

The Australian Pain Society NEWSLETTER

Volume 38, Issue 2



► Editor's Note

As you are all aware 2018 is the IASP year of global excellence in pain education, and what better way to educate oneself by attending a scientific meeting. There are several meetings advertised in this newsletter, in particular, I would like to draw your attention to the 2018 Australian Pain Society meeting. This will be the 38th scientific meeting of the APS and will be a joint event with the New Zealand Pain Society and its only 5 weeks away. This year there will be an excellent showcase of paediatric pain talent and research. In addition to the pre-conference day workshop, there are 3 plenary lectures and 3 concurrent session. Adding to this theme you will find a review by Susie Lord in this newsletter on the first comprehensive health profile for Indigenous adolescents in Australia published by Azzopardi et al November 2017 in Lancet.

So if you have not registered yet, be sure to access the link in this newsletter to view the program and register. You will also find the social program which not only includes the fabulous dinner, where you can catch up with friends and colleagues to dance the night away, but also an opportunity to stretch those legs for a local run or walk.

We are also pleased to include a recent publication item from Gila Moalem-Taylor, a member of our Basic Pain Research Special Interest Group.

As a society, we want to improve our services for members, which include our website. Currently we are looking for your feedback on how the website is used, and what can be improved upon. We appreciate your feedback and look forward to hearing from you.

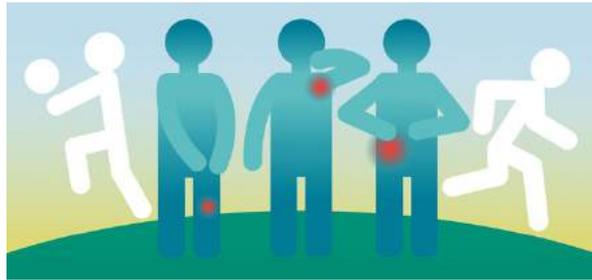
Christin Bird
Assistant Editor





The Australian Prevention
Partnership Centre
Systems and solutions for better health

Preventing the Development of Chronic Pain Project



The Australian Prevention Partnership Centre has received funding for an important [pain project](#), which aims to improve pain management in primary care to prevent progression of chronic pain to a level that interferes with life and to reduce demand for opioids or intensive pain management services.

Led by Professors Fiona Blyth AM and Andrew Wilson from the University of Sydney, the project will develop a set of evidence-based principles to assess proposed models. Using these principles, models of intervention will be identified that are demonstrated to work, or have potential to work, in the Australian primary care environment. Resource requirements for the different models will be identified.

This information will then be used to develop a tool applicable to Primary Health Networks (PHNs) to assess current local capacity for prevention and early intervention and to assess the local relevance of different models. It will also assist in identification of gaps in current service capacity including pathways to specialist care. The tool will be developed in association with, and piloted in, at least one PHN.

A small reference group including APS President Fiona Hodson, representatives from PainAustralia, lead clinicians, consumers, PHN and Local Health Network (LHN) representatives and key researchers in the field will provide feedback across the course of the project.

The expected outcomes of the project are:

- a set of evidence-informed strategies for preventing or reducing risk of chronic pain with estimation of likely impact relative to resources;
- a set of evidence-informed consensus principles for selecting interventions for Australian settings;
- a tool for capacity assessment and model(s) selection for use at PHN level;
- a report on field testing of the tool; and
- an options paper on implementing and scaling up of models for chronic pain.

The project is due to be completed by the end of 2019 and has been made possible with funding from the Australian Government Department of Health Boosting Prevention program funded by the Medical Research Future Fund.



Australian Pain Society 38th and
New Zealand Pain Society
Conjoint Annual Scientific Meeting
International Convention Centre Sydney
8 - 11 April 2018

2018 PROGRAM UPDATE

The 2018 Australian Pain Society 38th and New Zealand Pain Society Conjoint Annual Scientific Meeting will be held from 8 - 11 April 2018 at the International Convention Centre Sydney, Australia. **Only 5 weeks away!**

Here are just a few things we are excited about:

See the full program here: [Program Overview](#)

International Speakers

Professor Liesbet Goubert

Monday 9 April, 4.15 - 4.45pm

Sunderland Lecture: A resilience approach to chronic pain: Different theoretical perspectives and treatment implications

Wednesday 11 April, 9.00 - 9.25am

Interpersonal dynamics of chronic pain: How others can support or undermine patient functioning

Professor Frank Huygen

Monday 9 April, 10.00 - 10.30am

A mechanism based approach in the treatment of Complex Regional Pain Syndrome

Professor Stephen McMahon

Monday 9 April, 9.00 - 9.35am

Patrick Wall Lecture: Mechanisms of pain vulnerability: Why me?

Tuesday 10 April, 11.00 - 11.25am

Gender difference in the neurobiological properties of the pain signaling system

Dr Tonya Palermo

Monday 9 April, 3.30 - 3.55pm

Psychological interventions for paediatric chronic pain

Tuesday 10 April, 9.35 - 10.05am

Interrelationship of sleep and pain in youth: Implications for assessment and intervention

Pre-Conference Workshops

Just like the old-school Milk Bar, you have the option to pick 'n' mix your pre-conference workshop selection. For example, you may want to attend the Fundamentals of Pain Workshop in the morning and then head over to the Pain in Childhood afternoon session. This gives you the freedom to customise your conference experience.

Morning Workshops

- Acute Pain AM
- Pain in Childhood AM
- Basic Pain Research
- Fundamentals of Pain
- Pain Toolkit (Run by Pete Moore)

Afternoon Workshops

- Acute Pain PM
- Pain in Childhood PM
- Pharmacology in Pain Management
- Physiotherapy in Pain Management

Sponsored Sessions

There are 6 sponsored sessions available to delegates to attend over 2 days.

Mundipharma

Monday 9 April, 7.15 - 8.15am - includes breakfast

Opioid Prescribing – Getting the Balance Right

The use of opioids in the treatment of chronic non-cancer pain is a topic of much debate. When not optimally managed, prescribing opioids can result in escalating doses, poor patient outcomes and unsanctioned use. In this symposium chaired by Dr Tim Semple, three experts in their fields, Dr Marky Hardy, A/Professor Malcolm Hogg and A/Professor Peter Gonski will outline how they use opioids in carefully selected patients, minimising the potential risks and ultimately improving patient outcomes.

Pierre Fabre

Monday 9 April, 7.15 - 8.15am - includes breakfast

Practical management strategies in Fibromyalgia Syndrome

It is estimated that between 2 and 5% of people in developed countries have fibromyalgia, a chronic centralized pain condition characterised by widespread pain, poor unrefreshing sleep and fatigue. Dr Michael Vagg will be presenting on the management of fibromyalgia in his clinical practice, focusing on the practical side of managing fibromyalgia patients, what strategies are employed in his practice, Pain Matrix, and how he is using a combination of strategies to improve patients' quality of life.

Indivior

Monday 9 April, 5.15 - 6.15pm - includes canapes and drinks

Transitional Pain Medicine: Improving Peri-Hospital Care as a model for long-term change in pain management and opioid prescribing

With the current concern about opioid prescribing and opioid dependence, the postsurgical period remains a critical window with the risk of significant opioid dose escalation, particularly in patients with a history of chronic pain and pre-surgical opioid use. Dr Hance Clarke will discuss the development and implementation of a Transitional Pain Program that enables close monitoring of pain, opioid medications and mental health vulnerabilities that place certain patients at a higher risk of developing chronic postsurgical pain and progressing to dependence.

iX Biopharma

Monday 9 April, 5.15 - 6.15pm - includes canapes and drinks

Ketamine and buprenorphine – old analgesics in a novel sublingual formulation

Ketamine is being used extensively in pain management, however, its optimal use remains to be determined. The clinical scenarios in which ketamine can be given are constrained by the only licensed formulations being an injection. Dr Janakan Krishnarajah will discuss clinical use cases for sublingual ketamine and sublingual buprenorphine. He will also provide an update on the clinical development and latest clinical trial data for Wafermine™ and Bnox™ sublingual wafers.

