



Professor Michael Cousins AO

We wish to congratulate Prof Michael Cousins for being made an officer in the Order of Australia in the recent Australia Day Honours.

This prestigious award recognises Michael's dedication and life's work of helping people to manage their pain.

Professor Cousins is a founding member and past president of the Australian Pain Society (APS) and a past councillor and president of the International Association for the Study of Pain (IASP).

His career as a clinician, researcher, educator, administrator and community advocate has spanned over 44 years and he is widely recognised for his outstanding leadership and contribution to the field of pain management both within Australia and internationally.



Further to being awarded an AO, Professor Cousins will also be recognised at the opening and naming of the new "Professor Michael J Cousins Pain Management and Research Centre" at the Royal North Shore Hospital, in the presence of the Hon. Jillian Skinner, MP, Minister for Health and Minister for Medical Research. This ceremony will take place on 11 February 2014.

► Editor's Note

Welcome to the first edition of the newsletter for 2014. It's a relatively brief edition but the recent publications section is the fullest it's ever been. Thank you to Professor Jenny Strong and Dr Brigitte Tamin for sharing these publications and the informative perspectives they provided about their work. You'll also find several reports on other activities by members which will be of wide interest.

Reminder that the date of the annual scientific meeting is quite close so I encourage you to start making arrangements – don't miss the opportunity for a meeting in lovely Tasmania.

As always our thanks to all contributors and to Tracy Hallen at DC Conferences for enabling the newsletter.

Regards,

Will Howard

Newsletter Editor

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DISCIPLINE SUB GROUP FORUMS

REMINDER!

Opportunity to share information and promote discussion within your pain discipline at the conference in Hobart.

DISCIPLINE SUB GROUP FORUMS

The inaugural Australian Pain Society (APS) Discipline Sub Group Forums will be held at the Annual Scientific Meeting to be held in Hobart from 13 April 2014.

The APS is trialing a set of one hour forums, from 5-6pm, immediately prior to the Welcome Reception on Sunday 13 April 2014, in support of each of the following discipline sub groups:

- Occupational Therapy
- Physiotherapy
- Nursing
- Researchers: clinical and basic sciences
- Clinical Psychology & Psychiatry
- Medical

These forums will be conducted at no charge to members. The setting will be relaxed and informal to promote intra-discipline links across systems and

states and to fast-track feedback from members to the APS Board.

To stimulate discussion, there will be a brief agenda and the session will be facilitated to document this feedback.

An APS Board member will be present at each forum to provide a direct conduit from members to the Board.

We encourage your participation in this new endeavour and genuinely seek YOUR feedback. Please indicate by brief email to the secretariat if you are interested in participating or would like any specific issues to be addressed. You do not need, to pre-register to attend this event but it would assist organisation if you express your interest in advance. We look forward to your contribution!



2014 Australian Pain Society
34th Annual Scientific Meeting
13 -16 April 2014
Hotel Grand Chancellor, Hobart



SUBMISSION DEADLINES

Topical Sessions	1 August 2013
Free Papers & Posters	31 October 2013
Early Bird Registration	14 February 2014

RECENT PUBLICATIONS

Recent Publications

Thank you to Dr Brigitte Tampin of the Comprehensive Spinal Care Clinic at Sir Charles Gairdner Hospital, and her fellow APS colleagues who have contributed to the following publications:

Tampin, B., Briffa, K., Goucke, R., Slater, H. Identification of neuropathic pain in patients with neck/upper limb pain: application of a grading system and screening tools. *Pain* 2013, 154, 2813-2822.

The Neuropathic Pain Special Interest Group (NeuPSIG) of the International Association for the Study of Pain has proposed a grading system for the presence of neuropathic pain (NeP). This study investigated (i) the clinical application of this grading system; (ii) the suitability of 2 NeP questionnaires (Leeds Assessment of Neuropathic Symptoms and Signs pain scale [LANSS] and the painDETECT questionnaire [PD-Q]) in identifying NeP in patients with neck/upper limb pain with a suspected nerve lesion. The NeuPSIG grading system proved feasible for application in this patient cohort, although it required considerable time and expertise. Both questionnaires failed to identify a large number of patients with clinically classified definite NeP. The diagnostic accuracy of LANSS and PD-Q for the identification of NeP in patients with neck/upper limb pain appears limited.

Thank you to Professor Jenny Strong of the University of Queensland, and her fellow APS colleagues who have contributed to the following six publications:

1. Hoffman, T.C., Del Mar, C.B., Strong, J., Mai, J. Patients' expectations of acute low back pain management: implications for evidence uptake. *BMC Family Practice* 2013, 14:7 doi: 10.1186/147-2296-14-7

In many countries, general practitioner (GP) care of acute low back pain often does not adhere to evidence-based clinical guidelines. There has been little exploration of this deviation from evidence-based care from the patients' per-

spective, particularly in relation to patients' care expectations. The aim of this study was to explore the care expectations in patients who present to their GP with acute low back pain, influences on expectation development, and congruence of these expectations with clinical guideline recommendations.

A biomechanical approach to management rather than an awareness of empirical evidence was evident in patients' expectations. Communication and education by the GP that includes specifically enquiring about patients' expectations, provides an opportunity to correct misperceptions, explain acute low back pain natural history, and the rationale for test and treatment recommendations.

2. Bagraith, K.S., Strong, J. The International Classification of Functioning, Disability and Health (ICF) can be used to describe multidisciplinary clinical assessments of people with chronic musculoskeletal conditions. *Clinical Rheumatology* 2013 doi: 10.1007/s10067-012-2130-1

The objective of this study was to determine whether the International Classification of Functioning, Disability and Health (ICF) and an associated core set are adequate to describe multidisciplinary clinical assessments of patients with chronic musculoskeletal conditions. The multidisciplinary assessment (medical, psychiatry, nursing, physiotherapy, occupational therapy and psychology) of a patient with chronic low back pain (LBP) was audio-recorded, transcribed and qualitatively examined. Concepts were extracted by two raters using a meaning condensation procedure and linked to the ICF. Descriptive analyses were used to examine the adequacy of the ICF and selection of categories contained in the comprehensive LBP core set. Overall, 1,228 concepts were extracted from the 5 h of assessment data. This included 1,056 (86.0 %) concepts that could be linked to the ICF, 366 (34.7 %) of which were designated as personal factors. Eighty different second-level ICF categories were represented in the multidisciplinary assessment. This included 48 of the 78 (61.5 %) comprehensive LBP core set categories and 32 non-core

set categories. In addition, 32 of the 80 assessed categories were considered by three or more disciplines during their assessment. The ICF was found to adequately cover the concepts extracted from this patient's assessment. This study demonstrates that clinical assessments of chronic musculoskeletal conditions can be mapped to the overall ICF framework by applying the ICF linking rules. However, it also questions the content validity and clinical utility of the current comprehensive LBP core set and highlights the need for further research prior to widespread application of the tool in clinical practice.

