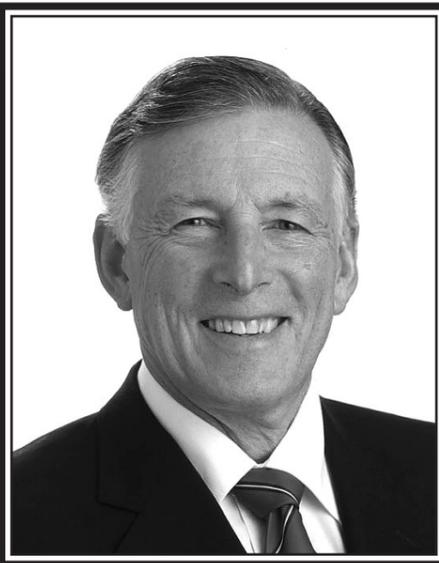




The Australian Pain Society

2008
*Distinguished
Member
Awards*

Awarded for services to the promotion,
treatment and science of pain management
and lifelong contribution to the
Australian Pain Society.



Michael J Cousins AM

MB BS, MD(Syd), DSc, FANZCA, FRCA,
FACHPM(RACP), FFPMANZCA

Following specialist training in anaesthesia, Professor Michael Cousins was awarded a University of Sydney postgraduate fellowship to carry out research on acute pain management with a pioneer in this field, Professor Philip Bromage, at McGill University in Montreal, Canada.

He was then appointed to the Faculty of Stanford University Medical Center in California, spending a total of 5 years in North America, where he completed the research for his MD degree. While at McGill

and Stanford Universities, he interacted with three of the pioneers of the field of pain medicine - Ronald Melzack, Patrick Wall and John J. Bonica. These interactions, and others at Stanford University in the late 1960s and early 1970s, stimulated his more than 40 years of research, teaching, clinical innovation and development of the field of pain medicine in Australia and internationally.

Following his return to Australia, Professor Cousins developed two large multidisciplinary pain management centres, firstly at Flinders Medical Centre, Adelaide (1975-1990) and then at the University of Sydney, Royal North Shore Hospital (1990 – present). Both these centres have become internationally recognised for clinical care, teaching and research. The University of Sydney Pain Management & Research Centre was recognised by the National Health & Medical Research Council in 1998 as a “Centre of Clinical Excellence in Hospital Based Research”.

Professor Cousins also fostered the development of a Graduate Diploma and Masters course in Pain Management, which commenced as a local program but now offers postgraduate degrees internationally through the University of Sydney as well as through the University of Edinburgh, the University of California, San Francisco and from 2008 through the University of Santo Tomas in Manila.

Professor Cousins was the founding president of the Australian Pain Society (1979) and a member since inception. He chaired an NHMRC Working Party (1995-1999) which developed Australia's first “evidence-based medicine” guidelines on the management of acute pain – a document now used throughout Australia and internationally. He was also chairman of the Joint Advisory Committee on Pain Medicine of the specialist colleges of Anaesthesia (ANZCA), Medicine (RACP), Surgery (RACS), Psychiatry (RANZCP) and Rehabilitation Medicine (AFRM) which led to the formation of the Faculty of Pain Medicine (ANZCA) in 1999. He served as the Founding Dean of the Faculty (1999-2002) and played the leading role in gaining recognition of Pain Medicine as a medical specialty by the Australian Government.

Internationally, Professor Cousins served as President of the International Association for the Study of Pain (IASP) (1987-1990). He played a major role in stimulating IASP to form an official relationship with the WHO and to place more emphasis on the treatment of cancer pain & acute pain, in addition to pre-existing emphasis

on chronic pain. In recognition of these contributions, he was made an Honorary Member of the IASP, and also of the Pain Society of Great Britain and Ireland.

His research has produced over 200 original papers, reviews and book chapters in the fields of mechanisms and treatment of acute, chronic and cancer pain; pharmacology and toxicology of anaesthetic and analgesic drugs; development of novel routes of delivery of analgesic drugs; epidemiology of chronic pain and impact of pain on the individual and society.

He has published three editions of the text *Neural Blockade and Pain Management* which has become a key reference internationally. A review, with colleague Laurie Mather in 1984, on the spinal route of analgesia has become the third most frequently cited reference in the entire field of pain medicine over the last 20 years, and the most cited reference in the anesthesiology literature over the last 60 years. He has served on numerous international editorial boards including the leading journals *Pain* and *Anesthesia & Analgesia*. He served as the founding Section Editor for a new Pain Medicine section of the latter journal.

He has numerous national and international awards including: Member of the Order of Australia; Rotary Award for Vocational Excellence in Anaesthesia & Pain Medicine; John Mitchell Crouch Research Award, Royal Australasian College of Surgeons; Elected to Fellowship of Chapter of Palliative Medicine, Royal Australasian College of Physicians; Inaugural Kester Brown Lecture, Australian Society of Anaesthetists; Mushin Medal, Welsh National University; Sir Arthur Sims Professorship, Royal College of Surgeons & Physicians of UK, Canada & South Africa; Royal College of Anaesthetists (RCA) – Chloroform Sesquicentenary Lecture, Edinburgh; Royal College of Physicians & Surgeons of Canada, Royal College Lecture; and the

inaugural JJ Bonica Distinguished Lecturer on Pain Therapy, American Society of Regional Anaesthesia.

Professor Cousins has been a leading advocate for government, health professional and community awareness of the societal, humanitarian, financial and health resource implications of the “hidden epidemic” of chronic pain on a national and international level.

He has assisted in the training of key individuals and in the setting up of resources/facilities for new pain medicine centres throughout Australia, in the Asia Pacific region, Europe, Canada and in the USA. Over the last 28 years, many overseas trainees have come to Australia to do training in Pain Medicine before taking up key roles in their own countries. He has been the driving force in Australia and internationally in drawing attention to evidence that severe persistent pain becomes a “disease entity” and has also championed the concept of “Pain relief as a basic human right” via key editorials, reviews and lectures.

In 2001 the Australian Neuroscience Society honoured him as their Eccles Lecturer (in memory of Nobel Laureat, Sir John Eccles), when he presented both of the foregoing themes with the evidence that underpins them. He was awarded a Doctor of Science from the University of Sydney in 2006.