

The Australian Pain Society NEWSLETTER

▶ Volume 35, Issue 2

▶ Editor's Note

A short newsletter this month as we focus on the Annual Scientific meeting in Brisbane which is just a couple of weeks away. If you're a junior researcher, PhD student and postdoctoral fellow, then I urge you to act on the opportunity to meet one of our international speakers at the breakfast session at the ASM – more details are in this newsletter or on the conference website.

We also hope you enjoy the fresh, new design layout of our newsletter. Many thanks to the team at Jüüce Creative who have aligned the layout with the APS History Project, which we will launch at the Brisbane ASM. Look out for the display. We will also have a special once only ASM price for the hardcopy APS history book for those who would like a copy.

The newsletter is not all about the ASM: within this edition you'll find an article from the indefatigable Roger Goucke on the good work being done taking the principles of pain medicine to less developed parts of the world.

Hoping to see you at the ASM,
Will Howard



An educational program for health care workers

Unrelieved pain is a major global healthcare problem and its importance is often unrecognized. Pain has many causes including trauma, childbirth, surgery, arthritis and cancer. Adequate pain management results in fewer medical complications, earlier hospital discharge and improved quality of life.

Essential Pain Management (EPM) is a short, easily deliverable and cost-effective training program designed to improve pain management worldwide. EPM provides a systematic approach for managing patients in pain and also a system for teaching others about pain management.

EPM aims to:

- Improve pain knowledge.
- Teach health workers to Recognize, Assess and Treat pain (RAT).
- Address pain management barriers.
- Train local health workers to teach EPM.

Essential Pain Management is an international program that began in Papua New Guinea and the Pacific, and has spread across Asia, Africa and the Americas. To date the EPM Program has trained 3282 participants and 564 instructors across over 33 countries.

Recent EPM Courses

Recent EPM courses have been run during the second half of 2014 in Manila, Ulan Batar and Hanoi.

EPM has been delivered in Mongolia since 2010, in conjunction with the Mongolian Society of Anaesthetists (MSA). The MSA now plans to run more courses in major Ulaanbaatar hospitals and also in the Aimags. The MSA are now in a position to take over the delivery of EPM in Mongolia.

The Pain Society of the Philippines and the University of Santo Tomas facilitated the first EPM course in Manila during early August. Subsequently and without any external support, six workshops have been held training 200 participants and 14 new instructors.

EPM returned to Hanoi through the auspices of the Hanoi Medical University, the program can now be taught in Vietnamese by local instructors. Plans are

being developed to deliver EPM in a rural area of northern Vietnam and the potential for EPM Lite for undergraduates is being explored.

Full EPM reports and more information on EPM is available from www.essentialpainmanagement.org

EPM Lite

Following a successful pilot program, 2014 has seen the initial roll out of the EPM-Lite program, a revised EPM program specifically for medical and nursing students. It can be delivered over a 4 hour period. EPM Lite has been pioneered at the Auckland University, New Zealand Medical Undergraduate Program. It is also been modified by Monash University who are using it for their pre-intern teaching.

In addition EPM-Lite is due to be introduced to the Philippines at the Association of South-East Asian Pain Societies Congress in March 2015.

Planned courses

Myanmar, Laos and PNG, early 2015
Bangladesh, India, Tanzania, early 2015
Czech Republic, early 2015
Serbia, late 2015

Presentations / Publications

A paper describing the outcome and assessment details to date has been published in the World Journal of Surgery. (World J Surg. 2014 May 20. [Epub ahead of print] Essential Pain Management: an educational program for health care workers. Goucke CR, Jackson T, Morriss W, Royle J.)

Assessment and evaluation

We are still considering effective ways to measure the impact of EPM. We will continue to use the Kirkpatrick model as it is relatively simple. The Kirkpatrick model was popularised by the SAFE (Safer Anaesthesia From Education) programs. It is a four-level model used in industry and commerce, which has been adapted for medical education. The levels are:



ESSENTIAL PAIN MANAGEMENT

An educational program for health care workers

- Level 1 Reaction
- Level 2 Learning
- Level 3 Behaviour
- Level 4 Results

Medium term use of the EPM by health care professionals will be monitored in the next twelve months by encouraging participants to collect “cases” that can contribute to a certificate we will call “EPM Plus”. Other measurements might include snapshot surveys before and after EPM delivery of, for example, drug charts, post operative prescriptions, and evidence of pain scores in the clinical record – these might prove valuable in more sophisticated facilities.

Other developments

We are currently working with a developer on an EPM App for smartphones (Apple and Android). A basic mock-up has been produced and will be refined over the next few months. The app will include suggested treatments based on the assessment of a patient’s pain as well as detailed adult and paediatric pain drug formularies.

Collaboration

EPM is keen to collaborate with other Anaesthetic and Pain Societies or agencies/organisations that deliver health care to low and middle income countries. We have a good liaison with the Association of Anaesthetists of Great Britain and Ireland (AAGBI) who have recently run some EPM courses in Africa (Malawi, Uganda, and Tanzania)

If members of Australian Pain Society have contacts or ideas where EPM might be valuable please contact me: roger.goucke@gmail.com

More information is available on the EPM website: www.essentialpainmanagement.org
You are welcome to download the EPM Workshop manual and PowerPoint slides.

EPM was developed with the assistance of the Australian and New Zealand College of Anaesthetists and is supported by the World Federation of Societies of Anaesthesiologists, the International Association for the Study of Pain, the Australian Society of Anaesthetists and the Ronald Geoffrey Arnott Foundation.