Seqirus

Tuesday 10 April, 7.30 - 8.30am - includes breakfast

Does ‘Strong Analgesic’ Equal ‘Strong Opioid’? : Tapentadol and the Concept of ‘ μ Load’

This session will deliver a comprehensive explanation of the difference between analgesic and opioid equivalence in pain management and will discuss the role of ‘ μ load’ in strong analgesics and the effects of MOR activity on efficacy and tolerability. Prof Ralf Baron will also discuss the atypical opioid Tapentadol, the molecule’s mode of action and describe how Tapentadol immediate release and sustained release fits into his practice by sharing his clinical experience.

BioElectronics

Tuesday 10 April, 7.30 - 8.30am - includes breakfast

ActiPatch: wearable, paraesthesia-free, neuromodulation for chronic pain relief

Chronic musculoskeletal pain is prevalent in Australia/New Zealand and presents significant socio-economic challenges. Chronic pain can be complex to manage, since the level of pain is often unrelated to the level of underlying tissue damage.

Dr Sree N. Koneru leads new product development at BioElectronics, with an emphasis on prototype development and validation of efficacy through pilot clinical studies. Learn how ActiPatch uses high-frequency electromagnetic waves to regulate afferent nerve activity and mitigate nerve hypersensitivity.

Trainee Session

Monday 9 April, 5.15 - 6.15pm - includes a drink on arrival

Practical tips for building your career in pain research - From basic science to the clinician researcher

New to the program in 2018, this inaugural trainee session will focus on research career-development for junior researchers and clinicians wanting to understand how to build on their research strengths to establish their research careers. Topics of discussion include publishing, getting project and fellowship funding, and doing research with impact.

Don't miss out, register today!

For more information, visit the [conference website](#).



Australian Pain Society 38th and
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5 WEEKS TO GO! REGISTER TODAY!

Have you secured your place at Australia and New Zealand's only multidisciplinary conference? The conference offers insights into the complex nature of pain management from a variety of medical, nursing and allied health perspectives.

Don't miss out on your opportunity to attend this April.

[Register Here!](#)

Make sure you're a current APS Member and save on your APS NZPS 2018 registration fee.

Regular Before 6 April 2018	
Non-Member Registration Price VS Becoming an APS Member	\$1255 OR Become a member and save up to \$295 after membership fees!
APS Student Member Registration Price	Only \$330 Become a member and save up to \$865 after membership fees!

[Benefits of full membership](#), include, but are not limited to:

- Discounted ASM registration
- Login access to the "Members Only" area of the website - *now with free recordings of past ASM plenaries*
- Free advertising of Positions Vacant for up to 2 months and 2 editions of the newsletter
- Listing on the APS Facility Directory and/or the Public Listing of Members to list their private practice
- Access to PhD scholarships, Clinical Research Grants, Travel Grants, Clinical Attachment Grants
- Access to Special Interest Groups

Non-member registrants automatically become Provisional Affiliate APS Members. This membership type only includes:

- Receive the APS newsletter by email from after the ASM to the end of the same calendar year

We look forward to welcoming you to Sydney.
Should you have queries, please contact the [Conference Secretariat](#).



Australian Pain Society 38th and
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2018 SOCIAL PROGRAM

Network, socialise, relax, enjoy!

There's an exciting social program available to delegates with multiple opportunities to meet and connect with peers and build upon professional networks.

Sunday 8 April

Welcome Reception at The Gallery, International Convention Centre
6.00 - 7.30pm

Basic Pain Research and **Pain in Childhood SIG Dinners** at Barkers Restaurant, PARKROYAL Darling Harbour
From 7.30

Monday 9 April

Social Night at the Garden Bar, Shelbourne Hotel
From 5.00pm

PIGNI Dinner at Blackbird, Cockle Bay Wharf, Darling Harbour
7.00 - 10.00pm

Tuesday 10 April

Local Run/Walk leaving from the main entrance of ICC Sydney
From 6.30am

Conference Gala Dinner at Darling Island Wharf, Doltone House
7.00 - 11.00pm

Wednesday 11 April

Cockatoo Island Tour
1.30 - 4.30pm

[Click here](#) for full details on the APS NZPS 2018 social program.

Secure your place at these enjoyable and entertaining social functions by [registering today!](#)



As APS members will no doubt be aware, 2018 is the IASP Global Year of Excellence in Pain Education, and education is clearly at the heart of the APS vision and mission. Recently, the APS board formed an education sub-committee, whose intent is to explore and communicate educational possibilities for APS members. This year, the education sub-committee aims to provide regular updates on the Global Year in the APS newsletter, highlighting some of the resources provided by IASP, and perhaps some stimulation for how you might be involved in an educational offering in your part of the pain management world.

The IASP website is absolutely flush with very useful and practical educational offerings. From clinical guidelines to patient resources, curricula guidance to taxonomy, and everything in between, why don't you spend a little time exploring this [great resource](#).

However, there are specific aims and many more resources that have been deliberately designed

for this [Global Year](#)^{**}. The four aims for the Year are to address public and government education, patient education, professional education and pain education research. With regards to the resources, here are a couple you might consider:

Firstly, explore the 12 aims for the Global year, which cover the 4 domains above. They warrant some time spent considering the length and breadth of the issues of pain management throughout not just our pain management discipline, but also our whole world community/society.

Secondly, look into your year ahead. Where and to whom might you consider some specific pain education? Is there a specific patient population you could target, are there colleagues that could benefit from specific pain-related inservices? Having done that, there are some fact sheets that might further assist you to move your ideas into reality.

Finally, if you are doing something specific for this Global Year of Excellence in Pain Education, why don't you share it with all of us in the APS? Send short write-up of it for the APS newsletter, or share it on the social media platforms of the APS.

(The best educational possibility this year is the APS scientific meeting. Have you registered?)

^{**} Some of the resources on the IASP site are only available to members of IASP. Consider whether you would benefit by joining.

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.

Christin Bird, Assistant Editor



THE
AUSTRALIAN
PAIN SOCIETY

WE ARE REVIEWING OUR WEBSITE!



The APS website is one of the main ways the Society communicates with its members. It also explains the role of the Society and the work of its members to the general public. So we want to make sure the website works as well as it can, and we'd like your input to make sure it works well for you. We would appreciate if you could spend a few minutes on the website and consider the following questions:

- Do you find the website easy to navigate? Can you find information you need quickly? If not, how do you think this could be improved?
- Do you use the website regularly? If not, why not?
- What features would make the website more useful to you? This might include more resources, education and continuing professional development, or contact with other members, or other features we haven't considered.
- How well does the website present the purpose of the Society, and the work of its members?
- If you work with the general public, would you direct them to the APS website for information? (Keep in mind that the APS is mainly for health professionals and researchers who work with pain, rather than consumers, and there are other consumer-specific websites about pain and pain management, including those from Pain Australia and ACI Pain Management Network).

Please email any suggestions for website improvement to the [APS Secretariat](#).

RECENT PUBLICATION

Thank you to APS member Gila Moalem-Taylor and colleagues for sharing the following recent publication:

ATTENUATION OF MECHANICAL PAIN HYPERSENSITIVITY BY TREATMENT WITH PEPTIDE5, A CONNEXIN-43 MIMETIC PEPTIDE, INVOLVES INHIBITION OF NLRP3 INFLAMMASOME IN NERVE-INJURED MICE

Ryan S Tonkin, Callum Bowles, Chamini J Perera, Brooke A Keating, Preet GS Makker, Samuel S Duffy, Justin G Lees, Collin Tran, Anthony Don, Thomas Fath, Lu Liu, Simon J O'Carroll, Louise FB Nicholson, Colin R Green, Catherine Gorrie & Gila Moalem-Taylor

Article first published online: Epub 18 October 2017

Experimental Neurology 2018 Feb;300:1-12.

DOI: 10.1016/j.expneurol.2017.10.016.

Link: <https://www.ncbi.nlm.nih.gov/pubmed/29055716>

ABSTRACT:

Background

Connexin43 (Cx43) hemichannels in spinal cord astrocytes are implicated in the maintenance of neuropathic pain following peripheral nerve injury. Peptide5 is a Cx43 mimetic peptide that blocks hemichannels. In this study, we investigated the effects of spinal delivery of Peptide5 on mechanical pain hypersensitivity in two mouse models of neuropathic pain, peripheral nerve injury and chemotherapy-induced peripheral neuropathy (CIPN).

