



► Editor's Note

Dear colleagues,

We have a range of short articles for your interest in this edition. My favourite is a reprint from the IASP Insight magazine about our past president Amal Helou. It's full of inspirational and wise insights from an accomplished professional in the field of pain medicine. If you missed it in Insight make sure you read it this time; if you read it previously it's worth reading again.

Brainman is back! Our second feature describes the background to two new videos starring Brainman. It's thrilling to see the expanding utilization of this nifty resource. When I was working in Toronto earlier this year I repeatedly encountered pain medicine specialists who enthused about Brainman (at which point I would covertly wave an invisible Aussie flag.)

October 20th has brought us a new Global Year Against Pain: this year it is Neuropathic Pain. – see our press release in the newsletter. Karin Plummer presages some 2015 events in her article for Pain in Childhood Special Interest Group.

Thank you to Tracy at DC Conferences for her energetic compilation and assistance.

Regards,

Will Howard

Editor

Vale: Dr Tim McCarthy

It is with sadness we acknowledge the sudden passing of longstanding APS member Dr Tim McCarthy, a passionate and dedicated anaesthetist and pain practitioner. Following undergraduate medical education at Monash University, Tim spent time throughout Victoria and abroad (Jamaica!) developing his skills and special interests in medicine, before embarking on anaesthesia training at Prince Henry's Hospital in Melbourne.

Further travel and training in pain management followed, including a stint in China learning acupuncture, before settling into the eastern suburbs of Melbourne. Roles here included anaesthesia and pain management at William Angliss

hospital, including time as director, complementing his growing private practice.

Tim continued to develop his knowledge base and pain skills through regular attendance at local, national and international meetings and training programs, with the IASP world congress in Buenos Aires being the most recent.

Tim's enthusiasm and strong contribution to pain management in Victoria will be greatly missed by his patients and colleagues alike. He is survived by his wife, four daughters, son-in-law and two grandchildren, to whom we extend our deepest sympathy.

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READ LOTS, LISTEN CAREFULLY. AND SMILE.

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Amal Helou, a nurse practitioner at the Pain Management Centre at Royal Prince Alfred Hospital in Sydney and a past president of the Australian Pain Society, shares what she has learned in her 33 years in pain management.



What motivates you in your clinical practice?

Nurse practitioners are sought after for their ability to engage with patients from all backgrounds and educational levels. One patient described it as “the ability to make clear what is so complex and muddy.” I think she was referring to the use of person-friendly language, rather than clinicians showing off what they know.

Having a “whole person” approach in managing chronic disease ensures patients can collaborate with the entire health-care team. This ability to communicate with practitioners in different disciplines also allows the patient to remain central and

engaged. Turf wars become a thing of the past when our focus is the health and well-being of the patient.

Asking our patients what is their primary concern helps us focus on the proper path

how to motivate them.

In fact, when you listen carefully, patients volunteer how to reach them. And when we can effectively communicate that we understand those concerns, we earn the



to take and can save a lot of time as we wander through the many aspects of history taking. It is essential to learn what is in the heart of the patient, their fears, and

right to be heard. Sometimes in our isolated specialties we can get caught up in using abbreviations and jargon that does not impress or reach the person.

History of the Australian Pain Society



Next year we celebrate our 35th Annual Scientific Meeting!

We have engaged a professional historian to assist us with this important project and would like to gather members' recollections and any materials of the early days of the APS. Early photos would be highly prized!

If you would like to contribute anything to this project, please contact the Australian Pain Society Secretariat on (02) 9016 4343 or via email aps@apsoc.org.au

We look forward to gathering your reflections and celebrating our 35 years of achievements.

READ LOTS, LISTEN CAREFULLY. AND SMILE.

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What limitations or obstacles have you faced?

I enjoy working in a multidisciplinary team setting. Hearing other members' perspectives and receiving their support has prevented burnout. Most team members want to find a way to engage patients and be effective. The problem occurs when we are not open to negative critiques and see these as personal affronts, rather than as opportunities to improve and make appropriate changes.

Another clinician's insight into a patient's perspective and his or her ability to reach a particular patient should not be seen as a competition. Unfortunately, I do not think that humility, which I define as having a sane estimation of your gifts and abilities, is prized in the medical field. In some circles, what is prized is an accumulation of up-to-date scientific jargon. Most patients learn best from stories and "simple English" explanations of the scientific evidence behind them. We do not need to

cover every new concept; we need to find a balance between too much and too little.

What have been your best success stories?

In one of the programs at our center, I teach patients about the role of medications in managing pain. It also covers the limitations and the best experimental evidence we have behind what we prescribe. At the end of that talk, over half of the patients voluntarily make an appointment to see me because they want to understand, reduce their opioid consumption, and make changes. I consider that a success.