MEET THE SPEAKERS BREAKFAST SESSIONS AT ASM BRISBANE

Tuesday 17 March 2015, 7:30 – 8:30 am

New to the program in 2015, a [Meet the Speakers breakfast session](#) will be offered to junior researchers, PhD students and postdoctoral fellows. The aim of this session is to give younger scientists and clinicians an opportunity to ascertain career advice and guidance from the APS 2015 international plenary speakers. To maximise your opportunity to interact with these leading international speakers, groups are capped at 10

participants per speaker.

HURRY! There are limited spots still available with the following speakers:



Dr Mary Lynch is a Professor of Anesthesia, Psychiatry and Pharmacology and Director in the Research Pain Management Unit at Dalhousie University, Halifax, Canada. Dr Lynch will be presenting on *Cannabinoids in clinical pain management: The Canadian Experience* and *The opioid wars: Addressing the collateral damage*.

For more on Dr Lynch, please click here:

https://www.dconferences.com.au/aps2015/keynote_speakers



Dr Frank Porreca is Professor of Pharmacology and Anesthesiology at the University of Arizona College of Medicine in Tucson, Arizona, USA. Dr Porreca will be presenting the Sunderland Lecture on *Brain circuits mediating pain and its relief* and will also be presenting *Brain reward motivational circuits and chronic pain*.

For more on Dr Porreca, please click here:

https://www.dconferences.com.au/aps2015/keynote_speakers

Anyone interested in attending either of these sessions who has already registered should contact the [Conference Secretariat](#)

To register for one of these sessions and the conference please visit <https://www.dconferences.com.au/aps2015/registration>





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



APS2015 PRE-CONFERENCE WORKSHOPS

This year we have four Pre-Conference Workshops to be held on Sunday 15th March.

Acute Pain Day – Full Day Workshop

Date: Sunday 15 March 2015

Time: 8.45 am – 5.00 pm

Cost: \$160 (Early Bird), \$185 (Standard)

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.

Speakers at this workshop include:

Dr Geraldine Chew, graduate of University of Queensland, who has worked in Alcohol and Drug Dependence Services for the past 30 years.

Dr Mahiban Thomas, a General Surgeon specialising in Head & Neck Surgery since 1995.

Associate Professor Marcus Watson who leads Australia's largest healthcare educational and research simulation program distributed across Queensland.

Acute Pain Day is proudly sponsored by [Hospira](#) and is presented in combination with the [Faculty of Pain Medicine](#) and the [Anaesthesia Continuing Education Coordinating Committee](#)

Fundamentals of Pain – Full Day Workshop

Date: Sunday 15 March 2015

Time: 8.30 am – 5.00 pm

Cost: \$160 (Early Bird), \$185 (Standard)

This workshop will equip participants with the basic knowledge of pain neurobiology, psychology and therapeutic agents, using an interactive case study and multimedia. This workshop is aimed at all allied health and general practitioners or anyone wishing to update their knowledge on the pathophysiology and treatment of pain.

Speakers at this workshop include:

Malcolm Johnson (M.A., DipClinPsych., MNZCCP), a clinical psychologist who has worked in the field of chronic pain as a researcher and clinician for nearly 30 years and is a past President of the New Zealand Pain Society.

Dr David Jones (FANZCA FFPMANZCA, Specialist, Southern District Health Board, Dunedin, New Zealand) is a Clinical Leader for Pain Service, Dunedin Hospital and Clinical Senior Lecturer University of Otago, New Zealand since 1984.

Dr Stephen Leow, (Clinical Director, GP Axis, South Australia) is the chair of the RACGP Pain Management Specific Interest Group of the National Faculty of Specific Interests and the Chair of the Primary Health Group of the National Pain Summit.

Dr Diarmuid McCoy is a graduate of the National University of Ireland University College Cork and is now the Clinical Director of the Pain Management Unit at The Geelong Hospital and in private practice.

Fundamentals of Pain is proudly sponsored by [Mundipharma](#)

APS2015 PRE-CONFERENCE WORKSHOPS

This year we have four Pre-Conference Workshops to be held on Sunday 15th March.

Pharmacological Management in Pain – Half Day Workshop

Date: Sunday 15 March 2015

Time: 8.30 am – 1.00 pm

Cost: \$110 (Early Bird), \$135 (Standard)

The pharmacological management of pain is increasingly becoming a worldwide challenge. International experts are involved in intensive research to address the concerns of the pharmacological treatment of pain. The aim of the Pharmacological Management in Pain half-day workshop is to bring experts together to discuss the latest scientific findings in the clinical pharmacology for pain management. Thereby, making a significant contribution to the pharmacological optimisation of people with pain. Scientific, regulatory and strategic issues that are highly relevant to the optimisation of acute and chronic pain pharmacological treatments will be discussed. This workshop will consist of invited lectures, presentations and roundtable discussions. This intimate interactive workshop will have time allocated to questions, answers to stimulate discussion.

Topics will include:

- Pharmacokinetics and pharmacodynamics of new pain medications, including Tapantadol
- Pharmacokinetics and pharmacodynamics of TGA approved opioids drugs
- Pharmacokinetic – pharmacodynamic modelling
- Drug-drug and drug-disease interactions
- New chronic pain drug development tools
- Clinical case studies in palliative care and chronic non-cancer pain

The target audience for this workshop consists of clinical pharmacologists, pharmacists, industry researchers, pain specialists, paediatricians, clinical nurse consultants, government representatives and other experts with an interest in clinical pharmacology.