3. Van Griensven, H., Strong, J., Unruh, A. Pain, A Textbook for Health Professionals 2nd Edition. 2013. ISBN: 978-0-7020-3478-7

The second edition of this comprehensive text on pain reflects the rapid developments in the field of pain management. It highlights an effective and evidence-based method, providing the theoretical basis to help with the assessment and management of persistent pain, while also discussing in depth a range of specific approaches.

Key Features:

- Patient-centred approach to care – advocates listening to the patient's voice
- Covers social determinants of pain
- Guides the reader from pain psychology to the practical application of psychological interventions
- Learning aides – chapter objectives, reflective exercises, case examples, and revision questions
- Emphasizes an evidence-based perspective
- Written by an international team of experts

4. Chien, C-W., Bagraith, K.S., Khan, A., Deen, M., Strong, J. Comparative Responsiveness of Verbal and Numerical Rating Scales to Measure Pain Intensity in Patients With Chronic Pain. *The Journal of Pain*, Vol 14, No 12 (December), 2013: pp 1653-1662

Abstract: Verbal rating scale (VRS) and

RECENT PUBLICATIONS

numerical rating scale (NRS) are regularly used to assess and monitor pain in chronic pain patients. Although the NRS has been generally preferred, limited comparative responsiveness evidence was reported. This study compared the responsiveness of VRS and NRS measuring current pain and investigated the influence of different references (i.e., worst, least, average, and current pain or their composite) on the NRSs' responsiveness. Two hundred fifty-four chronic pain patients attended a 10-day pain self-management program and were assessed with two 6-point VRSs (assessing current pain) and four 11-point NRSs (assessing worst, least, average, and current pain) at pre- and post-treatment.

A patient-reported rating of pain improvement was used as the criterion for standardized response mean and receiver operating characteristic curve analyses. Results showed that the VRSs and NRSs exhibited small responsiveness in all patients, but the magnitude of responsiveness became moderate to large in patients with improved pain. However, in patients with pain improvements, the NRS current pain item and composite score (made up of the 4 pain items) were found to have significantly larger responsiveness and greater discriminatory ability to detect the presence of improvement than other current pain VRSs and the NRSs assessing worst, least, and average pain.

Potential implications for clinical practice are discussed.

Perspective: This study shows that the current pain and composite NRSs were more responsive than the current pain VRSs and the NRSs measuring other individual pain references in patients with improved pain, undertaking a short-term, self-management program. The results help inform the selection of pain intensity measures in studies using similar types of intervention.

5. Bagraith, K.S., Hayes, J., Strong, J. Mapping Patient Goals to the International Classification of Functioning, Disability and Health (ICF): Examining the Content Validity of the Low Back Pain Core Sets. Journal of Rehabilitation Medicine. 2013. doi: 10.2340/16501977-1134

Objective: To determine whether the International Classification of Functioning, Disability and Health (ICF) Low Back Pain Core Sets are sufficient to cover the activity and participation goals that patients prioritize when commencing multidisciplinary rehabilitation.

Conclusion: This study confirms the content validity of the low back pain Core Sets from the patients' perspective. The Core Sets are likely to have good clinical utility, however, additional research is required to substantiate whether ratings of ICF based goals can be used to measure goal

achievement.

6. Andrew, N.E., Strong, J., Meredith, P.J., D'Arrigo, R.G. Association Between Physical Activity and Sleep in Adults With Chronic Pain: A Momentary, Within-Persons Perspective. Physical Therapy. Published online November 14, 2013 doi: 10.2522/ptj.20130302

Individuals with chronic pain consider improved sleep as one of the most important outcomes of treatment. Physical activity has been shown to have beneficial effects on sleep in the general population. Despite this, the physical activity-sleep relationship has not been directly examined in a chronic pain sample.

Results of this study suggest engagement in high intensity activity and high fluctuations in activity are associated with poorer sleep at night; hence, activity modulation may be a key treatment strategy to address sleep complaints in individuals with chronic pain.

Have you had an article accepted for publication this year?



Reminder that we are keen that members inform us when they have publications so that this can be shared with your APS colleagues. Please send the newsletter editor (via the APS Secretariat, aps@apsoc.org.au) the title, authors and reference (i.e. the journal, volume etc.) of the article, preferably with a short explanatory note to give our readers the gist of the article, e.g. the conclusions part of the abstract; if you would like to supply a short commentary on the article, even better.

Will Howard, Editor

ESSENTIAL PAIN MANAGEMENT COMES TO CENTRAL AUSTRALIA

► **Indigenous Australians living in remote regions of our vast country suffer pain to at least the same extent as the coastal fringe ...**

By Dr Roger Goucke and Dr Tim Semple

Indigenous Australians living in remote regions of our vast country suffer pain to at least the same extent as the coastal fringe, urban dwelling population, however they have extreme difficulties accessing mainstream services. Frontline health care is provided by aboriginal health practitioners living in these communities where up to date pain management education has been difficult to provide.



Aboriginal Health Practitioners complete the 1 day EPM program December 2013

On Thursday December 19 a group of aboriginal health practitioners from as far away as Elliot (halfway up the track to Darwin) and other communities in Central Australia gathered at Alice Springs Hospital with a team of pain experts to undertake the “Essential Pain Management” (EPM) one day workshop and to commence improving their skills in contributing to better pain management.

Dr Jacob Koshy, Director of Anaesthesia Alice Springs Hospital (ASH) and Margot Webster, Territory Integrated Pain Service physiotherapist, ASH, coordinated the



meeting with the strong support of Louise Dennis, Aboriginal Health Practitioner Coordinator Central Australian Remote Health Services. Dr Roger Goucke from Perth provided his extensive experience from running this workshop in Fiji, PNG, India, Myanmar and many other Asian countries; further input was provided by Dr Rod Mitchell (ANZCA board member) and Dr Tim Semple (Australian Pain Society and PainAustralia) who travelled up from Adelaide for the event.