I find it is important to listen to all the bits that may not seem relevant at first. Patients come back to me and say, "I told the doctor, but he or she was not interested." Or even worse, that the doctor did not ask about....

What would you tell someone who is beginning a career in pain management?

Read lots and listen carefully. Human-to-human interaction, I call it "human therapy," is essential in our field. Read escapist novels with happy endings to balance out the sad stories of some of our patients' lives. Get involved in an absorbing hobby. I paint and watch Star Trek and English murder mysteries.

Listen to patients, and find out how well they went with the homework they were given when seeing them at follow-up. Offer them a hot or cold drink and have one with them. It helps break down barriers when you have to be firm with them. And smile—it does not reduce the impact of your professional dialogue.

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 9954 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**

ASM 2015 REGISTRATION OPEN

REGISTRATION NOW OPEN!

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.dcconferences.com.au/aps2015

For Sponsorship and Exhibition opportunities or more information please contact the APS Secretariat

DC Conferences Pty Ltd | P 61 2 9954 4400 | E aps2015@dcconferences.com.au

Registration for APS 2015 is now open.
Early Bird Deadline is Friday 23 January 2015

[Registration Fees and Information](#)

To register, please click on the following link: [Register Online Now](#)

Program now available

The program this year will focus on key topics including: brain pain, immune stressors, acute pain, chronic pain, opioids, neuromodulation, emerging interventional techniques, paediatrics, physiotherapy, psychology and much, much more.

Looking for more information? Click on one of the links:

- ▶ [Conference website](#)
- ▶ [Program overview](#)
- ▶ [Keynote speakers](#)
- ▶ [Pre-Conference Workshops](#)

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

CURRENT & PAST SCHOLARS

CURRENT SCHOLARS:

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

PAST SCHOLARS:

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"

PAST SCHOLARS

PAST SCHOLARS:

PhD Scholarship Sponsor Scholar Completed Topic	Mundipharma #2-APS-APRA Zoe Brett 2011 “Individual differences in vulnerability to the development of chronic pain following injury”
PhD Scholarship Sponsor Scholar Completed Topic	APS #3-APRA Susan Slatyer 2013 “Caring for patients experiencing episodes of severe pain in an acute care hospital: Nurses’ perspective”
PhD Scholarship Sponsor Scholar Completed Topic	Janssen Cilag #1-APS-APRA Mary Roberts Due 2013 “An investigation of the role of sleep in chronic pain”
PhD Scholarship Sponsor Scholar Completed Topic	APS #4-APRA Amelia Edington 2013 “Defining inhibitor binding sites unique to the glycine transporter, GLYT2: A potential target for the treatment of chronic pain”



**GLOBAL
YEAR
AGAINST
NEUROPATHIC
PAIN**

International Association for the Study of Pain

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

Please note that this Global Year Against Neuropathic Pain will extend to 31 December 2015.

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

The 2014-15 Global Year Against Neuropathic Pain was launched on

Monday 20 October 2014

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.

GLOBAL YEAR AGAINST NEUROPATHIC PAIN

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



MEDIA RELEASE: BRAINMAN RETURNS

media release

5th October 2014



Brainman returns

To coincide with opening of the 15th World Congress on Pain in Buenos Aires, Argentina, a world leader in pain education is making a return to the online stage.

Brainman, the “brainchild” of the team at Hunter Integrated Pain Service at John Hunter Hospital and Hunter Medicare Local, has become a YouTube celebrity since making his debut in late 2011. Since that time Brainman’s first film “Understanding pain and what to do about it in less than five minutes” has had almost 500 000 views and been translated into nine different languages.

Now the University of Washington and The University of South Australia have joined the team to collaborate in producing two new and updated videos.

In releasing the new videos John Baillie CEO of Hunter Medicare Local said “Despite the success of Brainman’s first video, the consistent feedback we had from clinicians was “make it shorter”. These two new updated videos are less than 2 ½ minutes in duration. The first “Brainman stops his opioids” holds the succinct message that opioids are no longer recommended for chronic non-cancer pain. The second video shows the choices Brainman makes as he transitions toward an active evidence based approach”.

Dr Chris Hayes, Director of Hunter Integrated Pain Service at John Hunter Hospital speaking on behalf of the whole team said “We all accept medicine advances as knowledge grows. In treating chronic non cancer pain, there’s been too much focus on opioid medication & not enough on the most effective ways to improve pain & wellbeing.

“Knowledge changes. We now know that when it comes to chronic pain, use of these drugs often makes matters worse. Opioids are no longer recommended for chronic non-cancer pain. Instead, the evidence recommends people get support, they get an active recovery plan and get started”.