Speakers include:

Associate Professor Arun Aggarwal MBBS, FRACP, FAFRM (RACP), FAFPM (ANZCA), PhD, a Clinical Associate Professor through Sydney Medical School, The University of Sydney.

Dr Ghauri Aggarwal, Head of the Palliative Care Department at Concord Hospital since 1996.

Dr Charles Brooker, an anaesthetist and pain medicine specialist who has been practising pain medicine for fifteen years.

Dr Tim Ho, a Pain and Rehabilitation Medicine Physician at Sydney Pain Management Centre.

Associate Professor Mark Hutchinson, an Australian Research Council Research Fellow in the School of Medical Sciences at the University of Adelaide.

Professor Lona Loring Christrup, currently employed at the Department of Drug Design and Pharmacology, University of Copenhagen as a professor in Clinical Pharmacy.

Professor Maree Smith, Executive Director of the Centre for Integrated Preclinical Drug Development at The University of Queensland.

Pharmacological Management in Pain is proudly sponsored by [Mundipharma](#)



APS2015 PRE-CONFERENCE WORKSHOPS

This year we have four Pre-Conference Workshops to be held on Sunday 15th March.

Physiotherapy in Pain Management – Half Day Workshop

Date: Sunday 15 March 2015

Time: 1.30 pm – 5.00 pm

Cost: \$110 (Early Bird), \$135 (Standard)

This half day workshop is designed for physiotherapists who work with people in pain. The workshop will address a range of issues of direct relevance to physiotherapists, including:

- Working with a pain specialist and GP in primary/secondary healthcare,
- Understanding chronic low back pain
- Quantitative sensory testing and its relevance to neuropathic pain presentations.

The workshop will provide the ideal opportunity to network with other physiotherapists working in the field of pain management.

Speakers include:

Dr Ken Cameron, a general practitioner with thirty years experience in full time family practice.

Niamh Maloney, a lecturer for the Discipline of Physiotherapy, University of Sydney.

Dr Graham Rice, graduated from St George's Hospital Medical School, University of London in 1970 and trained in Anaesthesia in England, Scotland and Queensland.

A/Prof Ben Wand, currently the coordinator of musculoskeletal studies for the Physiotherapy Program at the University of Notre Dame Australia.

Physiotherapy in Pain Management is proudly sponsored by the [Australian Physiotherapy Association](#) and supported by the [University of Sydney](#).

To book into any of our [Pre-Conference Workshops](#) please visit our [registration page](#).



SCHOLARSHIP FEATURE

Current Scholars

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

SCHOLARSHIP FEATURE

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	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"
PhD Scholarship Sponsor Scholar Completed Topic	Janssen Cilag #1-APS-APRA Mary Roberts Due 2015 "An investigation of the role of sleep in chronic pain"

APS2015 SOCIAL PROGRAM

There will be many opportunities available for delegates to meet with their peers and build upon their professional networks, including the following social program that we have put together.

Welcome Reception

Venue: Exhibition Hall, Brisbane Convention and Exhibition Centre

Date: Sunday 15 March 2015

Time: 6.00 – 7.30 pm

Dress: Smart Casual

Cost: The Welcome Reception is free for full delegates and sponsors/exhibitors.

Additional ticket cost for partners/guests is \$60 per person.

Enjoy a 3 course meal, plus plenty of time for dancing and entertainment, with friends and colleagues at the Brisbane City Hall. Built between 1920 and 1930, the heritage-listed City Hall is seen as the heart of Brisbane and is one of Queensland's most significant heritage and cultural icons. The dinner will be taking place in the Main Auditorium – one of the most photographed and renowned rooms in City Hall whose design was based on the Pantheon in Rome. With over 4000 pipes, the room holds one of the world's most impressive organs. Delegates should pack their party dancing shoes as we have an exciting evening planned filled with delicious food and great music.

APS Conference Dinner

Venue: Brisbane City Hall

Date: Tuesday 17 March 2015

Time: 7.00 – 11.00 pm

Dress: Lounge Suit/Cocktail

Cost: \$140 per person



With the most extensive program ever, and an exhibition hall and social events to match, make sure you don't miss out on the only conference in Australia offering multidisciplinary insights into the complex nature of pain management from a variety of medical, nursing, and allied health perspectives.

Click here to [register for the 2015 Australian Pain Society 35th Annual Scientific Meeting](#)

We look forward to seeing you in Brisbane in March.





GLOBAL YEAR AGAINST NEUROPATHIC PAIN

REMINDER

The 2014-15 Global Year Against Neuropathic Pain

From: Monday 20 October 2014

To: Thursday 31 December 2015




We have jointly prepared the following poster with the New Zealand Pain Society, the Faculty of Pain Medicine, ANZCA and Painaustralia.

Please contact the [APS Secretariat](#) if you would like us to send you an A3 poster for your noticeboard.

The poster, fact sheets and copies of media releases are available via our [website](#).

If you conduct an event to raise awareness of this topic, please send us a report and photos to share with your fellow members.

The following Global Year Against Pain will launch on the second Monday of 2016 (11 January 2016).



2014 – 2015

GLOBAL YEAR AGAINST NEUROPATHIC PAIN

For further information:

The International Association for the Study of Pain (IASP)
www.iasp-pain.org

Faculty of Pain Medicine
Australian and New Zealand College of Anaesthetists
www.fpm.anzca.edu.au

Australian Pain Society
www.apsoc.org.au

New Zealand Pain Society
www.nzps.org.nz

Painaustralia
www.painaustralia.org.au

APS2015 SPONSORED SESSIONS

Mundipharma – Monday Breakfast 7:30 – 8:30am, Opioid abuse-deterrence: the US and Canadian experience.