Methods

Mice were subjected to a chronic constriction injury (CCI) of the sciatic nerve and an intrathecal injection of Peptide5 (a Cx43 mimetic peptide) ten days after CCI, or for a series of chemotherapy injections with oxaliplatin or paclitaxel and treatment with Peptide5. Mice were tested for mechanical allodynia using von Frey filaments. The ipsilateral spinal cord was then removed and analysed by Western blot for Cx43 and inflammasome components. In addition, *in vitro* work was performed on purified astrocytes isolated and cultured from mixed cortical cells of mouse pups.

Results

We demonstrated that 10 days following CCI, Cx43 expression co-localised predominantly with astrocytes, was increased in the ipsilateral L3-L5 lumbar spinal cord. An intrathecal injection of Peptide5 into nerve-injured mice, on day 10 when pain was well-established, caused significant improvement in mechanical pain hypersensitivity 8h after injection. Peptide5 treatment resulted in significantly reduced Cx43, and microglial and astrocyte activity in the dorsal horn of the spinal cord, as compared to control saline-treated CCI mice. Further *in vitro* investigations

on primary astrocyte cultures showed that 1h pre-treatment with Peptide5 significantly reduced adenosine triphosphate (ATP) release in response to extracellular calcium depletion. Since ATP is a known activator of the NOD-like receptor protein 3 (NLRP3) inflammasome complex, a key mediator of neuroinflammation, we examined the effects of Peptide5 treatment on NLRP3 inflammasome expression. We found that NLRP3, its adaptor apoptosis-associated spec-like protein (ASC) and caspase-1 protein were increased in the ipsilateral spinal cord of CCI mice and reduced to naïve levels following Peptide5 treatment. In the models of oxaliplatin- and paclitaxel-induced peripheral neuropathy, treatment with Peptide5 had no effect on mechanical pain hypersensitivity. Interestingly, in these CIPN models, although spinal Cx43 expression was significantly increased at day 13 following chemotherapy, NLRP3 expression was not altered. These results suggest that the analgesic effect of Peptide5 is specifically achieved by reducing NLRP3 expression.

Conclusions

Our findings demonstrate that blocking Cx43 hemichannels with Peptide5 after nerve injury attenuates mechanical pain hypersensitivity by specifically targeting the NLRP3 inflammasome in the spinal cord.

Declaration

Gila Moalem-Taylor has received funding that supported parts of this work from the National Health and Medical Research Council of Australia (NHMRC), the Spinal Cord Injury Network Grant - Towards Translation - Capacity Building Initiative, and the Cancer Institute NSW Translational Program Grant [ID # 14/TPG/1-05].

PAIN IN CHILDHOOD SIG: JOURNAL WATCH

Health and wellbeing of Indigenous adolescents in Australia: a systematic synthesis of population data.



Azzopardi P, Sawyer SM, Carlin JB, Degenhardt L, Brown N, Brown AD, Patton GC. *Lancet*, Published Online November 13, 2017 [http://dx.doi.org/10.1016/S0140-6736\(17\)32141-4](http://dx.doi.org/10.1016/S0140-6736(17)32141-4)

Reviewer:

Dr Susie Lord, Clinical Lead, Children's Complex Pain Service, John Hunter Children's Hospital, Newcastle NSW, Australia. Susie.Lord@hnehealth.nsw.gov.au

Aims:

To report the first comprehensive health profile for Indigenous adolescents in Australia to inform healthcare improvements, policy and research.

Study Group:

Aboriginal and Torres Strait Islander (Indigenous) adolescents aged 10-24 years. Comparison was made with the health profile of non-Indigenous Australian adolescents, where data were available.

Study Method:

Systematic synthesis of population data. A national advisory group—6 Indigenous young people, 3 Indigenous adult community members, 3 researchers, 3 policy makers, and 2 service providers—developed the reporting framework using a linear Delphi approach. The framework included 234 elements across 3 domains: health outcomes, health risks, and sociocultural determinants.

A step-wise approach was used to identify the most-inclusive, highest quality population data available to map to each element. Primary data from national surveys, administrative datasets, and then other available published data were interrogated.

Data were available for 184 of the 234 elements profiling Indigenous adolescent health and wellbeing. Data gaps were mapped to inform research agenda.

Summary of Results:

Mortality: All-cause mortality was twice that of non-Indigenous adolescents. The 5 leading causes

of death were in order: intentional self-harm, road traffic accidents, assault; cancer; and accidental poisoning. 80% of Indigenous adolescent deaths were considered potentially avoidable under the current health system.

Overall health: 53.7% of Indigenous 15-24 year olds self-rated their health as very good or excellent. 28.5% reported a disability (condition >6months duration with associated functional limitation). For 11.6% of Indigenous 10-14 year olds, disability affected their education, and for 8.4% of Indigenous 15-24 year olds, disability affected employment. Communicable diseases and their complications, nutritional diseases, and most types of injuries inequitably affected Indigenous adolescents, particularly those in remote areas, compared with their non-Indigenous counterparts. Several chronic non-communicable diseases, illicit use of opiates, analgesics or sedatives, and accidental poisoning were more common amongst urban- than remote-dwelling Indigenous youth. The pregnancy rate amongst female Indigenous adolescents overall was twice that of non-Indigenous adolescents, and for girls 10-14 years this difference was almost 20-fold. The health of adolescent girls, therefore, directly impacts the health of the next generation.

Wellbeing: 30.5% of Indigenous 18-24 year olds report high levels of psychological distress (Kessler-5 \geq 12/20), more than twice the non-Indigenous rate. Data for younger adolescents were lacking. The incidence of specific mental health conditions, racial discrimination, being victim to violence, incarceration, and many other sociocultural and economic determinants of health and wellbeing are detailed in the online supplementary appendices (<http://www.thelancet.com/cms/attachment/2115053830/2084693850/mmc1.pdf>), disaggregated by age, sex and remoteness.

Pain: Back pain > 6 months duration was self-reported by 5.4%, and migraine by 5.3% of Indigenous adolescents. These painful conditions

were more prevalent amongst mid-late adolescents, and Indigenous adolescents living in urban/non-remote areas. Although no other pain conditions were specifically reported in the source datasets, many of the inequitably distributed injuries and conditions are typically associated with acute, recurrent or chronic pain.

Authors' conclusions:

Despite Australia's adolescents having one of the best health profiles globally, Indigenous adolescents have been left behind. To end disparity, our health system will need to become more accessible, developmentally and culturally appropriate, with a strategic focus on adolescence.

Critique:

This is a seminal work that documents stark inequities, as a foundation for redress. It exemplifies strong Indigenous-led research, inclusive of community stakeholders throughout, and designed to inform policy change.

The group highlight the importance of disaggregating Australia's population health data—by Indigenous status, age, sex and remoteness—to uncover the terrible inequity that is obscured when data of minority groups are diluted in national datasets and indices (eg UN Human Development Index <http://hdr.undp.org/en/countries/profiles/AUS>). I strongly recommend those with an interest explore the rich evidence in the online appendices.

The synthesis supports calls for cross-sector investment in adolescence, in general,^{1,2} and Indigenous youth in particular. Health and wellbeing improvements in adolescence stand to benefit young people themselves, the broader community through increasing human capital, and the health, social and cultural foundations of the next generation. Matching

investment to the identified needs of Indigenous adolescents stands to yield 2- to 20-fold benefits.

In this first iteration, fatal and non-fatal burden of disease in Indigenous adolescents have been the priorities. In future, it will be important to explore factors that contribute to years lived with disability attributed to these conditions, and conversely to years lived free from activity limitation (YFAL).

Pain experience may be one such modifier of disability, with major impacts on Indigenous adolescents' participation in education and employment. The cumulative impacts of pain, racial discrimination and socioeconomic adversity are evident in our clinic where 25% of presenting children and adolescents are Indigenous. However, our sector will need to work with public health agencies and Indigenous researchers to make pain more visible. Harnessing Indigenous knowledge and community strengths will improve pain care during this transformative life phase.