Deb Gordon RN, from the University of Washington said “These videos represent a change in direction. Chronic pain can change, it’s not always an enduring disease or problem. The first thing still remains to get assessed and rule out anything dangerous then it’s time to “shift focus”, get informed and manage pain from a broad, active perspective.

“Everyone can benefit from making the mindbody link. Drawing a timeline helps make sense of the emotional impact of life events before, during and after the onset of pain. Addressing underlying depression or anxiety early is critical to reducing pain over time.”

Professor Lorimer Moseley from University of South Australia says “This is not just new age thinking. These discoveries have shifted the world’s understanding of how best to treat pain. Decreasing pain starts with knowing about pain and choosing to work on sustainable strategies”.

You can view the new videos at Brainman’s very own YouTube Channel www.youtube.com/hunterbrainman

Media opportunities are available by calling Scott White from Hunter Medicare Local on (02) 4935 3170 or 0437 478 138.

Medicare Locals gratefully acknowledge the financial and other support from the Australian Government Department of Health Hunter Primary Care Limited (ABN 27061783015), trading as Hunter Medicare Local

MEDIA RELEASE: NEW RESOURCES - PAIN AFTER SPINAL CORD INJURY



New resources for people with pain after spinal cord injury

After spinal cord injury, 70% of individuals experience chronic or persistent pain which impacts upon activity levels, mood, sleep, and quality of life. A recent survey found that 91% of individuals with SCI pain consult their General Practitioners for assistance with pain, and 80% of health care professionals working with people with SCI feel that they are inadequately resourced to manage SCI pain.

In response to this, a series of resources have been developed through a partnership between the Agency for Clinical Innovation (ACI) Pain Management Network and the NSW State Spinal Cord Injury Service with support from the Lifetime Care and Support Authority (LTCSA).

These ground-breaking new resources for people with spinal cord injuries and the health professionals, who care for them, were launched on 13th October 2014 at the Spinal Cord Injury Network Connections 2014 Forum for spinal cord injury research.

Dr Nigel Lyons, ACI Chief Executive explained that improving access to the latest scientific information on chronic pain management is an important focus.

"Chronic pain is pain which persists for more than three months or beyond the usual time for tissue healing. It is real and not imagined and unfortunately is a common experience for up to 70% of people after a spinal cord injury," said Dr Lyons.

"With funding provided by the LTCSA, we have worked with pain and spinal cord injury experts to design new online resources that provide a better understanding of this type of pain and developed practical tools and resources that help people with a spinal cord injury to better manage pain," Dr Lyons said.

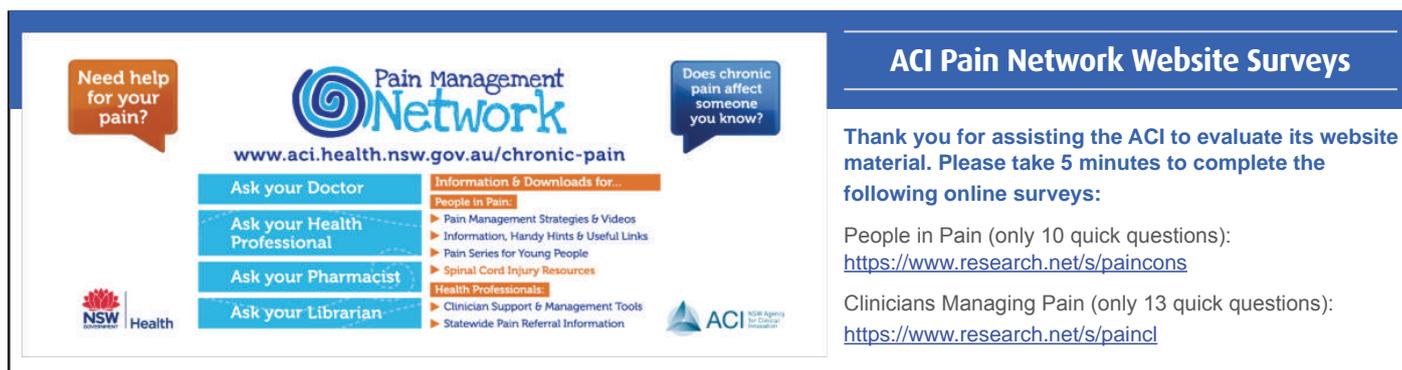
The new online resources are freely available at:

www.aci.health.nsw.gov.au/chronic-pain/spinal-cord-injury

- A series of videos that include personal stories about successful strategies used by people with spinal cord injuries to manage chronic pain. Topics include: Introduction to SCI pain, SCI Pain and Medications, SCI Pain and Physical Activity & SCI Pain: Thoughts & Feelings
- The **SCI Pain Navigator** a clinician decision support tool based on the latest scientific evidence. This tool guides healthcare professionals through the complexity of chronic pain after spinal cord injury to support the development of a pain management plan.
- Complementary resources for consumers, so that individuals with SCI and healthcare professionals can work in partnership on their specific pain management goals.