Diversion and abuse of prescription opioids is an increasingly recognised problem in Western countries. The FDA is the only regulatory authority to promote abuse-deterrent formulations of opiate analgesics. Like Australia, Canada currently has both abuse-deterrent and non-abuse deterrent formulations available, however the Canadian Government is now reviewing regulations to include the requirement of tamper-resistance.

Professor Edward Sellers will present issues, outcomes and learnings from both these jurisdictions regarding the use of abuse-deterrent technologies as an initiative to address the complex problem of prescription opioid abuse.

Nevro - Monday Breakfast 7:30 – 8:30am, Advances in Spinal Cord Stimulation: (HF10 Technology and Latest Results from Randomized Clinical Trial)

HF10, is a major advance in neuromodulation for chronic pain. A large, randomized clinical trial (RCT) has been conducted in the United States to evaluate this advanced technology. The landmark study provides the first Level 1 evidence for SCS for chronic back pain.

Dr. Leo Kapural and Dr. Kasra Amirdelfan, leading experts on neuromodulation and investigators of this study, will be presenting. This session will inform the audience of an advanced SCS technology and the first Level 1 evidence for SCS for back pain, which have important applicability to physicians for treating patients with few options.

Indivior Afternoon Session – Monday 5:30 – 6:30pm, The abuse, misuse and dependence of prescription opioids – issues and challenges

This session will briefly outline the increasing issue of prescription opioid drug abuse, and the challenge of identifying patients who lose control of their medication and, subsequently develop an opioid substance use disorder. The focus will be on identification of problematic prescription use, the challenges in raising the issue with patients, and discussion of available treatment options including Medication Assisted Treatment.

bioCSL – Tuesday Breakfast 7.30 – 8.30 am, Pain intensity vs. functional improvement...time to shift our thinking

This clinically orientated symposium challenges the place of 'pain intensity' as the primary measure of analgesic efficacy when treating patients with chronic pain. Improving function is a shared treatment goal of multidisciplinary pain management plans with pharmacologically based analgesia playing an important role in achieving this goal. Therefore this symposium will question if we should be measuring the analgesia of drugs based on quality of life improvements such as function instead of pain relief?

Pfizer – Tuesday Breakfast 7.30 – 8.30 am, Putting neuropathic pain guidelines into practice

In the IASP year against neuropathic pain, join Professor Stephan Schug as he discusses the diagnostic protocols and evidence based treatment for neuropathic pain with Professor Rainer Freynhagen via weblink from Germany.

Reckitt Benckiser – Health, Home and Hygiene – Wednesday Breakfast 7:30 – 8:30am, Is codeine a fait accompli for patients needing more pain relief?

For many patients (and prescribers) codeine-combination analgesics may be the next step in pain relief, that they are unable to avoid, when they need more pain relief. Codeine combinations have a established history of use however they also have well documented challenges. In this session Dr Kubler will review the clinical data for NEW Nuromol® with Synchrotech™ a fixed dose combination of Ibuprofen (200mg) and Paracetamol (500mg).

Orthocell – Wednesday Breakfast 7:30 – 8:30am, Management of Tendinopathy

Tendinopathy is a common cause of pain in patients ranging from the weekend warrior through to the elite athlete. There are many conservative treatments available at present but outcomes remain unsatisfactory. This session will focus on discussions regarding pathobiology of tendinopathy and address various biological treatment options for tendinopathy. Clinical evidence of autologous tenocytes injections for tendinopathy will be presented at this session.

To attend any of our [Sponsored Sessions please register here](#). If you have already registered but would like to add a session to your registration please contact the [Conference Secretariat](#)






RESEARCH PARTNERSHIP OPPORTUNITIES

The Australian Pain Management Association Inc. (APMA) is a consumer health organisation for all Australians who live with persistent pain. APMA is a charity which promotes health by providing advocacy, information and practical support for people living with persistent (chronic) pain and their families.

APMA services include advice and information to people with pain and the health community via a telephone helpline (Pain Link), a national network of pain support groups, a comprehensive website, facebook and social media presence, and high quality newsletters and other publications, and the delivery of presentations and community education.

APMA is seeking to partner with researchers and health practitioners working in the areas of pain management and self-management who wish to seek NHMRC research funding for research about such services in order to effect changes in the delivery, organisation, funding and access to pain management services. Please contact APMA CEO Elizabeth Carrigan on 0438 000 841 or secretary@painmanagement.org.au to discuss potential research opportunities.



**YOU ARE INVITED TO
ATTEND THE ACUTE PAIN DAY
PRE-CONFERENCE WORKSHOP**



This workshop is aimed at anyone with an interest in acute pain management.

When: Sunday 15 March 2015, 8.30 am – 5.00 pm

Where: Brisbane Convention and Exhibition Centre, Queensland

Cost: \$165 per person – Early Bird Deadline: 23 January 2015

To register or for further information please visit: www.dconferences.com.au/aps2015/Pre-Conference_Workshop

**YOU ARE INVITED TO
ATTEND THE FUNDAMENTALS OF
PAIN PRE-CONFERENCE WORKSHOP**



This workshop will equip participants with the basic knowledge of pain neurobiology, psychology and therapeutic agents, using an interactive case study and multimedia. This workshop is aimed at all allied health and general practitioners, or anyone wishing to update their knowledge on the pathophysiology and treatment of pain.