Small group case discussion of patients with pain

The workshop was enthusiastically received by the attendees and covered the essentials of acute, cancer and chronic non-cancer pain. During the day a session on “barriers” to sustainable pain management in isolated communities was held. This session identified issues

such as lack of training, workforce and career pathways, the high tolerance of older patients to pain (despite decreased function), communication despite language differences and deafness, polypharmacy, drug compliance, and the use of non-drug treatments. Feedback was very positive and further workshops are anticipated. Ideally aboriginal health practitioner educators can attend a future EPM “train the trainer” four hour course and then run their own EPM programs.

The participants and instructors would like to acknowledge: the Northern Territory Health Department for supporting the AHPs to attend the workshop, the Alice Springs private practice fund for funding refreshments, and ANZCA for travel and accommodation support.

ALBURY WODONGA PRIVATE HOSPITAL GLOBAL PAIN DAY 2013

► Orofacial Pain, 21 October 2013

By Pamela Goldspink

The Albury Wodonga Private Hospital once again held its annual Pain Education Day for nurses, with this year's topic focusing on Orofacial Pain. This education day has been hosted by the Albury Wodonga Private Hospital for the past nine years. This is a great opportunity for nurses to



L to R: Mary Morgan, Pamela Goldspink, Trudy Maunsell, Kellie Jackson and Gerardine O'Brien.

enhance their education locally. As in past years, the conference has been held at

the Commercial Club, Albury.

Seventy nurses from Albury, Wagga Wagga, Shepparton, Wangaratta, Mount Beauty and surrounding areas registered for the day. Several medical companies also attended and set up trade displays and provided educational resources to the nurses.



L to R: Mr Doug McRae (CEO, Albury Wodonga Private Hospital), Pamela Goldspink (CNS Albury Wodonga Private Hospital) and Trudy Maunsell (CNC Princess Alexandra Hospital)

Guest speakers presented information relating to the topic - orofacial pain. Speakers included Trudy Maunsell from Brisbane (always back by VERY POPULAR DEMAND), several doctors from Albury - Dr Gerard Fogarty, Dr

Brett Todhunter and Dr John Brabant - along with acute pain nurses from Albury Wodonga Private Hospital - Pamela Goldspink - and Albury Wodonga Health: Albury Campus - Kellie Jackson.

The International Association for the Study of Pain (IASP) and the Australian Pain Society have fact sheets and information available on their web site. The day was a fantastic success. Next year the focus is on neuropathic pain which will provide some topics of great interest I am sure.



Trudy Maunsell

CURRENT SCHOLARS:

PhD Scholarship Sponsor Scholar Topic	Mundipharma #3-APS-APRA Audrey Wang "An investigation of the role of the brain in recovery from CRPS, using fMRI"
PhD Scholarship Sponsor Scholar Topic	Janssen Cilag #2-APS-APRA Sarah Kissiwaa "Pain induced synaptic plasticity in the amygdala"
PhD Scholarship Sponsor Scholar Topic	APS #5-APRA James Kang "Epigenetic influence in cognitive impairments in chronic neuropathic pain"

PAST SCHOLARS

PAST SCHOLARS:

PhD Scholarship Sponsor Scholar Completed Topic	APS #1-APRA Samantha South 1999 “Antinociceptive pharmacology of morphine and its major glucuronide metabolites”
PhD Scholarship Sponsor Scholar Completed Topic	CSL #1-APS-APRA Lara Winter 2004 “Antinociceptive properties of the neurosteroid alphadolone”
PhD Scholarship Sponsor Scholar Completed Topic	CSL #2-APS-APRA Anne Pitcher 2006 “Conditional comfort: A grounded theory study in nursing approaches to acknowledging and responding to pain in nursing home residents with dementia”
PhD Scholarship Sponsor Scholar Completed Topic	Mundipharma #1-APS-APRA Kathryn Nicholson Perry 2007 “Pain Management Programmes in Spinal Cord Injury: Cognitive Behavioural Pain Management Programmes in the Management of Sub-acute and Chronic Spinal Cord Injury Pain”
PhD Scholarship Sponsor Scholar Completed Topic	APS #2-APRA Debbie Tsui 2008 “Preclinical studies in painful diabetic neuropathy”
PhD Scholarship Sponsor Scholar Completed Topic	Mundipharma #2-APS-APRA Zoe Brett 2011 “Individual differences in vulnerability to the development of chronic pain following injury”
PhD Scholarship Sponsor Scholar Completed Topic	APS #3-APRA Susan Slatyer 2013 “Caring for patients experiencing episodes of severe pain in an acute care hospital: Nurses’ perspective”
PhD Scholarship Sponsor Scholar Completed Topic	Janssen Cilag #1-APS-APRA Mary Roberts Due 2013 “An investigation of the role of sleep in chronic pain”
PhD Scholarship Sponsor Scholar Completed Topic	APS #4-APRA Amelia Edington 2013 “Defining inhibitor binding sites unique to the glycine transporter, GLYT2: A potential target for the treatment of chronic pain”

PAIN IN CHILDHOOD SIG



By Megan James

The Pain in Childhood Special Interest (SIG) was established in 2012, and encourages education and research through communication and collaboration between scientists and multidisciplinary health professionals working to improve the management of pain in childhood for the benefit of patients, families and communities.

The SIG held an inaugural workshop in March 2013 with the focus on “The Challenge of Persistent Pain in

Paediatrics,” which attracted a number of experts in the field from Australia and New Zealand, and was positively evaluated. We are proud to announce the 2nd pre-conference workshop, to be held in beautiful Hobart on “Pain in Childhood” on 13 April 2014, immediately before the Australia Pain Society annual scientific meeting. We expect this upcoming workshop to be an invaluable learning opportunity for all multidisciplinary clinicians with an interest in pain in childhood. This year’s workshop boasts speakers of both national and international acclaim, and offers education for those new to the field as well as a refresher and the latest insights for the more experienced clinicians. The annual preconference Pain in Childhood Workshop is open to all clinicians and colleagues with an interest in pain in childhood. Check out our enticing program: http://www.dccconferences.com.au/aps2014/Pain_in_Childhood_Half-Day_Workshop. If you are staying for the conference, why not consider some social networking with like-minded colleagues

and join us for the Pain in Childhood SIG Dinner on Monday 14 April 2014.