ACI PAIN NETWORK WEBSITE SURVEYS & SHARE YOUR PAIN CAMPAIGN



Need help for your pain?

Does chronic pain affect someone you know?

ACI Pain Network Website Surveys

Thank you for assisting the ACI to evaluate its website material. Please take 5 minutes to complete the following online surveys:

People in Pain (only 10 quick questions):
<https://www.research.net/s/paincons>

Clinicians Managing Pain (only 13 quick questions):
<https://www.research.net/s/paincl>

Pain Medicine Specialist Dr Nathan Taylor, of Sydney's North Shore Private Hospital, explains how nerve pain is different to other forms of pain.

New research released this month shows six out of ten (59%) Australians who report living with neuropathic (nerve) pain are missing work at least once a week due to their nerve pain. Intriguingly, this is higher than those living with other chronic pain conditions such as osteoarthritis and rheumatoid arthritis (where 43% miss work at least once a week).

"Nerve pain affects many Australians. It is often described as being more severe than other pain and lasts longer than would be expected. Nerve pain feels different and is sometimes described as burning, stabbing, pins and needles, or the feeling of electric shocks. It can be associated with numbness or increased skin sensitivity."

Celebrity chef Ben O'Donoghue shares his story of living with nerve pain as he

becomes the ambassador of a new health awareness campaign called Share Your Pain, which launches on the 20th of October to coincide with the beginning of the Global Year Against Neuropathic Pain1.

Share Your Pain aims to increase understanding that nerve pain feels different," Ben said.

"We want to encourage people who are putting up with pain that won't go away to speak to their doctor today, to seek options to help manage their pain. Nerve pain should be treated as early as possible before it develops into chronic pain."

"My nerve pain started back in 1998 when I was working as a chef in England. I thought the pain was muscular, but after six months of intense pain I realised it must be something else. I had severe shooting pains down my leg. It felt like I was being stabbed with a knitting needle in my buttocks. I was pretty much house-bound and getting really depressed. It started to

affect my relationships and I couldn't work for four months," Ben explained.

Ben is not alone. Nerve pain not only impacts on work, but can also cause relationship difficulties, with almost half of those who report living with nerve pain saying it causes stress in their relationship (45%) and over a third (37%) saying sexual activity is impossible due to their pain.

Dr Nathan Taylor recommends anyone living with pain to seek advice from a healthcare professional, in order to get a diagnosis and help with managing their pain.

"If you have been suffering with pain that just isn't settling, it may be nerve pain. There are a number of different management strategies that can empower you to take control and get back to normal life. It is worth talking to your doctor or seeing a pain medicine specialist to discuss these options," he said.

Talk to your doctor and visit www.nerve-pain.com.au. Complete the online questionnaire intended to help you explain your pain and take a printout to [discuss with your doctor](#). Your doctor and healthcare team will help you find a diagnosis and implement the most appropriate pain management strategy for you.

For more information visit:
www.nervepain.com.au

References: The Global Year Against Neuropathic Pain (20 Oct 2014 - 31 Dec 2015) is an initiative of the International Association for the Study of Pain (IASP), the Australian Pain Society, the New Zealand Pain Society, the Faculty of the Pain Medicine, the Australian and New Zealand College of Anaesthetists and Pain Australia www.apsoc.org.au

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

PAIN IN CHILDHOOD 40TH ANNUAL SCIENTIFIC MEETING

40th Annual Scientific Meeting of the New Zealand Pain Society and the Pain in Childhood symposium 2015

By Karin Plummer, Social Media Communications Officer, Australian Pain Society Pain in Childhood SIG



Are you looking for the next big paediatric pain meeting? If so, then the 40th Annual Scientific Meeting of the New Zealand Pain Society needs to be in your calendar. The meeting will be held at the Langham Hotel in Auckland from the 25-29th March, 2015. The theme of the meeting is "Pain through the Ages" and an exciting programme examining pain and its repercussions across the age spectrum from the neonate to the aged has been planned. The main programme promises to see a great deal of paediatric pain content presented with Professors Suellen Walker

and Chris Eccleston heading the paediatric programme with other engaging keynote addresses from Professors Allan Basbaum, Andrew Somogyi and Bettina and Stein Husebo.

The joint Australian and New Zealand Pain in Childhood Special Interest Group (SIG) has collaborated to bring you the latest evidence in paediatric pain management. As a result, a full day symposium on Pain in Childhood will be held prior to the main conference on Wednesday the 25th March. There is an exciting line up of speakers headlined by Suellen and Chris. The symposium will also include many short presentations that will ensure a varied and interesting symposium day with up to six concurrent sessions planned. The annual combined APS/NZPS Pain in Childhood SIG dinner will be held following the symposium day at The Chandelier located within the Langham Hotel. Tickets are \$65.00 per person and remember to indicate your intention to attend when registering for the conference.

