



THE  
AUSTRALIAN  
PAIN SOCIETY

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## MEDIA RELEASE

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### PAIN EXPERTS PUT THE FOCUS ON NON-CODEINE TREATMENTS

As Australians living with pain face the future without over-the-counter codeine medications, top pain scientists and clinicians will meet in Sydney in April to shine a spotlight on the many options for treating pain and preventing associated harmful effects such as depression and disability.

The Australian Pain Society's 38<sup>th</sup> Annual Scientific Meeting at Darling Harbour, 8-11 April, will bring together experts from Europe, North America, New Zealand and Australia.

The meeting follows the February 1 rescheduling of codeine drugs to prescription-only amid alarm in government and medical circles about widespread over-dependence on codeine and other addictive opiate medications.

It's known that one in five Australians is living with chronic or persistent pain, which lasts more than three months after injury, surgery or other condition. One in five GP consultations involves a patient with persistent pain.

APS President Fiona Hodson said: "Whilst medications often have a role in chronic pain, the limitations, failings and hazards of medications are inadequately appreciated. The good news is there's growing scientific evidence that many non-drug treatments are better for managing persistent pain. This conference will be an important step in spreading the word about coordinated, multi-disciplinary management including physiotherapy, occupational therapy and psychology, along with exercise and self-management strategies."

"Now, more than ever, we need to educate GPs and the wider community about the latest pain science, and the potential benefits from a best-practice, multi-disciplinary model of care."

The conference theme is "Collaborate. Educate. Disseminate". 2018 is the Global Year for Excellence in Pain Education, initiated by the International Association for the Study of Pain (IASP).

Conference sessions will provide updates on:

- clinical trials for new medications including the role of medical cannabinoids
- managing musculoskeletal, pelvic and back pain
- the role of interpersonal relationships
- lessons learned from placebo
- psychological treatments such as meditation and mindfulness
- the role of diet and sleep
- helping children and adolescents with pain
- pain among indigenous and elderly populations

The Australian Pain Society Annual Scientific Meeting is being held conjointly with the New Zealand Pain Society Annual Scientific Meeting.

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Australian Pain Society | [38<sup>th</sup> Annual Scientific Meeting](#) | 8-11 April 2018 | International Convention Centre Sydney

The Australian Pain Society (APS) is Australia's leading forum of university-trained health professionals (including GP and specialist doctors, nurses, occupational therapists, pharmacists, physiotherapists, psychologists and other allied health professionals and researchers) trained in the recognition, research, management and advocacy around all aspects of pain in Australia.