Take home messages:

- Disparities exist between the health and wellbeing of Indigenous adolescents compared with non-Indigenous adolescents.
- Tragically, much of this is preventable or treatable. Healthcare has to become more accessible, culturally-safe and developmentally-appropriate.
- The burden of some painful conditions—notably headache and back pain—has been recognised.
- Gaps exist in understanding how other painful conditions might affect the health and wellbeing of Indigenous youth, their communities and the next generation.

Declaration: The reviewer has no competing interests to declare.

1. Sheehan P, Sweeny K, Rasmussen B, et al. Building the foundations for sustainable development: a case for global investment in the capabilities of adolescents. *Lancet*, 2017; 390: 1792-1806.
2. Sawyer SM, Azzopardi PS, Wickremarathne D, Patton GC. The age of adolescence. *Lancet Child & Adolesc Health*, Published Online January 17, 2018.

PAIN IN CHILDHOOD SIG: JOURNAL WATCH

The Evidence-Based Rationale for Physical Therapy Treatment of Children, Adolescents, and Adults Diagnosed with Joint Hypermobility Syndrome/ Hypermobility Ehlers Danlos Syndrome



Engelbert RH, Juul-Kristensen B, Pacey V, de Wandele I, Smeenk S, Woinarosky N, Sabo S, Scheper MC, Russek L, Simmonds JV. 2017. *American Journal of Medical Genetics Part C Seminars in Medical Genetics* 175C: 158–167 <http://onlinelibrary.wiley.com/doi/10.1002/ajmg.c.31545/full>

Reviewer:

Talia Jones, Physiotherapist, Children's Complex Pain Service, John Hunter Children's Hospital, Newcastle, NSW.

Review of article:

Engelbert et al conducted a review of the best available evidence in the literature and sought international consensus opinion from key stakeholders to compile this guideline.

The GRADE (Grading of Recommendations Assessment, Development and Evaluation) criterion was used to critically appraise the quality of evidence currently available on this topic.

The guideline is framed by the International Classification of Functioning, Disability and Health (ICF) model, identifying the multiple impairments and body structures impacted by joint hypermobility syndrome / hypermobility Ehlers Danlos syndrome (JHS/hEDS) and the implication this has for activity and participation. A number of issues from a body function and structure level including pain, poorer health related quality of life, fatigue, reduced proprioceptive acuity and balance, joint instability, reduced bone values on ultrasound, excessive skin extensibility, lower blood pressure and psychological symptoms have been well documented in recent years. This guideline highlights the emerging evidence in the literature of the presence of generalised hyperalgesia and the emerging relationship between the co-existence of JHS/hEDS and reduced gross motor skills, particularly co-ordination. In the adult population, previous research has shown neuropathic pain to be a component of

the JHS/hEDS with central sensitisation a possible component.

The activity and participation level in both children and adults with JHS/hEDS is impacted. Children with JHS/hEDS have poorer school attendance and are less active in sports; while adults have difficulty with ambulation, activities of daily living and leisure activities, as well as seek out more medical treatment.

The management principles recommended in this guideline for both children and adults focused on strength and fitness training in combination with pain management education. It has been acknowledged that there is limited evidence for exercise in improving JHS/hEDS, and recommendations are based on efficacy seen in other similar population groups and clinical experience. With the recent association identified between JHS/hEDS and generalise hyperalgesia, any physical therapy intervention needs to be individualised to avoid flaring of symptoms. Orthotics and supportive footwear to improve foot and lower limb alignment in children who report pain are recommended, however upper limb splints and mobility aids are of limited effect.

This guideline highlights the scarcity and lack of quality evidence for physical therapy intervention in the literature and identifies the need for future research to be methodologically sound, with larger JHS/hEDS specific population cohorts. It also identifies the lack of awareness of this condition among many physical therapists and the need for future professional development and education to optimise physical therapy intervention within this patient population.

Take home message:

Based on current available evidence, physiotherapy intervention is seen to play an important role in the treatment of people with JHS/hEDS across the

lifespan. Interventions which are individualised and include components of strength, cardiovascular fitness, body awareness training and a gradual return to activity with a focus on motor learning is currently believed to be the optimal approach. It is suggested that such programs be supplemented with pain management strategies and education as

generalised hyperalgesia is a common association with JHS/hEDS.

Declaration:

The reviewer has no competing interests to declare.

PAIN IN CHILDHOOD TOPICS IN SYDNEY

By Dr Simon Cohen, Chair APS Pain in Childhood SIG



Even when combined, the New Zealand and Australian group of paediatric pain specialists are a relatively small proportion of the world of pain management but they make up for this by being vociferous in their

enthusiasm and advocacy for their patients. Thus, we have an excellent showcase of paediatric pain talent and research at the Sydney Combined ASM.

In addition to the pre-conference day workshop there are 3 plenary lectures and 3 concurrent sessions.

The overseas plenary speaker Tonya Palmero, from the University of Washington has vast experience in the



development and importantly, delivery of psychological interventions for patients and families with chronic pain. Both of these topics will be addressed including the challenges of remote delivery of these services, an issue that this region of the world

is all too familiar with. She and her co-presenters, Dr Jennifer Stinson and Professor Helen Slater will discuss remote management including the use of smartphones and internet to deliver therapies. This



brings pragmatic advice to real world challenges that clinicians face.

Tonya also will be tackling the area of sleep and pain, discussing the relationship between the two and consequent implications for

assessment and intervention.

Greta Palmer of the Royal Children's Hospital has a long experience of managing paediatric chronic pain and thus is able to discuss a challenging topic that many of us may be constantly thinking over. Even in the best of multidisciplinary clinics what should our real world outcome expectations be? This is also of huge importance to the world of adult pain. We think that children with chronic pain conditions tend to have more successful recoveries than adults but many adult pain conditions commence in childhood and continue into adulthood. Data from the outcome expectations of this tertiary paediatric pain clinic gives valuable insight into the need for transition services and services to sustain young adults with chronic pain to be contributing members of society. Why do some children with pain function and even thrive in the same apparent situation of another child who suffers and fails to engage with life? The answer is obviously multifactorial but one piece of the jigsaw is the concept of resilience. Tiina Jaaniste of Sydney Children's Hospital has contributed many research papers to the risk factors of chronic pain in children and here will be highlighting the role of child and parent risk and resilience mechanisms in better understanding their psychosocial functioning. This leads to the consideration of protective factors and how we can possibly promote these.

Obtaining data on the prevalence and impact of pain is valuable and a big focus of current efforts in Australia. However quantitative data can sometimes

obscure the qualitative and human picture behind the numbers. Dr Rachel Aaron, Dr Anya Griffin and Dr Jennifer Stinson present a topical session blending the two aspects and allowing the patient story and suffering to be part of the data. They will also be describing patient engagement with the research and making it meaningful for them.

Overall, a wonderful opportunity to hear from some of the leading experts in the field deliver truly translational research and practical expertise.

SCHOLARSHIP FEATURE

Current Scholars

PhD Scholarship Sponsor Scholar Topic	Seqirus #1-APS-APRA Sherelle Casey <i>"Cannabinoids for neuropathic pain"</i>
Clinical Research Grant Scholar Topic	Cops for Kids #1-APS-APRA Dr Adrienne Harvey <i>"A pilot study of gabapentin for managing pain in children with dystonic cerebral palsy"</i>

Past Scholars

PhD Scholarship Sponsor Scholar Completed Topic	APS #1-APRA Samantha South 1999 <i>"Antinociceptive pharmacology of morphine and its major glucuronide metabolites"</i>
PhD Scholarship Sponsor Scholar Completed Topic	CSL #1-APS-APRA Lara Winter 2004 <i>"Antinociceptive properties of the neurosteroid alphasadolone"</i>
PhD Scholarship Sponsor Scholar Completed Topic	CSL #2-APS-APRA Anne Pitcher 2006 <i>"Conditional comfort: A grounded theory study in nursing approaches to acknowledging and responding to pain in nursing home residents with dementia"</i>
PhD Scholarship Sponsor Scholar Completed Topic	Mundipharma #1-APS-APRA Kathryn Nicholson Perry 2007 <i>"Pain Management Programmes in Spinal Cord Injury: Cognitive Behavioural Pain Management Programmes in the Management of Sub-acute and Chronic Spinal Cord Injury Pain"</i>