The New Zealand Pain Society would like to invite you to submit an abstract for consideration by the Organising Committee. Abstract submissions close on 12 January,

2015. Abstracts can be for an oral, poster or workshop presentation and can be submitted now for either:

1. Pain in Childhood Symposium - 25th March, 2015
2. NZPS 2015 Conference

As a result of the combined effort of the Australian and New Zealand Pain in Childhood Special Interest Group, there will not be a Pain in Childhood pre-conference workshop at the Australian Pain Society 35th Annual Scientific Meeting held in Brisbane from 15 - 18 March 2015. There will however, still be an Annual General Meeting for APS SIG members so please be sure to attend this on Monday 16 March 2015. Submissions of abstracts addressing paediatric pain are of course still welcome for this conference.

If you want to know more about the 40th Annual Scientific Meeting of the New Zealand Pain Society and the combined Australian and New Zealand Pain in Childhood SIG Symposium, visit the website <http://www.nzps2015.org.nz/>

Looking forward to seeing you all there!



Want the latest information on the
2015 Australian Pain Society
35th Annual Scientific Meeting?

Follow our hashtag #aps2015 and check out our
blog and YouTube channel



FUNDING CUTS WILL LEAD TO LOSS OF ESSENTIAL PAIN SERVICES IN WA

This article was first published in the PainAustralia eNewsletter (Issue 48 | 20 October 2014)

By Linda Baracioli

The impending closure of the Fremantle Hospital Pain Medicine Unit and its proposed transition to the new Fiona Stanley Hospital has led to a reduction in funding, which will severely impact the delivery of chronic pain services in Western Australia.

The funding cuts have reduced staff levels, including essential allied health and administrative staff, who are key to the delivery of the pain programs, and have led to the resignation of Director of the unit, Dr Stephanie Davies, and two other pain physicians.

The closure will impact the treatment of more than 1100 patients and six staff at Fremantle Hospital Pain Medicine Unit, plus more than 20 patients in rural and remote areas who rely on the services being provided through Telehealth.

The situation will potentially worsen with the threat of additional funding cuts being made at the pain clinic at Royal Perth Hospital, which has a wait list of 600 patients.

In a letter to Health Minister Kim Hames, PainAustralia CEO Lesley Brydon said the move poses some real risks for health consumers in Western Australia.

“Lack of access to pain services could potentially lead to harmful outcomes for people with chronic pain who deserve best-practice multidisciplinary pain management programs. Inevitably the situation will lead to increased wait times, more unnecessary visits to emergency departments and increased reliance on potentially harmful medications,” she said.

“We have called for the Minister for Health to urgently review this decision.”

PainAustralia’s appeal to the Minister has been backed by the Health Consumer’s Council of WA, with CEO Martin Whitely expressing concern about the potential for some patients waiting for treatment to increase their reliance on opioids.

“The level of opioid misuse and abuse is already a major concern in WA,” said Mr Whitely.

Doubt has also been raised over the highly acclaimed Self Training Educative Pain Program, known as STEPS.



L to R: Dr Eric Visser (Pain Medicine Consultant), Dr Shirley Bowen, Mr Paul Davies, Dr Stephanie Davies, Professor Stephan Schug, Dr Gavin Coppinger (Head of Anaesthetic Unit, Fremantle Hospital)

While pain services will commence at the Fiona Stanley Hospital in February 2015, there is serious concern about whether there will be sufficient allied health and administrative/triage staff to actually deliver STEPS, as 50 percent of the current staff contracts will not be extended beyond February 2015.

A self-help program that gives participants the knowledge and skills to manage their pain using non-surgical and non-pharmacological pain strategies, STEPS is now also running through several Medicare Locals with support from the Fremantle clinic.

Dr Davies, who introduced STEPS in 2007, has been working for some months with the administration of the Fiona Stanley Hospital to plan the proposed transfer of the current resources to the new hospital to provide an identical service.

Dr John Quintner, Consultant Physician in Rheumatology and Pain Medicine, said it will be a major tragedy for people in pain to lose the STEPS program when services are transferred from Fremantle Hospital to the Fiona Stanley Hospital.

“Despite the public reassurance to the

contrary, I find it difficult to believe that this innovative and world-renowned program will continue to function without the full complement of dedicated health professionals and administrative personnel who worked so long and hard to bring STEPS into being in 2007,” he said.