With an annual membership fee of only \$30, joining the SIG for Pain in Childhood is an affordable and tangible way to share knowledge and support the development of networks for clinicians across Australia and New Zealand with a special interest in pain in childhood <http://www.apsoc.org.au/pain-in-childhood>. In addition to holding an annual pre-conference workshop dedicated to Pain in Childhood, a ‘member’s only’ web page on the Australian Pain Society website is soon to come, to enable the sharing of research, clinical guidelines, business cases and positions vacant throughout Australia and New Zealand.

So spread the word and join the SIG today to support the development of pain in childhood education, knowledge sharing and professional networks, which ultimately benefits our patients, families, communities, and you!

PAIN MANAGEMENT A CAREER OPTION

Compiled by The NSW Pain Interest Group – Nursing Issues

This article was first published in the Nursing and Midwifery Office News (November/December 2013) to help inform and recruit nurses to the field of Pain Management as a speciality in Nursing practice.

The facts

One in five Australians, including adolescents and children, live with chronic pain.

For acute or cancer-related pain, approximately 50% are under-treated despite availability of effective treatments.

In residential and community aged care, pain is a major problem. Department of Health and Ageing studies indicate 80% of people in residential care report pain as a problem, with 92% taking one or more analgesics daily. National Ageing Research Institute studies found pain is often over or under-treated and very poorly managed in people with dementia.

Nurses in pain management are equipped with specialist knowledge and experience which assists general nursing, medical, and multidisciplinary staff and therefore, the management of patients experiencing pain. The nurse specialist role is varied and may be defined as Nurse Practitioner, Clinical Nurse Consultant; various other nursing roles include registered nurses who act as pain champions in the management of pain in their clinical setting. **Nurses who have specialised in pain management are involved in:**

- multidisciplinary acute, chronic and cancer pain teams/services in hospitals
- pain management centres providing cognitive behavioural treatment (CBT) programs for chronic pain management
- consultant roles of education and training of pain management to patients and staff
- research positions devising treat-

ments, conducting clinical trials and evaluating outcomes of treatment

Pain nurses provide an important role in working with other health professionals as a vital member of a team, whether in acute, chronic or cancer pain. The specialised pain nurse has become an expert resource for both the patient and other health professionals in:

- the assessment and management of pain and of pain-related treatments
- providing advice on rationalising and reducing/ceasing pain-related medications
- education of staff, patients and families on pain and its treatments

The National Pain Strategy from the Australian National Pain Summit (March 2010) has provided a national framework for delivering best practice assessment, treatment and management of acute, chronic and cancer-related pain.

PAIN MANAGEMENT A CAREER OPTION

The NSW Pain Management Plan recognising these goals in addition to the recommendations from the International Pain Summit (September 2010), aim 'to ease the burden of chronic pain, improve quality of life for people with pain, and help people with chronic pain re-enter the workforce'. Funding of \$26 million over the next 4 years, demonstrates the NSW Government's commitment to improved access to pain management services for all NSW residents.

Pain Management Education

The International Association for the Study of Pain (IASP) recognises the urgency for all health professionals to be well educated in pain management. Pain is a multidimensional and complex phenomenon that requires comprehensive and ongoing assessment and effective management. The multidimensional nature of pain requires an inter-professional approach to assessment and management.

'Nurses play a critical role in effective pain management because they have frequent contact with patients in a variety of settings (e.g., home, hospital, outpatient clinic, community). This frequent contact places the nurse in a unique position to assess and involve other staff in their management'



Pain Management Nurses - Back row L to R: Sonia Markocic, Vickie Croker, Fiona Hodson, Emily Edmonds, Susan Paget, Grazyna Jastrzab, Sue Lee, Lee Beeston, Sandra Tutt, Amal Helou, Linda Pope - Front row L to R: Stuart Leckie, Trudy Maunsell, Toulia Kranitis

IASP Curriculum for nurses at entry level education

The NSW Pain Management Plan states that education in pain management at the highest level is to be strongly encouraged.

Conclusion

There is now a focus on pain management in NSW that supports and enables

exciting opportunities for growth for nurses who have already specialised and for those considering specialising in pain management. The implementation of the NSW Pain Management Plan will require a strengthening of the role of the pain nurses in hospitals, pain management centres, clinics and general practice.



Six Months Free Online Access to Pain Education for Nurses and Allied Health Professionals

The Royal Australian College of GPs will provide nurses and allied healthcare professionals with six months free access to their gplearning, which includes the pain management Active Learning Module (ALM).

In recognition of the broad scope of health professionals that manage pain suffered by Australians, the pain management ALM delivered by the Royal Australian College of General Practitioner's (RACGP) gplearning online learning platform has recently been made publicly accessible for six months, free of charge.

The ALM is a unique Australian-first multidisciplinary-developed pain management program, the culmination of a

successful collaboration between the RACGP, the Faculty of Pain Medicine of the Australian and New Zealand College of Anaesthetists (ANZCA), and the Bupa Health Foundation.

The RACGP accredited online learning program provides healthcare professionals with access to the latest evidence-based research and practical skills to deliver effective pain management to their patients.

The program comprises six structured and interactive learning activities and offers a truly holistic approach to pain management and an important educational tool supporting best practice in pain management.



Personalised Pain Management: Quest for the Holy Grail

13-16 April 2014

Hotel Grand Chancellor, Hobart

2014 Australian Pain Society 34th Annual Scientific Meeting

IMPORTANT DATES

Free Papers & Posters **31 October 2013**

Registration Opens **November 2013**

Early Bird Registration **14 February 2014**



KEYNOTE SPEAKERS

Dr Jane Ballantyne trained in Anaesthesia at John Radcliffe Hospital, Oxford, then moved to Massachusetts General Hospital, Harvard University, Boston in 1990. She was appointed Chief



of the Division of Pain Medicine at MGH in 1999. Dr Ballantyne became University of Washington (UW) Medicine Professor of Education and Research in 2011. Her research focuses on development of opioid management tools utilising electronic outcomes assessment and rapid learning methodology. She edits several leading journals & is a widely published author.