When: Sunday 15 March 2015, 8.30 am – 5.00 pm

Where: Brisbane Convention and Exhibition Centre, Queensland

Cost: \$165 per person – Early Bird Deadline: 23 January 2015

To register or for further information please visit: www.dconferences.com.au/aps2015/Pre-Conference_Workshop

YOU ARE INVITED TO ATTEND THE PHARMACOLOGICAL MANAGEMENT IN PAIN PRE-CONFERENCE WORKSHOP



The aim of the Pharmacological Management in Pain half-day workshop is to make a significant contribution to the optimisation of pain treatment by bringing experts together to discuss the latest scientific findings within the pain management clinical pharmacology field. The target audience for this workshop consists of clinical pharmacologists, pharmacists, industry researchers, pain specialists, paediatricians, clinical nurse consultants, government representatives and other experts with an interest in clinical pharmacology.

When: Sunday 15 March 2015, 8.30 am – 1.00 pm

Where: Brisbane Convention and Exhibition Centre, Queensland

Cost: \$110 per person – Early Bird Deadline: 23 January 2015

To register or for further information please visit: www.dconferences.com.au/aps2015/Pre-Conference_Workshop

YOU ARE INVITED TO ATTEND THE PHYSIOTHERAPY IN PAIN MANAGEMENT PRE-CONFERENCE WORKSHOP



This workshop is designed for any Physiotherapists who work with people in pain.

Topics will include:

- Working with a Pain Specialist and GP in primary/secondary healthcare
- Understanding Chronic Low Back Pain
- Quantitative Sensory Testing and its relevance to neuropathic pain presentations
- ...plus much more!

When: Sunday 15 March 2015, 1.30 pm – 5.00 pm

Where: Brisbane Convention and Exhibition Centre, Queensland

Cost: \$110 per person – Early Bird Deadline: 23 January 2015

To register or for further information please visit: www.dconferences.com.au/aps2015/Pre-Conference_Workshop

Are you living with pain?
Do you have an interest in pain?

painaustralia
Working to improve pain management



LIVING WELL WITH PAIN

Consumer Symposium & Forum

Your chance to hear leading Australian pain management experts

When: Sunday 15 March
Where: Brisbane Convention & Exhibition Centre
Time: 1.00pm - 4.30pm
Tickets: \$25/\$15 Concession (includes afternoon tea)

Register online
by Thursday 12 March
www.trybooking.com/GHFY

PRESENTERS

Ms Elizabeth Carigan - Welcome
CEO Australian Pain Management Association

Professor Julia Fleming - The impact of physical, psychological and social factors in chronic pain
Director, The Professorless Diamond Multidisciplinary Pain Centre

Dr Kathleen Cooke - Multidisciplinary pain management - children and teens
Anaesthetist and Pain Medicine Specialist, St Vincent's Hospital Brisbane

Ms Jenni Johnson - Making the most of helpful resources
Manager Pain Management Network, NSW Agency for Clinical Innovation

Professor Lorimer Moseley - Pain, do you get it?
Professor of Clinical Neurosciences and Chair in Physiotherapy, University of SA

Dr Mandy Nielsen - Forum facilitator
Vice President, Chronic Pain Australia

2015 Australian Pain Society 35th Annual Scientific Meeting



Managing Pain: from Mechanism to Policy



15-18 MARCH 2015 | BRISBANE CONVENTION & EXHIBITION CENTRE, QLD

Expressions of Interest online at www.dconferences.com.au/aps2015
For Sponsorship and Exhibition opportunities or more information please contact the APS Secretariat
DC Conferences Pty Ltd | P 61 2 9554 4400 | E aps2015@dconferences.com.au

SUBMISSION DEADLINES

Topical Sessions **16 July 2014**
Free Papers & Posters **3 October 2014**
Early Bird Registration **23 January 2015**

KEYNOTE SPEAKERS

Professor Herta Flor Professor Flor has worked at Ruprecht-Karls-University, Heidelberg since 2000 and is Scientific Director of Cognitive and Clinical Neuroscience, Central Institute of



Mental Health, Mannheim, Germany. Her research focuses on neuronal plasticity and learning and memory in chronic pain, anxiety & mood disorders, substance abuse and neuro-psychological rehabilitation. She has received 60+ research grants and numerous prestigious awards and has authored more than 400 publications.

Dr Mary Lynch is Professor of Anesthesia, Psychiatry and Pharmacology at Dalhousie University, Halifax, NS, Canada. She has 25 years of clinician experience assisting patients with chronic pain.



Dr Lynch chaired the Canadian Pain Society Wait Times Task Force and co-chaired its Task Force on Service Delivery and Canadian Pain Strategy. Her research focuses on new agents in neuropathic pain treatment, including cannabinoids, integrative care in chronic pain management, wait-times benchmarks and strategies for service delivery.

Dr Frank Porreca is Professor of Pharmacology and Anesthesiology at the University of Arizona College of Medicine, Tucson, AZ. Dr Porreca is widely published in research addressing



mechanisms of chronic pain and its treatment, and the adaptive nature of brain pain modulatory circuits following injury. Dr Porreca's current research interests include exploration of the intersection between pain and reward pathways and discovery of molecules that can modulate these circuits for pain relief.