“I know that Dr Davies has tried extremely hard to resolve the staffing and funding issues with those in charge of the South Metropolitan Health Service, but evidently she and others were left with no alternative but to resign in protest at what seems to have been a fait accompli.”

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.

"MAKING SENSE OF PAIN"- AN INTER-PROFESSIONAL WORKSHOP

Friday 14th-Saturday 15th November 2014



For details and registration:

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

Contacts:

Melanie Galbraith, melanieg@arthritiswa.org.au;

John Quintner, jq33431@bigpond.net.au

AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION



Ride for Pain – Adelaide's toughest community road ride?
Sunday 16 November 2014

Ride choices:

- 2 Hour ride: 28km and two named climbs for 576m of climbing
- 4 Hour ride: 57km and eight named climbs for 1343m of climbing
- 6 Hour ride: 94km and fifteen named climbs for 2470m of climbing

Features:

- 2, 4 and 6 hour "pain" challenges, with the aim being to see how far you can get before your time is up and you have to return to the start
- Routes that combine a selection of famous road climbs in the Adelaide Hills
- True King and Queen of the Mountain, the Age and Weight Adjusted Strava Challenge

More information:

•Web: www.rideforpain.org

•Facebook: <https://www.facebook.com/events/701435449930138/>



2nd World Congress
on Integrated Care
23-25 November 2014



Serving citizens, patients and communities

SMC Conference Centre | Sydney NSW Australia

How will you make a difference to people's health and wellbeing?

By bringing together internationally renowned keynote speakers from North America, Europe, and Asia, recognized experts, oral abstracts and poster presentations from across many disciplines, this conference aims to contribute to the growth and development of integrated care. The 2nd World Congress on Integrated Care provides participants with many opportunities to connect with policy-makers, practitioners and researchers working towards integrated care.

The conference is hosted by the International Foundation for Integrated Care (IFIC) in partnership with the Centre for Rural & Remote Mental Health at the University of Newcastle and is kindly supported by New South Wales Health. It will focus on:

- Integration of population, acute and chronic care
- Integration of mental and physical health care
- Technologies and platforms underpinning Integrated Care
- Co-producing health with citizens, patients and communities

Who is it for?

The conference is for all those involved in the design, delivery and evaluation of integrated care. The 1st World Congress in Singapore attracted more than 1200 delegates. It is expected a large contingent of international delegates will attend, with the majority of delegates attending from Australia and the wider Asia Pacific region.

Book your place

View the full conference programme and schedule of events at integratedcarefoundation.org/conference/2_world



Early bird closes 31 August

Queensland Pain and Palliative Care Conference 2014

Fifty Shades of Pain

Managing complex pain across the continuum



REGISTER ONLINE FROM 1 MAY 2014



3-5 December 2014
Southbank Institute of Technology, Brisbane
www.50shadesconference2014.com.au

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.dccconferences.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, QL

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

To register or for further information please visit,
www.dccconferences.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, QL
Cost: \$110 per person – Early Bird Deadline: 23 January 2015

To register or for further information please visit,
www.dccconferences.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 am – 5.00 pm
Where: Brisbane Convention and Exhibition Centre, QL
Cost: \$110 per person – Early Bird Deadline: 23 January 2015

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

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 9954 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

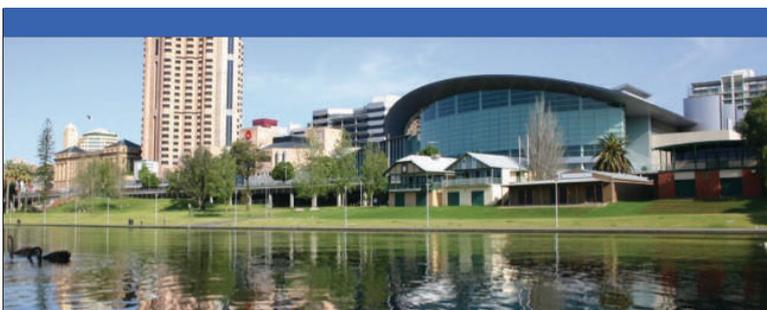
40TH
2015
ANNUAL
SCIENTIFIC
MEETING

New Zealand
pain
society

www.nzps2015.org.nz

25 – 29 March, 2015 THE LANGHAM HOTEL, AUCKLAND, NEW ZEALAND

PAIN THROUGH THE AGES



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



Save the Date:
30 March 2015

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

FYI & NEW MEMBERS

Items of interest for our members:

- Painaustralia eNewsletter latest issue, available online at <http://www.painaustralia.org.au/media-news/e-news.html>
- **Facility Directory Update**
Please advise the APS Secretariat of any updates so we may endeavour to keep the Facility Directory current: <http://www.apsoc.org.au/facility-directory>
- **New APS Online Membership System**
Please remember to update your member profile on the new online membership system to ensure we can stay in touch: <https://www.apsoc.org.au/Login.aspx>
- **ePPOC: electronic Persistent Pain Outcomes Collaboration**
For more information about eP-POC, refer to the website: <http://ahsri.uow.edu.au/eppoc/index.html>