Past Scholars

PhD Scholarship Sponsor Scholar Completed Topic	APS #2-APRA Debbie Tsui 2008 <i>"Preclinical studies in painful diabetic neuropathy"</i>
PhD Scholarship Sponsor Scholar Completed Topic	Mundipharma #2-APS-APRA Zoe Brett 2011 <i>"Individual differences in vulnerability to the development of chronic pain following injury"</i>
PhD Scholarship Sponsor Scholar Completed Topic	APS #3-APRA Susan Slatyer 2013 <i>"Caring for patients experiencing episodes of severe pain in an acute care hospital: Nurses' perspective"</i>
PhD Scholarship Sponsor Scholar Completed Topic	APS #4-APRA Amelia Edington 2013 <i>"Defining inhibitor binding sites unique to the glycine transporter, GLYT2: A potential target for the treatment of chronic pain"</i>
PhD Scholarship Sponsor Scholar Completed Topic	Janssen Cilag #1-APS-APRA Mary Roberts Due 2017 <i>"An investigation of the role of sleep in chronic pain"</i>
PhD Scholarship Sponsor Scholar Completed Topic	Mundipharma #3-APS-APRA Audrey Wang 2017 <i>"The cortical integration of tactile sensation in complex regional pain syndrome"</i>
PhD Scholarship Sponsor Scholar Completed Topic	Janssen Cilag #2-APS-APRA Sarah Kissiwaa 2017 <i>"Pain induced synaptic plasticity in the amygdala"</i>
PhD Scholarship Sponsor Scholar Completed Topic	APS #5-APRA James Kang Due 2018 <i>"Epigenetic influence in cognitive impairments in chronic neuropathic pain"</i>

Australian research council Discovery indigenous grants Applications close 28 march 2018

The [Discovery Indigenous scheme](#) provides funding to Administering Organisations to support research programs led by an Indigenous Australian researcher and build research capacity of higher degree research and early career researchers.

The objectives of the Discovery Indigenous scheme are to:

- support excellent basic and applied research and research training by Indigenous Australian researchers as individuals and as teams
- develop the research expertise of Indigenous Australian researchers
- support and retain established Indigenous Australian researchers in Australian higher education institutions
- expand Australia's knowledge base and research capability

A Proposal must nominate at least one CI or DAATSIA; the first-named CI or DAATSIA must be an Indigenous Australian researcher and will be the Project Leader.

Please refer to the relevant section of the Funding Rules for specific Eligibility requirements. The scheme specific [Instructions to Applicants](#) are available on the ARC website also contain important information for Research Office staff and individual participants preparing proposals.

Applications close 28MAR18.

Contact details for further information:

E: ARC-NCGP@arc.gov.au

W: <http://www.arc.gov.au/>

SUBMISSIONS TO THE NEWSLETTER

We welcome submissions, whether brief or extended, about matters of interest to our readers - for example, reports of educational activities or articles about basic science or clinical research. Please allow time for modifications to be made to optimise a submission's suitability for publication. As we release monthly in advance, submissions received by the 15th of each month will be reviewed for publication in the newsletter of the following month.

Stephanie Davies, Editor



AusACPDM 2018

Empowerment and Partnership
21-24 March 2018 | The Langham | Auckland NZ



AusACPDM

Australasian Academy of Cerebral Palsy and Developmental Medicine

www.ausacpdm.org.au



SAVE THE DATE

nsanz

Neuromodulation Society of Australia and New Zealand

A chapter of the International Neuromodulation Society **ins**

13th Annual Scientific Meeting

7 - 8 April 2018

International Convention Centre, Sydney

Expressions of interest online at www.dconferences.com.au/nsanz2018

For sponsorship, exhibition or more information contact the NSANZ Conference Secretariat

DC Conferences Pty Ltd | P 61 2 9954 4400 | E nsanz2018@dconferences.com.au

NSANZ is pleased to announce its 2018 keynote speakers - **Professor Julie Pilitsis**, neurosurgeon from the University of Massachusetts, USA and **Professor Frank Huygen**, anaesthesiologist from the University Hospital Rotterdam, the Netherlands.

www.dconferences.com.au/nsanz2018

KEY DATES

Poster submission opens **1 September 2017**

Poster submission deadline **27 October 2017**

Registration opens **1 November 2017**

Early Bird deadline **23 February 2018**

8 - 11 April 2018 International Convention Centre, Sydney | Australia



**2018 Australian Pain Society 38th and New Zealand Pain Society
Conjoint Annual Scientific Meeting**

8 - 11 April 2018 | International Convention Centre, Sydney | Australia

Home ▾

Program ▾

Call for Submissions ▾

Registration ▾

Sponsors/Exhibitors ▾

Social Program ▾

Accommodation

Pre-Conference Workshops



You're invited to attend the
ACUTE PAIN PRE-CONFERENCE WORKSHOP

Kick start your journey at the APS/NZPS Conjoint Scientific Meeting by attending the Acute Pain Day Pre-Conference Workshop. The workshop promises to address recent advances and controversies in Acute Pain Management. The programme is suitable for the occasional pain specialist, regular APS consultants and nurses. The workshop is split into two half day programs. Join us for the morning, afternoon or both.

When: Sunday 8 April 2018, 8.45am – 5.00pm

Where: International Convention Centre, Sydney

More information: http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops



You're invited to attend the
PAIN IN CHILDHOOD PRE-CONFERENCE WORKSHOP

Excellence in Communication and Education

Covering varied topics of practical and pragmatic relevance to the practice of paediatric pain medicine.

It will involve discussion groups and be relevant to the whole of the multidisciplinary team looking after the child with pain.

When: Sunday 8 April 2018, 8.30am – 5.00pm

Where: International Convention Centre, Sydney

More information: http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops

You're invited to attend the
BASIC PAIN RESEARCH PRE-CONFERENCE WORKSHOP

The workshop will aim to present current basic pain research in Australia and provide evidence of its importance for our understanding of mechanism underlying nociception.

Audience: Researchers, health professionals including students with interest in basic pain mechanisms and current research.

When: Sunday 8 April 2018, 8.30am – 12.30pm

Where: International Convention Centre, Sydney

More information: http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops

You're invited to attend the
FUNDAMENTALS OF PAIN PRE-CONFERENCE WORKSHOP

Fundamentals of Pain is a half day workshop exploring current perspectives on the physiology of acute and persistent pain, including psychological aspects, the clinical approach to assessment, and treatment options. Whilst developed for a GP audience, this workshop is pertinent to the interdisciplinary practitioner or early career clinician. Using lecture presentations on physiology, pharmacology and psychological aspects of pain, case studies and open discussion/forum, the fundamentals of contemporary pain management will be covered in a stimulating, open and audience centred manner.

When: Sunday 8 April 2018, 8.30am – 12.30pm

Where: International Convention Centre, Sydney

More information: http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops



**You're invited to attend the
PAIN TOOLKIT - RUN BY PETE MOORE**

The Pain Toolkit originated back in 2002 when Pete Moore was writing a self-management article for pain health care professionals. Living with pain himself, Pete recognised while writing his article, that he had developed a toolkit of pain management skills to enable himself to become an active self-manager and to lead a better life.

When: Sunday 8 April 2018, 8.30am – 12.30pm

Where: International Convention Centre, Sydney

More information: [http://www.dconferences.com.au/apsnzps2018/Pre-Conference Workshops](http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops)



**You're invited to attend the
PHYSIOTHERAPY IN PAIN MANAGEMENT
PRE-CONFERENCE WORKSHOP**

This year's workshop has at its central theme the most topical issue of the use of guidelines and protocols by clinicians. This relates to appropriateness of both assessment and treatment of various pain conditions. This workshop is designed for any Physiotherapist who works with people in pain.

When: Sunday 8 April 2018, 1.30pm – 5.00pm

Where: International Convention Centre, Sydney

More information: [http://www.dconferences.com.au/apsnzps2018/Pre-Conference Workshops](http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops)

You're invited to attend the PHARMACOLOGY IN PAIN MANAGEMENT PRE-CONFERENCE WORKSHOP

The pharmacological management of pain is increasingly becoming a worldwide challenge. International experts are involved in intensive research to address concerns with regard to treatment.