PLUS

Pre-Conference Workshops
Extensive Industry Exhibition
Welcome Reception
Conference Gala Dinner



Managing Pain:
from Mechanism
to Policy

40TH
2015
ANNUAL
SCIENTIFIC
MEETING

New Zealand
pain
society

www.nzps2015.org.nz
25 - 29 March, 2015 THE LANGHAM HOTEL, AUCKLAND, NEW ZEALAND

PAIN THROUGH THE AGES

PAIN
adelaide
Bringing heads together for chronic pain

**Save the Date:
30 March 2015**

Speakers include: Bob Coghill | Peter O'Sullivan | Johan Vlaeyen | Glen King | Stuart Brierty | David Butler | Some surprises!

Visit the website: <http://painadelaide.org/category/painadelaide/>

Pain Management in Practice

Extend your clinical skills with this interactive 2 day workshop

Develop specialised assessment techniques for your clients with persistent pain

Implement practical techniques to empower your clients to achieve their goals

"Given me skills and insights for difficult patients who are getting stuck" - Physiotherapist

"Really useful approach to implement into clinical practice" - Titled Musculoskeletal Physiotherapist

"Helps identify ways to work with resistance and challenge" - Psychologist

Brisbane 16th April 2015
Melbourne 7th May 2015
Sydney 28th May 2015

Learn more and register at
EmpowerRehab.com/Workshops
or call (03) 9459 3344



“MAKING SENSE OF PAIN”

**AN INTER-DISCIPLINARY WORKSHOP
FOR ALL HEALTH PROFESSIONALS
Friday 26th-Saturday 27th June 2015**

For details and registration: <https://www.arthritiswa.org.au/events/details/id/247/>

Contacts: Melanie Galbraith, MelanieG@arthritiswa.org.au; John Quintner, jqu33431@bigpond.net.au





BETTER ACUPUNCTURE ANALGESIA FOR LOW BACK PAIN OR KNEE ARTHRITIS

Key researchers: Dr Zhen Zheng, Dawn Wong Lit Wan, Dr Yanyi Wang, Professor Charlie Xue

People respond to pain therapies differently. It is important to identify who responds to which treatment better. This project aims to identify the pain profiles of people with chronic pain and to investigate their response to acupuncture treatment. Participants will be assessed for their pain profile then will receive eight sessions of acupuncture over four weeks.

RMIT is calling for volunteers:

· Low back pain sufferers, aged 20-65 years

OR

· Knee osteoarthritis sufferers, aged 40-80 years

The research will be conducted at the RMIT, Bundoora Campus.

For further information please contact:

Dawn Wong Lit Wan on 9925 7177

or email s3407380@student.rmit.edu.au

This project has been approved by the RMIT Human Research Ethics Committee

Recruitment will continue until 31 December 2015.



THE UNIVERSITY OF
SYDNEY

Discipline of Physiotherapy
Faculty of Health Sciences

**Participants
wanted**

HOW DO MIGRAINE AND OTHER HEADACHE TYPES CHANGE OVER TIME?

We are seeking volunteers with **migraine or other recurrent headaches** to participate in a study investigating differences between headache types. Participants will attend one assessment session, after which they will fill out an online headache diary for 6 months. The assessment comprises an interview to determine the features of headache and a series of clinical tests to be conducted by a physiotherapist to measure the mobility and muscle function of the neck, including ultrasound imaging. Testing will take a maximum of 1.5 hours and will be conducted at either the **Cumberland Campus of The University of Sydney** on 75 East Street, Lidcombe or in a private physiotherapy clinic in the city (Sydney Specialist Physiotherapy Centre, Level 1, 50 York St. Sydney). We are seeking participants who have access to internet using a computer or a mobile phone. Your involvement will help us better understand migraine and other headache types and make better clinical decisions in their management. If you are interested in taking part in the study or seek further information, please contact:

Maria Eliza Aguila:

maria.aguila@sydney.edu.au

Andrew Leaver:

Tel. 9351 9010 (Faculty of Health Sciences)

andrew.leaver@sydney.edu.au

Tel. 9351 9545 (Faculty of Health Sciences)

FYI

Items of interest for our members:

Painaustralia eNewsletter latest issue, available online at <http://www.painaustralia.org.au/media-news/e-news.html>

ePPOC: electronic Persistent Pain Outcomes Collaboration

For more information about ePPOC, refer to the website: <http://ahsri.uow.edu.au/eppoc/index.html>

Brainman returns!

See our blog for the latest video press conference and two new videos clips released in October 2014: <http://blog.apsoc.org.au/2014/10/07/brainman-is-back>

The trouble with treating pain

Article from John Hopkins Magazine, Fall 2014: <http://hub.jhu.edu/magazine/2014/fall/treating-pain-problems>

Osteoarthritis and back problems—AIHW update

Australian Institute of Health and Welfare. (Dec 2014). This release updates the 'Osteoarthritis' and 'Back problems' snapshots as part of the AIHW's Online

Musculoskeletal Compendium. Arthritis and other musculoskeletal conditions are highly prevalent, associated with significant disability, and generate large costs for the health and welfare systems in Australia. It is therefore important to monitor these conditions to describe existing health patterns, populations at risk of illness, current health service use, and future demands on the health and welfare systems.

See: www.aihw.gov.au/arthritis-and-musculoskeletal-conditions

Ouch!