Professor Jeffrey Mogil is currently the E.P. Taylor Professor of Pain Studies and the Canada Research Chair in the Genetics of Pain at McGill University in Montreal,



Canada. He has authored over 170 journal articles and book chapters since 1992, and he has given over 220 invited lectures in that same period. He currently serves as a Section Editor at the journal *Pain*, and he chaired the Scientific Program Committee of the 13th World Congress on Pain held in 2010.

Dr Andrew Moore graduated with a Doctor of Science from the University of Oxford and has over 30 years experience in biomedical research. He is currently Director of Pain



Research, Nuffield Department of Anaesthetics, Oxford, and Chairman of the International Association for the Study of Pain Systematic Review and Evidence special interest group. Dr Moore is founding editor of the evidence based journal - *Bandolier* and has contributed 500+ scientific and clinical publications & 200 systematic reviews including 80 Cochrane reviews.

TOPICS

- Pain and genetics
- Low back pain
- Visceral pain
- Opioid prescription issues
- Pain in older persons
- Understanding self-management
- Pathophysiology of nerve compression
- Osteoarthritis
- Orofacial pain
- Evidence and pain



For more information please contact the APS Secretariat | DC Conferences Pty Ltd | P 61 2 9954 4400
F 61 2 9954 0666 | E aps2014@dcconferences.com.au | www.dcconferences.com.au/aps2014

You are invited to attend the Pain in Childhood Pre-Conference Workshop

2014 Australian
Pain Society
34th Annual
Scientific Meeting
13 - 16 April 2014
Hotel Grand Chancellor, Hobart



When: Sunday 13 April
2014, 1.00 pm – 5.00 pm

Where: Grand Chancellor
Hotel, Hobart

Cost: \$110 per person –

Early Bird Deadline:
14 February 2014

This workshop is intended for clinicians from all disciplines with an interest in pain in childhood.

Presenters include Canadian clinical psychologist Dr Christine Chambers

Topics will include:

Developmental neurophysiology of pain in childhood

Pain assessment in childhood – what's new?

Paediatric analgesic pharmacology – guidelines and controversies

...plus much more!

To register or for further information please visit,
www.dconferences.com.au/aps2014/Pre-Conference_Workshops

You are invited to attend the Physiotherapy in Pain Management Pre-Conference

2014 Australian
Pain Society
34th Annual
Scientific Meeting
13 - 16 April 2014
Hotel Grand Chancellor, Hobart



When: Sunday 13 April 2014, 1.30 pm – 5.00 pm

Where: Grand Chancellor Hotel, Hobart

Cost: \$110 per person –
Early Bird Deadline: 14 February 2014

This workshop is designed for any Physiotherapist who works with people in pain.

Topics will include:

The role of specific Psychological interventions in pain management

Update on the ever-changing range of medications used in pain management

What educational resources available to Physiotherapists

...plus much more!

To register or for further information please visit,
www.dconferences.com.au/aps2014/Pre-Conference_Workshops

Pain Adelaide 2014 - March 31st 2014 - SAVE THE DATE



Lorimer Moseley
Paul Rolan
Rainer Haberberger
Tim Semple
Anne Burke

It's on again!! Now in it's third year - PainAdelaide:

Mark Jensen | Mac Christie | Julio Licino | Mike Ridding |
Tasha Stanton | Michael Nicholas | Sam Whittle | Rainer
Haberberger | Some Surprises!

We hope to see you again! Mark it in your diary NOW.

To register your interest, visit: <http://www.bodyinmind.org/painadelaide-2014/>

You are invited to attend the Acute Pain Day Pre-Conference Workshop The Acute Pain Service at the bedside: Optimising patient care

2014 Australian
Pain Society
34th Annual
Scientific Meeting
13 - 16 April 2014
Hotel Grand Chancellor, Hobart



This workshop is aimed at anyone with an interest in acute pain management. The focus is to emphasise the role of the acute pain service from the bedside management of difficult patients through to discharge and beyond.

When: Sunday 13 April 2014, 8.45 am – 5.00 pm

Where: Grand Chancellor Hotel, Hobart

Cost: \$165 per person –

Early Bird Deadline: 14 February 2014

To register or for further information please visit,
www.dconferences.com.au/aps2014/Pre-Conference_Workshops

You are invited to attend the Acute Pain Day Pre-Conference Workshop

2014 Australian
Pain Society
34th Annual
Scientific Meeting
13 - 16 April 2014
Hotel Grand Chancellor, Hobart



Interested in Pain? Where do you start?

If you are a nurse, physiotherapist, psychologist or GP, this workshop will train you in the basics of pain medicine, including the mechanisms of pain, the factors that influence the perception of pain and finally, the agents to treat pain.

When: Sunday 13 April 2014, 8.30 am – 5.00 pm

Where: Grand Chancellor Hotel, Hobart

Cost: \$165 per person –

Early Bird Deadline: 14 February 2014

To register or for further information please visit,
www.dconferences.com.au/aps2014/Pre-Conference_Workshops

The Neuromodulation Society of Australia and New Zealand would like to present the **9th Annual Scientific Meeting** **Neuromodulation-Over The Horizon**

When: Sunday 13 April 2014, 8.20 am – 5.00 pm

Where: Grand Chancellor Hotel, Hobart

Cost: \$190 per person

Early Bird Deadline: 14 February 2014

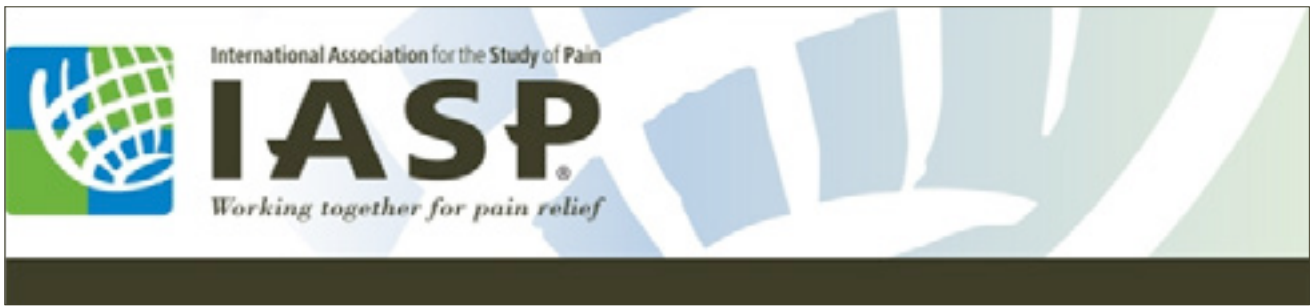
Followed by **Society Dinner** at Smolt Restaurant

International Speakers:

Dr Ganesan Barani – UK | Stuart Bruce – USA | Professor John Chae – USA | Dr KY Ho – Singapore | Professor Dirk de Ridder – Belgium/NZ | Dr Thomas Smith – UK | Dr Thomas Yearwood – USA

A great range of topics will be covered.