- **MJA Article – Unrelieved pain: are we making progress? Shared education for general practitioners and specialists is the best way forward**
An article by Michael Cousins and Lesley Brydon (full article only available to subscribers) discussing the progress since the National Pain Strategy was adopted in 2010: <https://www.mja.com.au/journal/2014/2017/unrelieved-pain-are-we-making-progress-shared-education-general-practitioners-and>
- **A Postmarket Surveillance Study on Electro-Neuro-Adaptive-Regulator (ENAR) Therapy**
An Australian research article published 05JUN14: <http://www.hindawi.com/journals/ecam/2014/341256/>
- **ACI Spinal Cord Injury Pain Resources**
The latest addition to the fabulous resources developed by the ACI

Pain Management Network. There is also a SCI Navigator, which is a clinician decision support tool based on the latest scientific evidence: www.aci.health.nsw.gov.au/chronic-pain/spinal-cord-injury

- **ACI Pain Management Network Surveys**
Please take a few minutes to complete the relevant survey, links below.
Consumers Survey: <https://www.research.net/s/paincons>
Clinicians Survey: <https://www.research.net/s/paincl>
- **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/>

NEW MEMBERS

Title	First Name	Surname	Discipline Group
Mrs	Geraldine	Griffiths	Nursing



THE
AUSTRALIAN
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www.apsoc.org.au

Online Membership Applications

NEW
[apply online here](#)

The next stage of our new online membership system has been launched.

Please encourage your colleagues to [apply online here.](#)

MEMBERSHIP RENEWAL & CALENDAR OF EVENTS



THE AUSTRALIAN PAIN SOCIETY
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APS Membership Renewals



Renewal notices for 2015 will be sent by email to members in late November.

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.

<p>2-4 Nov 2014 Australian College of Nursing <i>Staying ahead of the game</i> Adelaide Convention Centre, Adelaide SA http://www.acn.edu.au/forum_2014</p>	<p>3-7 Nov 2014 Quest for Life Foundation <i>Taking Control of Chronic Pain</i> Quest for Life Centre, Bundanoon, Southern Highlands NSW http://www.questforlife.com.au/chronic-pain</p>	<p>12-14 Nov 2014 University of Toronto Centre for the Study of Pain <i>Pain Interprofessional Curriculum Design</i> University of Toronto Lawrence S Bloomberg Faculty of Nursing, Toronto Ontario, Canada http://bloomberg.nursing.utoronto.ca/pd/professional-development/picd#content1</p>
<p>13-15 Nov 2014 Asia Pacific Cervical Spine Society <i>8th Asia Pacific Cervical Spine Meeting</i> Barbaros Point Hotel, Istanbul Turkey http://apcss2014.org</p>	<p>14-15 Nov 2014 Arthritis and Osteoporosis WA <i>Making Sense of Pain</i> Wyllie Arthritis Centre, Shenton Park, Perth WA https://www.arthritiswa.org.au/events/details/id/247/</p>	<p>14 Nov 2014 Occupational Therapy Australia <i>Managing Pain Over the Lifespan-An Occupational Therapy Perspective</i> Treacy Centre, Parkville, Melbourne VIC http://www.otaus.com.au/professionaldevelopment/event/managing-pain-lifespan-sept-2014</p>
<p>16 Nov 2014 PainAdelaide Stakeholders' Consortium <i>2014 Ride for PainAdelaide</i> University of SA, Magill Campus SA http://painadelaide.org/ride4painadelaide</p>	<p>21-22 Nov 2014 The Australian Orthopaedic Assoc Medico Legal Society, Royal Australasian College of Surgeons Medico Legal section and Medlaw Assoc of Australia <i>Combined Meeting 2014</i> SMC Conference and Function Centre, Sydney NSW https://aoamedleg.com</p>	<p>23-25 Nov 2014 International Foundation for Integrated Care 2nd World Congress on Integrated Care <i>21st Century Integrated Care: serving citizens, patients and communities</i> SMC Conference and Function Centre, Sydney NSW http://www.integratedcarefoundation.org/conference/2_world</p>