Includes cricketer Ryan Harris, boxer Shelley Watts with Professor Michael Cousins and Professor Lorimer Moseley

SBS Insight Program "Ouch!" aired on 17 February 2015 (57 minutes): <http://www.sbs.com.au/news/insight/tvepisode/ouch>

NEW MEMBERS

Title	First Name	Last Name	Discipline Group
Dr	Mark	Alcock	Anaesthesia
Miss	Nicole	Andrews	Occupational Therapy
Mr	Matthew	Bagg	Physiotherapy
Ms	Melanie	Block	Physiotherapy
Mrs	Christine	Burns	Occupational Therapy
Miss	Jennifer	Deuis	Pharmacology
Mr	Tumelo	Dube	Physiotherapy
Mr	Nathan	Fiore	Science Research
Miss	Rhiannon	FitzGerald	Occupational Therapy
Mr	Aaron	Giles	Science Research
Dr	Laura	Hamilton	Psychiatry
Mr	Luke	Heales	Physiotherapy
Ms	Annie	Hopkins	Psychology
Miss	Mathilde	Israel	Pharmacology
Mrs	Hanna	Kennedy	Occupational Therapy
Mr	Hopin	Lee	Musculoskeletal Medicine
Dr	Helen	Lord	Palliative Care
Miss	Kasia	Marciszewki	Science Research
Miss	Anna	Marcuzzi	Physiotherapy
Mrs	Kelly	McLaughlin	Physiotherapy
Ms	Kathie	Nickerson	Nursing
Dr	Margherita	Nicoletti	Palliative Care
Mr	Casper	Ozinga	Podiatry
Ms	Jane	Pickworth	Nursing
Mrs	Kerry	Porter	Nursing
Mrs	Margaret	Vandermost	Psychology
Mr	David	Young	Psychology





THE
AUSTRALIAN
PAIN SOCIETY

APS Membership
Renewals for

2015

are now overdue

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

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

Payments can be made by Credit Card or Cheque.

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



CALENDAR OF EVENTS

5 Mar 2015

The Children's Hospital at Westmead 11th Annual Paediatric Palliative Care Symposium

Updates, Elder, Wisdom, CAM, Mindfulness

Lorimer Dods Lecture Theatre at The Children's Hospital, Westmead, Sydney NSW

http://www.schn.health.nsw.gov.au/files/attachments/2015_palliative_care_symposium_colour_brochure_final_draft_19th_september_2014_3.pdf

6 Mar 2015

The Children's Hospital at Westmead

Mindfulness for Clinicians Workshop

Doreen Dew Lecture Theatre at The Children's Hospital, Westmead, Sydney NSW

http://www.schn.health.nsw.gov.au/files/attachments/2015_mindfulness_workshop_colour_brochure_310.pdf

15-18 Mar 2015

Australian Pain Society 35th Annual Scientific Meeting

Managing Pain: From Mechanisms to Policy

Brisbane Convention and Exhibition Centre, Brisbane QLD

<http://www.dconferences.com.au/aps2015/>

15 Mar 2015

Neuromodulation Society of Australia & New Zealand

10th Annual Scientific Meeting

Brisbane Convention & Exhibition Centre, Brisbane QLD

http://www.dconferences.com.au/aps2015/NSANZ_10th_ASM

22-23 Mar 2015

Bangladesh Society for Study of Pain

17th BSSP Congress on Pain

TBA, Dhaka Bangladesh

bssp@dhaka.net

25-29 Mar 2015

New Zealand Pain Society 40th Annual Scientific Meeting

Pain through the Ages

The Langham Hotel, Auckland New Zealand

<http://www.nzps2015.org.nz>

30 Mar 2014

PainAdelaide Stakeholders' Consortium

PainAdelaide 2015

Adelaide Convention Centre, Adelaide SA

<http://painadelaide.org/2014/07/03/painadelaide-2015-register/>



CALENDAR OF EVENTS

10-12 Apr 2015

Spine Society of Australia 26th Annual Scientific Meeting

Complications in spinal surgery; Management and revision strategies

National Convention Centre, Canberra ACT

<http://www.dconferences.com.au/ssa2015/>

Various dates from 16 Apr-23 Oct 2015

Empower Rehab

Pain Management in Practice 2 day workshop

Various venues, Brisbane, Melbourne, Sydney

<http://www.empowerehab.com/workshops/>

29 Apr - 2 May 2015

NWAC World Anesthesia Convention

6th NWAC 2015

Vancouver Convention Centre, Vancouver Canada

<http://www.nwac.org>

1 May 2015

Faculty of Pain Medicine (FPM)

Refresher Course Day - Facing Pain

National Wine Centre, Adelaide SA

<http://www.fpm.anzca.edu.au/events/2015-refresher-course-day>

2-5 May 2015

Australian and New Zealand College of Anaesthetists (ANZCA) Annual Scientific Meeting 2015

The Changing Face of Anaesthesia and Pain Medicine

Adelaide Convention Centre, Adelaide SA

<http://asm.anzca.edu.au>

12 May 15

Australian College of Nursing - National Nurses Breakfast

Nurses: A Force for Change: Care Effective. Cost Effective.