Please visit the website for more information and to register,
www.dconferences.com.au/aps2014/NSANZ_ASM



Plan now for the World Congress on Pain

Join the world's top scientists and clinicians in Buenos Aires, October 6–11, to discover, explore, and share advances in the study and treatment of pain. Plan today to attend IASP's World Congress on Pain—the premier professional forum for pain research, clinical practice, and education.

Big Ideas From Top Experts

A diverse program of [Plenary Lectures](#) will address new scientific developments and the ways these advances will affect how you manage and treat pain. Learn about innovations affecting the work of physicians, psychologists, dentists, nurses, physical therapists, pharmacists, and other professionals.



Act Fast on Poster Abstracts, Financial Aid, and Registration Submit your [poster abstract](#) and financial aid application right away! The deadline for both is March 7.

Congress registration opens late February! Check the IASP website for registration information and rates.

Financial Aid

Financial aid to attend the Congress is only available to IASP members from developing countries, countries with currency exchange restrictions, or trainees in developed countries. Take advantage of this great opportunity offered to IASP members. View complete guidelines for financial aid applications.

We look forward to seeing you in Buenos Aires!

Visit us online or follow us on Facebook or Twitter for regular updates on the Congress:

Web: www.iasp-pain.org/BuenosAires

On Facebook: www.facebook.com/IASP.pain

On Twitter: www.twitter.com/IASPCongress

On LinkedIn: www.linkedin.com/company/international-association-for-the-study-of-pain



The 9th Conference of
The Australian College
of Nurse Practitioners

NEW FRONTIERS

'Save the date'

Building future generations

Tuesday 2nd September – Thursday 4th September 2014
The Masonic Conference Centre, Sydney



Topics

- Complex and Chronic Disease
- Cancer / Haematology
- Pain, Palliative and Supportive Care
- Paediatrics
- Mental Health – removing the stigma
- Primary and Acute Care
- Professional Issues and Leadership
- Research

Contact: The ACNP Conference Secretariat

E: acnp2014@jccconferences.com.au | T: +61 2 9954 4400 | W: www.jccconferences.com.au/acnp2014/

2014 Australian
Pain Society
34th Annual
Scientific Meeting
13 - 16 April 2014
Hotel Grand Chancellor, Hobart



Personalised
Pain Management:
Quest for the
Holy Grail



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Want up to the minute
information on the 2014
Australian Pain Society
34th Annual Scientific
Meeting?



Like us on Facebook
[Click here to like us on
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FYI & NEW MEMBERS

Items of interest for our members:

- Painaustralia eNewsletter latest issue, available online at <http://www.painaustralia.org.au/media-news/e-news.html>
- **Facility Directory Update**
Please advise the APS Secretariat of any updates so we may endeavour to keep the Facility Directory current: <http://www.apsoc.org.au/facility-directory>
- **Chronic Pain – A Major Issue in Rural Australia**
This Fact Sheet issued by the National Rural Health Alliance Inc in collaboration with Painaustralia can be downloaded from our list of publications at <http://www.apsoc.org.au/publications>
- **Secret World of Pain**
Don't miss this informative BBC documentary featuring Professor Irene Tracey. See it now on our list

of Video and Weblinks: <http://www.apsoc.org.au/useful-links>

- **Cancer pain management in adults: Evidence-based clinical practice guidelines adapted for use in Australia**
Developed by Improving Palliative Care through Clinical Trials (ImPaCCT) and HammondCare. This new online tool, hosted by the Cancer Council of Australia, offers better cancer pain control and be accessed via our list of Video and Weblinks: <http://www.apsoc.org.au/useful-links>
- **New APS Online Membership System**
Please remember to update your member profile on the new online membership system to ensure we can stay in touch: <https://www.apsoc.org.au/Profile.aspx>
- **Cancer Pain Management App for GPs**

Free app developed jointly by the Australian College of Rural and Remote Medicine (ACRRM) and the Centre for Palliative Care Research and Education (CPCRE) to help GPs manage pain in patients with cancer: <http://www.gppainhelp.com/Title.html>

- **Free access to RACGP gplearning**
Six months free access to RACGP gplearning for nurses and allied health professionals. The Pain Management Active Learning Module (ALM) is a unique multidisciplinary-developed pain management program on the latest evidence-based research and practical skills to deliver effective pain management to patients. Find out more: <http://gplearning.racgp.org.au/Home/signup.aspx>

New Member list:

Title	First Name	Surname	Discipline Group
Ms	Sally	Beardmore	Psychology
Mr	Michael	Bergin	Physiotherapy
Mr	Scott	Bevis	Surgery
Ms	Philippa	Broadby	Nursing
Mr	Sebastian	Buccheri	Exercise Physiologist
Ms	Samantha	Bunzli	Physiotherapy
Ms	Lisa	Campbell	Physiotherapy
Ms	Catherine	Courtney	Psychology
Dr	Mimi	Darcey	Anaesthesia
Mrs	Sharni	Davey	Physiotherapy
Ms	Heather	Davis	Rehabilitation Medicine
Miss	Michelle	de Paauw	Rheumatology
Dr	Anna	Devlin	Psychology
Ms	Jayne	Dohrmann	Nursing
Mr	Blaise	Doran	Physiotherapy
Ms	Adele	Eather	Psychology
Dr	Bernadette	Fitzgibbon	Psychiatry
Dr	Nidhi	Gupta	Rehabilitation Medicine