The aim of the Pharmacology in Pain Management 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. Scientific, regulatory or strategy issues that are highly relevant to the optimisation of acute and chronic pain treatment will also be exchanged and discussed.

This workshop will consist of invited lectures, abstract presentations and roundtable discussions.

Time will be allocated to questions, answers and discussion in order to set up an intimate interactive workshop.

Topics will include:

- Update on ketamine use for management of chronic pain
- Update on clinical trials for new drugs for pain management
- Pharmacological pain management in the elderly population
- 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 is clinical pharmacologists, pharmacists, industry researchers, pain specialists, paediatricians, clinical nurse consultants, government representatives and other experts with an interest in clinical pharmacology.

When: Sunday 8 April 2018, 1.30pm – 5.00pm

Where: International Convention Centre, Sydney

More information: http://www.dconferences.com.au/apsnzps2018/Pre-Conference_Workshops

SYDNEY
2018



Collaborate. Educate. Disseminate.

2018 Australian Pain Society 38th and
New Zealand Pain Society Conjoint Annual Scientific Meeting

International Convention Centre Sydney | 8-11 April 2018

Join us online - #anzpain18

Register online at www.dconferences.com.au/apsnzps2018

For sponsorship and exhibition opportunities or more information please
contact the APS NZPS Conference Secretariat | DC Conferences Pty Ltd

P 61 2 9954 4400 | E apsnzps2018@dconferences.com.au

www.dconferences.com.au/apsnzps2018

Early Bird
Registration Deadline
23 February 2018

Register Today



SSA2018

SPINE SOCIETY OF AUSTRALIA
29TH ANNUAL SCIENTIFIC MEETING

27 - 29 APRIL 2018

KEY DATES

Early Bird Registration closes

Friday 16 March 2018

Welcome Reception

Friday 27 April 2018

Gala Dinner

Saturday 28 April 2018

ADELAIDE CONVENTION CENTRE



www.dconferences.com.au/ssa2018

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

Melbourne 24th May, 15th November
Brisbane 21st June, 29th November
Sydney 3rd May, 25th October

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



Pain

The dark side of the mind

FPM Refresher Course Day
and Annual Dinner
International Convention
Centre, Sydney
Sunday May 6, 2018

Register now!



#RCD18



PRESENTING THE 9TH ANNUAL

National Dementia Conference 2018

15 – 16 May 2018 | Rendezvous Melbourne



REGISTER NOW

www.informa.com.au/dementiaconference18



THE UNIVERSITY OF
SYDNEY

**PAIN MANAGEMENT
RESEARCH
INSTITUTE**

**ROYAL NORTH
SHORE HOSPITAL**

Specialising in Clinical Pain Management

➔ FORMAL DEGREE COURSE (ONLINE)

Graduate Certificate, Graduate Diploma and Masters

Endorsed by the International Society for the Study of Pain (IASP), this leading degree program provides advanced evidence-based and clinically relevant education in pain management for graduates in medicine, dentistry, nursing, physiotherapy, psychology and other allied health disciplines.

The program has been developed and is taught by Sydney Medical School's Pain Management Research Institute (PMRI), based at Royal North Shore Hospital and The University of Sydney's Kolling Institute.

The program is conducted entirely online and commences in March or August each year, with enrolments closing either late January or late June.



For dates & further information visit:
sydney.edu.au/medicine/pmri/education

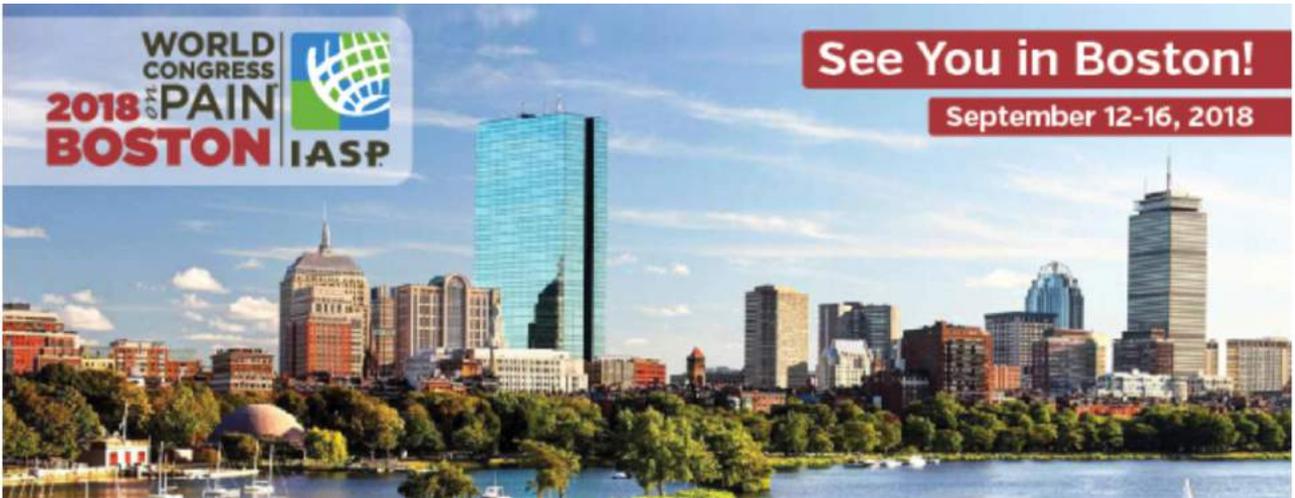
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E: paineducation@sydney.edu.au

WORLD
CONGRESS
OF PAIN
2018 BY PAIN
BOSTON IASP



See You in Boston!

September 12-16, 2018



NEW!

- **IASP Statement on Opioids**
Approved February 2018: <https://www.iasp-pain.org/Advocacy/OpioidPositionStatement>
This reference can also be found on the [APS Position Papers](#) webpage.
- **NSW Cannabis Medicines Advisory Service (CMAS)**
Launched 29JAN18
Fact Sheet on our website: https://www.apsoc.org.au/PDF/Fact_Sheets/20180129_NSW-CannabisMedicinesAdvisoryService-CMAS_Fact_Sheet_FINAL.PDF
Service available 9am-5pm Monday-Friday
Hotline: (02) 4923 6200 or email: HNEL-HD-CMAS@hnehealth.nsw.gov.au

OTHER 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>
- **PainHEALTH website**
<http://painhealth.csse.uwa.edu.au/>
- **Pain Series**
An excellent series of articles run late 2015 by The Conversation: <https://theconversation.com.au/topics/pain-series>
- **ANZCA/FPM Free Opioid Calculator App**
Smart phone app that converts opiates to milligrams of morphine, available for both iPhone and Android: <http://www.opioidcalculator.com.au>
- **Stanford University**
CHOIR Collaborative Health Outcomes Information Registry: <https://choir.stanford.edu/>
- **2018 Global Year for Excellence in Pain Education**
Launched 22JAN18
See information and resources on our website: <http://www.apsoc.org.au/global-year-against-pain>
- **Opioid Podcasts for GPs**
20 week series from the Hunter Postgraduate Medical Institute: <http://www.gptraining.com.au/recent-podcasts>
- **Airing Pain**
Pain resources via an online radio show produced by Pain Concern, a UK registered Charity: <http://painconcern.org.uk/airing-pain/>
- **National Strategic Framework for Chronic Conditions**
Final report released 22MAY17: <http://www.health.gov.au/internet/main/publishing.nsf/Content/nsfcc>
- **Podcast: Pain Science and Sensibility Episode 24: Trigger Points, the “Third Space”, and the Merit of Pain Theories with Dr Milton Cohen**
Recorded on 01JUN17: <http://ptpodcast.com/pain-science-and-sensibility-episode-24-trigger-points-the-third-space-and-the-merit-of-pain-theories-with-dr-milton-cohen/>
- **ABC TV “Ask the Doctor”, Series 1, episode 5: Pain**
Broadcast 13JUN17, available until 02SEP20: <http://iview.abc.net.au/programs/ask-the-doctor/DO1625V005S00>
- **ABC Lateline: Australians’ addiction to prescription opioids soaring**
Broadcast 23JUN17: <http://www.abc.net.au/lateline/content/2016/s4690991.htm>
- **Digital Health Guide**
Developed by Primary Health Network Tasmania: <https://digitalhealthguide.com.au/Account/Login?ReturnUrl=%2fSpecialtyFormulary%2f2> At login, Username: connectingcare, Password: health
- **ABC Radio Nightlife: Living with Chronic Pain** Interview with Dr Chris Hayes, broadcast 18SEP17: <http://www.abc.net.au/radio/programs/nightlife/pain/8958330?platform=hootsuite>