Your workplace, university or community centre, National

http://www.acn.edu.au/national_nurses_breakfast

14-17 May 2015

IASP NeuPSIG 5th International Congress on Neuropathic Pain

The Path to Relief Starts with Understanding

Nice Acropolis Convention Centre, Nice France

<http://neupsig.kenes.com>

CALENDAR OF EVENTS

24-27 May 2015

National Rural Health Alliance 13th National Rural Health Conference

National Rural Health Alliance 13th National Rural Health Conference People, Places, Possibilities

Darwin Convention Centre, Darwin NT

<http://ruralhealth.org.au/13nrhc/>

31 May - 4 Jun 2015

IASP Pain in Childhood SIG and Seattle Children's Hospital Research Foundation

10th International Symposium on Pediatric Pain

TBA, Seattle Washington USA

<http://www.ispp2015.com>

3-4 Jun 2015

WIP Benelux 2015

6th International Evidence-based Interventional Pain Medicine Symposium

Crowne Plaza Maastricht, Maastricht The Netherlands

<http://www.wipbenelux.org/r/wip-benelux>

6-11 Jun 2015

INS International Neuromodulation Society 12th World Congress

Neuromodulation - Medicine Evolving Through Technology

Fairmont Queen Elizabeth Hotel, Montreal Quebec, Canada

<http://www.neuromodulation.com/ins-congress>

16-18 Jun 2015

National Aboriginal Community Controlled Health Organisation

2015 NACCHO Health Summit

Gold Coast Convention and Exhibition Centre, Gold Coast QLD

<http://www.naccho.org.au/events/2015-naccho-summit/>

1-3 Jul 2015

Occupational Therapy Australia

Changes, Challenges, Choices

Melbourne Convention and Exhibition Centre, Melbourne VIC

<http://www.ota2015.com.au/events/ota-26th-national-conference-and-exhibition-2015/event-summary-5fd894e29c3a4356843e693097ea269a.aspx>

13-14 Aug 2015

Drug and Alcohol Nurses of Australasia - DANA

Many Faces of Addiction Forum 2015

Novotel Sydney Central, Sydney NSW

<http://danaconference.com.au>



CALENDAR OF EVENTS

6-10 Sep 2015

Australian College of Nurse Practitioners (ACNP)

10th Conference & 6th Australian Emergency Nurse Practitioner Symposium Celebrating the past and embracing the future

Pullman, Albert Park, Melbourne VIC

<http://www.dconferences.com.au/acnp2015/home>

21-23 Sep 2015

Royal Australian College of General Practitioners (RACGP)

GP15

Melbourne Convention and Exhibition Centre, Melbourne VIC

<http://www.gpconference.com.au/gp15/>

28 Sep - 2 Oct 2015

Australian Psychological Society 2015 Annual Conference

50th Anniversary Conference

Gold Coast, Gold Coast QLD

http://www.psychology.org.au/conference2015/?utm_source=Homepage&utm_medium=Hero&utm_campaign=2015APSCConference

3-6 Oct 2015

Australian Physiotherapy Association

APA Conference 2015

Gold Coast Convention and Exhibition Centre, Gold Coast QLD

<http://www.physiotherapy.asn.au/conference2015>





THE
AUSTRALIAN
PAIN SOCIETY

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 and outcome measures in everyday clinical practice



DIRECTORS

President:

Dr Malcolm Hogg

Department of Anaesthesia and Pain Management
Royal Melbourne Hospital
Parkville VIC 3052
Tel: 03 9342 7540 Fax: 03 9342 8623

President-Elect:

Dr Geoffrey Speldewinde

Capital Pain and Rehabilitation Clinic
25 Napier Close
Deakin ACT 2600
Tel: 02 6282 6240 Fax: 02 6282 5510

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

Treasurer:

Dr Gavin Chin

Royal Darwin Hospital
PO Box 41326
Casuarina NT 0811
Tel: 08 8922 8888 Fax: 08 8922 8900

ACT Director:

Mrs Joy Burdack

Calvary Health Care ACT
PO Box 254
Jamison Centre ACT 2614
Tel: 02 6201 6854 Fax: 02 6201 6949

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

NT Director:

Ms Margot Webster

Pain Service
Alice Springs Hospital
PO Box 2234
Alice Springs NT 0871
Tel: 08 8951 7777 Fax: 08 8951 6988

QLD Director:

Ms Trudy Maunsell

Princess Alexandra Hospital
199 Ipswich Road
Woolloongabba QLD 4102
Tel: 07 3176 5547 Fax: 07 3176 5102

SA Director:

Ms Anne Burke

Royal Adelaide Hospital Pain Clinic
North Terrace
Adelaide SA 5000
Tel: 08 8222 4770 Fax: 08 8222 5904

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

VIC Director:

Dr Richard Sullivan

Precision Brain, Spine and Pain Clinic
Lower Ground, 115 Cotham Road
Kew VIC 3101
Tel: 1300 773 247 Fax: 03 9816 8564

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



OFFICE BEARERS:

Immediate Past President:

Dr Tim Semple

Royal Adelaide Hospital Pain Clinic
North Terrace
Adelaide SA 5000
Tel: 08 8222 5403 Fax: 08 8222 5904

SPC Chair:

Professor Michele Sterling

Griffith Health Centre
Griffith University
Parklands Drive
Southport QLD 4222
Tel: 07 5678 0368

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

Website/Social Media Coordinator:

Dr Richard Sullivan

Precision Brain, Spine and Pain Clinic
Lower Ground, 115 Cotham Road
Kew VIC 3101
Tel: 1300 773 247 Fax: 03 9816 8564

Newsletter Editor:

Dr William Howard

Department of Anaesthesia
Austin Health
Studley Road
Heidelberg VIC 3084
Tel: 03 9496 3800 Fax: 03 9459 6421

PhD Scholarship Chair:

A/Prof Michael Farrell

School of Biomedical Sciences
Monash University
Clayton VIC 3800
Tel: 03 9905 6094

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