NEW MEMBERS

Dr	Deborah	Hennessey	Rheumatology
Dr	Tim	Ho	Rehabilitation Medicine
Dr	Irina	Hollington	Anaesthesia
Mr	Lance	House	Physiotherapy
Mrs	Janine	Huf	Pain Medicine Physician
Mrs	Lisa	Jarvie	Pain Medicine Physician
Miss	Helen	Jay	Orthopaedics
Mr	Peter	Jenkins	Psychology
Mrs	Lesley	Keenan	Nursing
Dr	Lisa	Khoo	Anaesthesia
Ms	Judy	King	Nursing
Ms	Sally Ann	Lancaster	Physiotherapy
Mrs	Gay	Lavery	Pain Medicine Physician
Dr	Allin	Marrow	Anaesthesia
Mrs	Cara	McLean	Nursing
Mrs	Debra	Miles	Nursing
Dr	Arjun	Muralidharan	Science Research
Dr	Virginia	Noel	Pain Medicine Physician
Ms	Angela	O'Brien	Psychology
Mrs	Skye	Pailthorpe	Physiotherapy
Ms	Pauline	Parker	Nursing
Ms	Carolyn	Pile	Occupational Therapy
Ms	Judith	Purbrick	Physiotherapy
Dr	Rosemary	Ramsay	General Practice
Mr	Jeremy	Rourke	Physiotherapy
Mrs	Lynette	Shefford	Nursing
Dr	Barry	Slon	Anaesthesia
Mrs	Dinah	Spratt	Physiotherapy
Ms	Claire	Stokes	Physiotherapy
Dr	Gillian	Ta'eed	Rehabilitation Medicine
Dr	Ian	Thong	General Practice
Mr	Shadreck	Tozana	Occupational Therapy
Mrs	Anna	Unwin	Nursing
Dr	Richard	Ussher	Radiology
Ms	Michelle	Walkden	Physiotherapy
Dr	Andrea	Willcocks	Sports Medicine
Ms	Isa	Woermann-Dreyer	Physiotherapy



THE
AUSTRALIAN
PAIN SOCIETY
www.apsoc.org.au

Renewal notice email reminders for 2014 were sent to members in November.

[Login here](#) and renew online via the APS Website.

Thank you for your continued support and membership of the APS.

Before renewing online, please ensure you **update your member profile**.

Payments can be made by Credit Card or Cheque.

CALENDAR OF EVENTS

<p>6 Mar 2014 The Childrens Hospital at Westmead <i>Annual Paediatric Palliative Care Symposium</i> Lorimer Dods Lecture Theatre, The Childrens Hospital at Westmead, Sydney NSW http://www.chw.edu.au/prof/education</p>	<p>28-29 Mar 2014 University of Pavia - Study in Multidisciplinary Pain Research -SIMPAP <i>SIMPAP 2014</i> Angelicum, Rome Italy http://www.sivmpap.eu/simpap/</p>	<p>5-9 May 2014 Combined Australian and New Zealand College of Anaesthetists (ANZCA) Annual Scientific Meeting and Royal Australasian College of Surgeons (RACS) Annual Scientific Congress <i>Working together for our patients</i> Sands Expo and Convention Center, Marina Bay Sands Singapore http://www.racsanzca2014.com</p>
<p>7 Mar 2014 The Childrens Hospital at Westmead <i>Annual Paediatric Pain Medicine Symposium</i> Lorimer Dods Lecture Theatre, The Childrens Hospital at Westmead, Sydney NSW http://www.chw.edu.au/prof/education</p>	<p>31 Mar 2014 University of South Australia <i>PainAdelaide 2014</i> TBA, Adelaide SA http://www.bodyinmind.org/painadelaide-2014/</p>	<p>24-26 Jul 2014 Cancer Nurses Society of Australia 17th Winter Congress <i>Cancer Nursing - Leading in a time of Change</i> Pullman Albert Park, Melbourne VIC http://www.cnsawintercongress.com.au</p>
<p>21-23 Mar 2014 New Zealand Pain Society 39th Annual Scientific Meeting <i>Pain: A Public Health Problem</i> Sofitel Melbourne on Collins, Town Hall, Dunedin New Zealand http://www.nzps2014.org.nz</p>	<p>13-16 Apr 2014 Australian Pain Society 34th Annual Scientific Meeting <i>Personalised Pain Management: Quest for the Holy Grail</i> Hotel Grand Chancellor, Hobart TAS http://http://www.dccconferences.com.au/aps2014/</p>	<p>2-5 Sep 2014 The Australian and New Zealand Society of Palliative Medicine <i>Palliative medicine Past present and future</i> Surfers Paradise Marriott Resort and Spa, Gold Coast QLD https://www.etches.com/ehome/65181</p>
<p>21-23 Mar 2014 The University of Texas MD Anderson Cancer Centre and Peter Mac <i>2nd Global Conference on Perioperative & Pain Medicine and the Cancer Patient</i> Sofitel Melbourne on Collins, Melbourne VIC http://www.canceranaesthesia2014.org/</p>	<p>30 Apr - 3 May 2014 5th World Anaesthesia Convention NWAC 2104 <i>Monitoring and Patient Safety in Anesthesiology - updating technology and safety protocols</i> Reed Messe Wien GmbH Congress Center, Vienna Austria http://www.nwac.org/convention-information/nwac-2014</p>	<p>2-4 Sep 2014 Australian College of Nurse Practitioners <i>New Frontiers - Building future generations</i> The Masonic Conference Centre, Sydney NSW http://www.dccconferences.com.au/acnp2014/</p>
<p>27-30 Mar 2014 AAFPS 2014 2nd Asian Congress on Pain <i>Relieving Pain Beyond Borders</i> Taipei International Convention Center, Taipei Taiwan http://aafps.org</p>	<p>4 May 2014 Faculty of Pain Medicine Refresher Course Day <i>Pain at the cutting edge: Surgery and pain</i> Suntec Singapore Convention and Exhibition Centre, Singapore http://www.fpm.anzca.edu.au/events/2014-refresher-course-day</p>	<p>4-7 Sep 2014 Royal Australian and New Zealand College of Radiologists (RANZCR) <i>2014 Combined Scientific Meeting</i> Melbourne Convention and Exhibition Centre, Melbourne VIC http://www.csm2014.com</p>