- **2017 Australia's Health Tracker by Socio-economic status** Released 28NOV17: <https://goo.gl/ChoJcY>
- **Indigenous Resources**
New webpage on the APS website aggregating Indigenous resources: <https://www.apsoc.org.au/Indigenous-Resources>

HEALTH CARE HOMES

- **Health Care Home resources:** <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-care-homes#one>
- **Update 10MAY17:** <http://healthcarehomes.cmail19.com/t/ViewEmail/r/7237191369B-01B262540EF23F30FEDED/1FA9272E4DDC-2B64A29558A201773426>

AUSTRALIAN COMMISSION ON SAFETY AND QUALITY IN HEALTH CARE (ACSQHC) RESOURCES:

- **The Second Australian Atlas of Healthcare Variation 2017, released 07JUN17:** <https://www.safetyandquality.gov.au/atlas/atlas-2017/>
- **Online interactive Second Australian Atlas of Healthcare Variation 2017, released 07JUN17:** <http://acsqhc.maps.arcgis.com/apps/MapAndAppGallery/index.html?appid=fd3b04ebe-3934733b7ecb8514166c08f>
- **Australian Atlas of Healthcare Variation released 26NOV15:** <http://www.safetyandquality.gov.au/atlas/>
- **Chapter 5: Opioid medicines: NEW LINK** <http://acsqhc.maps.arcgis.com/apps/MapJournal/index.html?appid=4d683b6e1df04a658cfd3a3fb9c46f24>
- **Online interactive Australian Atlas of Healthcare Variation released NOV16:** <http://acsqhc.maps.arcgis.com/home/index.html>

NPS MEDICINEWISE RESOURCES

- **Chronic Pain edition issued 01JUN15:** <http://www.nps.org.au/publications/health-professional/nps-news/2015/chronic-pain> and https://www.nps.org.au/medical-info/clinical-topics/news/chronic-pain?utm_medium=twitter&utm_source=17-07-24&utm_campaign=pain&utm_content=pain-week-MN#key-points
- **Choosing Wisely Australia – News & media:** <http://www.choosingwisely.org.au/news-and-media>
- **Over the counter codeine – changes to supply:** <https://www.nps.org.au/medical-info/clinical-topics/over-the-counter-codeine-changes-to-supply>
- **Medicines with codeine – what you need to know:** <https://www.nps.org.au/medical-info/consumer-info/medicines-with-codeine-what-you-need-to-know>

TGA

- **Codeine information hub:** <https://www.tga.gov.au/codeine-info-hub>
- **Guidance for the use of medicinal cannabis in the treatment of chronic non-cancer pain in Australia, v1-DEC17:** <https://www.tga.gov.au/publication/guidance-use-medicinal-cannabis-treatment-chronic-non-cancer-pain-australia>

NSW AGENCY FOR CLINICAL INNOVATION RESOURCES:

- **Our Mob: Resources for Aboriginal People:** <https://www.aci.health.nsw.gov.au/chronic-pain/our-mob>
- **A Framework for working effectively with Aboriginal people, NOV13:** <http://www.aci.health.nsw.gov.au/about-aci/cultural-respect>

- **Pain Management Network Multicultural report 2015:** http://www.apsoc.org.au/PDF/CALD_Resources/ACI_Report_multi_cultural_focus_groups_2015.pdf
- **Brainman and Pain Tool Kit translations, SEP15:** <http://www.aci.health.nsw.gov.au/chronic-pain/translated-resources>
- **Pain Management Resources:** <http://www.aci.health.nsw.gov.au/resources/pain-management>
- **Quick Steps to Manage Chronic Pain in Primary Care:** <http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care>
 - **Built into Quicksteps: “How to de-prescribe and wean opioids in general practice”:** http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care/how_to_de-prescribe_and_wean_opioids_in_general_practice
- **A list of helpful apps for consumers and clinicians now available at:** <http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/management-of-chronic-pain>

MEMBERS ONLY AREA OF APS WEBSITE:

- **APS Plenary Recordings:** As an exclusive benefit to APS members, the following Plenary videos are now available for free access:
 - 2017 conference in Adelaide
 - 2016 conference in Perth.
- **Better Pain Management online learning modules:** APS members receive a 20% discount.
- **Centric Wealth Newsletters:** APS member funds are invested with Centric Wealth. Market reports are available on the Members Only Area of our website.

APS MEDIA RELEASES:

- Refer to our website for a full listing of media releases: <http://www.apsoc.org.au/Media>
- Our next conference, combined with the New Zealand Pain Society, will use the Twitter hashtag: #anzpain18

NEW MEMBERS

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Miss	Ghufran	Alhassani	Science Research
Miss	Samantha	Allen	Psychology
Mr	Paul	Bosisto	Physiotherapy
Ms	Bernadette	Brady	Physiotherapy
Miss	Valentina	Buscemi	Physiotherapy
Dr	Paul	Cadzow	Psychiatry
Mrs	Kassandra	Cannons	Nursing
Mr	Aidan	Cashin	Exercise Physiologist
Mrs	Jessica	Castle	Physiotherapy
Mrs	Clara	Curtis	Nursing
Mr	Jonathan	Davies	Psychology
Mr	Daniele	De Palo	Nursing
Miss	Maria	de Sousa	Physiotherapy
Miss	Theresa	Donnelly	Psychology
Mrs	Ann-Marie	Fanning	Pharmacy
Dr	Nicola	Ferencz	Psychology
Ms	Petrai	Ferguson	Pharmacy
Dr	Amy	Fitzgerald	Gynaecology
Ms	Kay	Gennings	Nursing
Ms	Terina	Grace	Physiotherapy
Dr	Christopher	Grossman	Palliative Care
Ms	Michiyo	Hashimoto	Psychology
Dr	Clare	Hayes-Bradley	Anaesthesia
Miss	Jessica	Hill	Physiotherapy
A/Prof	Jason	Ivanusic	Science Research

NEW MEMBERS

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Mrs	Emily	Kennedy	Physiotherapy
Prof	Yong Ik	Kim	Anaesthesia
Ms	Rhiannon	Lindsey	Physiotherapy
Mr	Te Haumi	Maxwell	Science Research
Mr	David	McNaughton	Chiropractic
Mrs	Fiona	McQuillan	Physiotherapy
Miss	Imogene	Munday	Psychology
Miss	Sara	Nencini	Science Research
Mrs	Linsay	Newman	Physiotherapy
Miss	Vanessa	Nguy	Exercise Physiologist
Dr	Long Phan	Nguyen	General Practice
Mr	Keith	O'Brien	Nursing
Ms	Mayumi	Oguchi	Psychology
Miss	Katarina	Ostojic	Paediatrics
Dr	Sarah	Overton	Psychology
Dr	Jonathan	Ramachenderan	General Practice
Mrs	Rebekah	Richards	Nursing
Dr	Jill	Richardson	Occupational Medicine
Mrs	Michelle	Ring	Nursing
Ms	Rosie	Ryan	Science Research
Miss	Sara	Sarraf	Paediatrics
Miss	Mikaela	Schlumpf	Occupational Therapy
Mr	Benjamin	Siddall	Science Research
Mr	Stephen	Sigismondi	Physiotherapy
Miss	Benita	Suckling	Pharmacy

NEW MEMBERS

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Mrs	Michelle	Taylor	Occupational Therapy
Mr	Benjamin	Teo	Geriatrics
Mrs	Deborah	Thomas	Occupational Therapy
Mr	Heath	Tomasini	Physiotherapy
Mrs	Lois	Tonkin	Physiotherapy
Dr	Bradley	Wood	Psychology
Mr	Steven	Woods	Nursing



THE
AUSTRALIAN
PAIN SOCIETY

REMINDER APS MEMBERSHIP RENEWALS 2018

Renewal notices for 2018 have been sent by email to members.