CALENDAR OF EVENTS

<p>16-18 Oct 2014 Medical Research Support - MedicReS <i>2014 World Congress on Good Medical Research</i> Marriot New York Downtown, New York USA http://www.nyc2014.medicres.org</p>	<p>6-11 Oct 2014 International Association for the Study of Pain (IASP) <i>15th World Congress on Pain</i> La Rural Convention Centre, Buenos Aires Argentina http://www.iasp-pain.org/Content/NavigationMenuWorldCongressonPain2/15thWorldCongressonPain/default.htm</p>	
<p>1-4 Oct 2014 Lievensberg Hospital, Holland <i>4th Biannual International Multidisciplinary Pain Congress</i> Van der Valk Hotel Eindhoven, Eindhoven The Netherlands http://www.paincongress.org</p>		
<p>4-7 Oct 2014 Australian Society of Anaesthetists <i>National Scientific Congress 2014</i> Gold Coast Convention and Exhibition Centre, Gold Coast QLD http://www.asa2014.com.au/</p>		



THE AUSTRALIAN PAIN SOCIETY

www.apsoc.org.au

Vision

All people will have timely recognition, prevention and management of pain across their lifespan.

Mission

The Australian Pain Society is a multidisciplinary body aiming to relieve pain and related suffering through leadership in clinical practice, education, research and public advocacy.

Aims

- To promote the provision of healthcare services for pain management
- To promote equity of access to pain management services
- To actively engage with key stakeholders and contribute to their activities
- To provide a contemporary forum to discuss issues relating to pain research and treatment
- To foster and support a broad spectrum of pain-related research
- To share and promote the expertise of all disciplines involved in the treatment of pain
- To promote the formulation and use of Evidence Based Guidelines as they relate to pain
- To foster and support the prevention of persistent pain
- To promote and facilitate pain related education for health professionals and the community
- To promote the development and use of standards

APS DIRECTORS & OFFICE BEARERS 2014

Directors:

Office Bearers :

<p>President: Dr Malcolm Hogg Department of Anaesthesia and Pain Management Royal Melbourne Hospital, Parkville VIC 3052 Tel: 03 9342 7540 Fax: 03 9342 8623</p>	<p>QLD Director: Ms Trudy Maunsell Princess Alexandra Hospital 199 Ipswich Road Woolloongabba QLD 4102 Tel: 07 3176 5547 Fax: 07 3176 5102</p>	<p>Immediate Past President: Dr Tim Semple Royal Adelaide Hospital Pain Clinic North Terrace Adelaide SA 5000 Tel: 08 8222 5403 Fax: 08 8222 5904</p>
<p>President-Elect: Dr Geoffrey Speldewinde Capital Rehabilitation Multidisciplinary Injury & Pain Management Centre 25 Napier Close Deakin ACT 2600 Tel: 02 6282 6240 Fax: 02 6282 5510</p>	<p>SA Director: Ms Anne Burke Royal Adelaide Hospital Pain Clinic North Terrace Adelaide SA 5000 Tel: 08 8222 4770 Fax: 08 8222 5904</p>	<p>SPC Chair: Professor Michele Sterling Centre for National Research on Disability and Rehabilitation Medicine (CONROD), Ground Floor, Edith Cavell Building Royal Brisbane Hospital QLD 4029 Tel: 07 3365 5344 Fax: 07 3346 4603</p>
<p>Secretary: Mr Michael Deen Metro South Persistent Pain Management Service Level 3, 57 Sanders Street Upper Mount Gravatt QLD 4122 Tel: 07 3339 5500 Fax: 07 3339 5599</p>	<p>TAS Director Mr Simon Watt Physiotherapy - Outpatients North West Regional Hospital 23 Brickport Road Burnie TAS 7320 Tel: 03 6430 6608 Fax: 03 6430 6607</p>	<p>IASP Liaison: Professor Michael Nicholas Pain Management Research Institute Royal North Shore Hospital St Leonards NSW 2065 Tel: 02 9926 7894 Fax: 02 9662 6279 Website: www.iasp-pain.org</p>
<p>Treasurer: Dr Gavin Chin Royal Darwin Hospital PO Box 41326, Casuarina NT 0811 Tel: 08 8922 8888 Fax: 08 8922 8900</p>	<p>VIC Director: Dr Richard Sullivan Peter MacCallum Cancer Centre – East Melbourne Locked Bag 1, A'Beckett Street VIC 8006 Tel: 03 9656 1111 Fax: 03 9656 1400</p>	<p>Website/Social Media Coordinator: Dr Richard Sullivan Peter MacCallum Cancer Centre – East Melbourne Locked Bag 1, A'Beckett Street VIC 8006 Tel: 03 9656 1111 Fax: 03 9656 1400</p>
<p>ACT Director: Mrs Joy Burdack Calvary Health Care ACT PO Box 254 Jamison Centre ACT 2614 Tel: 02 6201 6854 Fax: 02 6201 6949</p>	<p>WA Director: Dr Stephanie Davies Anaesthetic Department and Pain Medicine Unit Fremantle Hospital Health Service Alma St, Perth WA 6160 Tel: 08 9431 3296 Fax: 08 9431 3696</p>	<p>Newsletter Editor: Dr William Howard Department of Anaesthesia Austin Health Studley Road, Heidelberg VIC 3084 Tel: 03 9496 3800 Fax: 03 9459 6421</p>
<p>NSW Director: Ms Fiona Hodson Hunter Integrated Pain Service John Hunter Hospital and Royal Newcastle Centre PO Box 664J Newcastle NSW 2300 Tel: 02 4922 3435 Fax: 02 4922 3438</p>		<p>PhD Scholarship Chair: Professor Maree Smith Centre for Integrated Preclinical Drug Development University of Queensland St Lucia QLD 4072 Tel: 07 3365 2554 Fax: 07 3365 1688</p>
<p>NT Director: Ms Jenny Phillips Acute Pain Service, Royal Darwin Hospital PO Box 41326, Casuarina NT 0811 Tel: 08 8922 8888 Fax: 08 8922 8325</p>	 <p>THE AUSTRALIAN PAIN SOCIETY</p>	<p>Secretariat: DC Conferences Pty Ltd PO Box 637, North Sydney, NSW 2059 Tel: 02 9016 4343 Fax: 02 9954 0666 Email: aps@apsoc.org.au</p>