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

Please note:

1. We understand that circumstances change, so each year we ask you to select your appropriate level of membership.
2. This system of self-reporting subscription levels was implemented in 2009 for the benefit and fairness of all members.

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

Payments can be made by **Credit Card or Cheque.**

CALENDAR OF EVENTS

2-3 Mar 2018

Centre for Pain Medicine 6th Intl Symposium Invasive Procedures in Motion 2018 & 20th Anniversary Centre for Pain Medicine

Lessons from the Past, Criticism of the Present and Vision for the Future

Swiss Paraplegic Centre, Lucerne, Switzerland

http://www.schmerz-nottwil.ch/de/pub/zsm/fortbildungkongresse/invasives_procedures_motion_18.htm

17-18 Mar 2018

Malaysian Association for the Study of Pain 6th Biennial Scientific Meeting 2018

Delivering Better Relief for Cancer Pain

National Cancer Institute, Putrajaya, Malaysia

<http://www.masp.org.my/eventsmaster.cfm?&menuid=12&action=viewevent&retrieveid=69>

19 Mar 2018

Pain Adelaide Stakeholders' Consortium

Pain Adelaide 2018

National Wine Centre, Adelaide, SA

<https://painadelaide.org/category/painadelaide/>

21-24 Mar 2018

Australasian Academy of Cerebral Palsy and Developmental Medicine (AusACPDM) 2018

Empowerment and Partners.

The Langham, Auckland, New Zealand

<https://www.ausacpdm.org.au/conference/>

24-25 Mar 2018

Pain Association of Singapore

Annual Scientific Meeting 2018

One Farrer Hotel, Singapore, Singapore

<http://www.pas-asm.com>

27-29 Mar 2018

Exercise & Sports Science Australia (ESSA)

Research to Practice 2018

Brisbane Convention and Exhibition Centre, Brisbane, QLD

<http://researchtopractice2018.com.au>

7-8 Apr 2018

Neuromodulation Society of Australia and New Zealand 13th Annual Scientific Meeting

Neuromodulation - Delivering on Patient Outcomes

International Convention Centre, Sydney, NSW

<http://www.dconferences.com.au/nsanz2018/>

8-11 Apr 2018

Australian Pain Society 38th and New Zealand Pain Society Conjoint Annual Scientific Meeting

Collaborate. Educate. Disseminate.

International Convention Centre, Sydney, NSW

<http://www.dconferences.com.au/apsnzps2018/>

CALENDAR OF EVENTS

11-12 Apr 2018

National Rural Health Alliance 6th Rural and Remote Health Scientific Symposium

Outback Infront: 20 years of rural and remote health research

Hyatt Hotel, Canberra, ACT

<http://www.ruralhealth.org.au/6rrhss/>

11-18 Apr 2018

Pain Revolution 2018

Rural Outreach and Cycling Tour

Various venues, Sydney, Wollongong, Moss Vale, Canberra, Jindabyne, Albury, NSW, ACT

<http://painrevolution.org>

27-29 Apr 2018

Spine Society of Australia

29th Annual Scientific Meeting

Adelaide Convention Centre, Adelaide, SA

<http://www.dconferences.com.au/ssa2018/>

Various dates 3 May 2018 to 22 Jun 2018

Empower Rehab

Pain Management in Practice 2 day workshop

Various Venues, Sydney, Melbourne, Brisbane, NSW, VIC, QLD

<http://www.empowerrehab.com/Workshops/>

6 May 2018

Faculty of Pain Medicine (FPM)

Refresher Course Day: Pain - the dark side of the mind

International Convention Centre, Sydney, NSW

<https://asm.anzca.edu.au/fpm-refresher-course-day/>

7-11 May 2018

Australian and New Zealand College of Anaesthetists (ANZCA) Annual Scientific Meeting 2018

Reflecting on what really matters

International Convention Centre, Sydney, NSW

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

9-12 May 2018

World Institute of Pain (WIP)

9th World Congress

Convention Centre Dublin, Dublin, Ireland

<http://wip2018.kenes.com>

15-16 May 2018

National Dementia Congress

9th Annual Congress 2018

Rendezvous Hotel, Melbourne, VIC

<https://www.informa.com.au/event/national-dementia-conference/>

CALENDAR OF EVENTS

25-26 May 2018

Occupational Therapy Australia National Private Practice Symposium 2018

Successful Strategies for Sustainable Business

Stamford Grand, Adelaide, SA

<http://www.otausevents.com.au/events/national-private-practice-symposium-2018/event-summary-aeb-11b59a0534b8b82cf3039aeb054f7.aspx>

30 May 2018

Choosing Wisely Australia

2018 National Meeting

National Convention Centre, Canberra, ACT

<http://www.choosingwisely.org.au/members/2018-choosing-wisely-australia-national-meeting>

9-15 Jun 2018

Children's Institute for Pain and Palliative Care, Children's Minnesota

11th Annual Pediatric Pain Master Class

Windows on Minnesota, Minneapolis, USA

<http://www.cvent.com/events/11th-annual-pediatric-pain-master-class/event-summary-8b1ce50f8c844dbd-92069810b5777e80.aspx?fqp=true>

16-17 Jun 2018

Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ) Snapshots

Rehabilitation Snapshots 2018

Pullman Melbourne on the Park, Melbourne, VIC

<https://www.dconferences.com.au/snapshots2018/>

27-29 Jun 2018

Australian & New Zealand Society for Geriatric Medicine (ANZSGM)

Cutting Edge: Optimising the Journey for Older Surgical Patients

International Convention Centre, Sydney, NSW

<http://www.anzsgmconference.org>

27-29 Jul 2018

Pharmaceutical Society of Australia - PSA18

Leading Pharmacy Innovation

TBA, Sydney, NSW

<https://www.psa.org.au/connecting-with-my-profession/major-events>

1-3 Aug 2018

Indigenous Conference Services

2018 International Indigenous Chronic Diseases Conference

Pullman, Cairns, QLD

<http://www.indigenoushealth.net>

28-30 Aug 2018

Australian College of Nursing

The National Nursing Forum 2018 - Diversity and Difference

Gold Coast Convention and Exhibition Centre, Gold Coast, QLD

<https://www.acn.edu.au/nnf2018>

CALENDAR OF EVENTS

12-16 Sep 2018

International Association for the Study of Pain (IASP)

18th World Congress on Pain

Boston Convention and Exhibition Center, Boston, USA

<https://www.iaspworldcongressonpain.org>

21 Sep 2018

Pain Interest Group Nursing Issues (PIGNI) Professional Development Day

EOI

SMC Conference & Function Centre, Sydney, NSW

<https://dcconferences.eventsair.com/pigni-2018/eoi/Site/Register>

6-9 Oct 2018

Australian Society of Anaesthetists National Scientific Congress 2018

TBA

Adelaide Convention Centre, Adelaide, SA

https://www.asa.org.au/ASA/Education_Events/Upcoming_events/ASA/Education_and_events/ASA_events/Upcoming_events.aspx

11-13 Oct 2018

RACGP - GP18

General practice: The centre of health in Australia

Gold Coast Convention and Exhibition Centre, Gold Coast, QLD

<http://gp18.com.au>

25-27 Oct 2018

Australian College of Rural and Remote Medicine (ACRRM) and Rural Doctors Association of Australia (RDAA)

Rural Medicine Australia - RMA 2018

Darwin Convention Centre, Darwin, NT

<http://www.acrrm.org.au/the-college-at-work/rma>

21-24 Nov 2018

AOCPRM 6th and Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ) 3rd Annual Scientific Meeting

North to South, East to West

SkyCity, Auckland, New Zealand

<http://www.aocprm2018.com/aocprm18>



THE
AUSTRALIAN
PAIN SOCIETY

*All people will have optimal access to pain prevention
and management throughout their life.*

VISION:

All people will have optimal access to pain prevention and management throughout their life.

MISSION:

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

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 pain-related evidence-based research
- To share and promote the expertise of all disciplines involved in the treatment of pain
- To promote and facilitate evidence-based pain related education for health professionals and the community
- To promote the development and use of standards and outcome measures in everyday clinical practice

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