CALENDAR OF EVENTS

<p>3-5 Dec 2014 Australian Pain Management Association and Palliative Care Queensland <i>Fifty Shades of Pain: Managing complex pain across the continuum</i> Southbank Institute of Technology, Brisbane QLD http://50shadesconference2014.com.au</p>	<p>16-17 Jan 2015 Centre for Pain Medicine at the Swiss Paraplegic Centre <i>5th International Symposium Invasive Procedures in Motion 2015 - Minimal Invasive Pain Therapy</i> Swiss Paraplegic Centre, Nottwil by Lucerne Switzerland http://www.schmerz-nottwil.ch/en/pub/zsm/fortbildungkongresse/invasives_procedures_motion_15.htm</p>	<p>22-24 Jan 2015 Asian and Oceanic Society of Regional Anesthesia and Pain Medicine Congress 2015 <i>Perioperative Quality and Safety in Anesthesia and Pain Medicine: Unity in Diversity</i> Centara Grand at Central Plaza Ladprao, Bangkok Thailand http://www.aosra2015.com/index.php</p>
<p>21-27 Feb 2015 Breathworks <i>Mindfulness Teacher Training</i> Vijayaloka Retreat Centre, Minto Heights, Sydney NSW http://www.breathworks-mindfulness.org.uk/training-australia-2015</p>	<p>5 Mar 2015 The Children's Hospital at Westmead 11th Annual Paediatric Palliative Care Symposium <i>Updates, Elder, Wisdom, CAM, Mindfulness</i> 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</p>	<p>6 Mar 2015 The Children's Hospital at Westmead <i>Mindfulness for Clinicians Workshop</i> 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</p>
<p>15-18 Mar 2015 Australian Pain Society 35th Annual Scientific Meeting <i>Managing Pain: From Mechanisms to Policy</i> Brisbane Convention and Exhibition Centre, Brisbane QLD http://www.dconferences.com.au/aps2015/</p>	<p>22-23 Mar 2015 Bangladesh Society for Study of Pain <i>17th BSSP Congress on Pain</i> TBA, Dhaka Bangladesh bssp@dhaka.net</p>	<p>25-29 Mar 2015 New Zealand Pain Society 40th Annual Scientific Meeting <i>Pain through the Ages</i> The Langham Hotel, Auckland New Zealand http://www.nzps2015.org.nz</p>
<p>30 Mar 2014 PainAdelaide Stakeholders' Consortium <i>PainAdelaide 2015</i> Adelaide Convention Centre, Adelaide SA http://painadelaide.org/2014/07/03/painadelaide-2015-register</p>	<p>29 Apr - 2 May 2015 NWAC World Anesthesia Convention <i>6th NWAC 2015</i> Vancouver Convention Centre, Vancouver Canada http://www.nwac.org</p>	<p>1 May 2015 Faculty of Pain Medicine (FPM) <i>Refresher Course Day</i> National Wine Centre, Adelaide SA www.fpm.anzca.edu.au/events/2015-refresher-course-day</p>
<p>2-5 May 2015 Australian and New Zealand College of Anaesthetists (ANZCA) Annual Scientific Meeting 2015 <i>The Changing Face of Anaesthesia and Pain Medicine</i> Adelaide Convention Centre, Adelaide SA http://asm.anzca.edu.au</p>	<p>24-27 May 2015 National Rural Health Alliance 13th National Rural Health Conference <i>People, Places, Possibilities</i> Darwin Convention Centre, Darwin NT http://ruralhealth.org.au/13nrhc/</p>	<p>31 May - 4 Jun 2015 IASP Pain in Childhood SIG and Seattle Children's Hospital Research Foundation <i>10th International Symposium on Pediatric Pain</i> TBA, Seattle Washington USA http://www.ispp2015.com</p>

CALENDAR OF EVENTS

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>

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>



THE
AUSTRALIAN
PAIN SOCIETY

www.apsoc.org.au

Vision

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

Mission

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

Aims

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

APS DIRECTORS & OFFICE BEARERS 2014

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Office Bearers :

<p>President: Dr Malcolm Hogg Department of Anaesthesia and Pain Management Royal Melbourne Hospital, Parkville VIC 3052 Tel: 03 9342 7540 Fax: 03 9342 8623</p>	<p>QLD Director: Ms Trudy Maunsell Princess Alexandra Hospital 199 Ipswich Road Woolloongabba QLD 4102 Tel: 07 3176 5547 Fax: 07 3176 5102</p>	<p>Immediate Past President: Dr Tim Semple Royal Adelaide Hospital Pain Clinic North Terrace Adelaide SA 5000 Tel: 08 8222 5403 Fax: 08 8222 5904</p>
<p>President-Elect: Dr Geoffrey Speldewinde Capital Rehabilitation Multidisciplinary Injury & Pain Management Centre 25 Napier Close Deakin ACT 2600 Tel: 02 6282 6240 Fax: 02 6282 5510</p>	<p>SA Director: Ms Anne Burke Royal Adelaide Hospital Pain Clinic North Terrace Adelaide SA 5000 Tel: 08 8222 4770 Fax: 08 8222 5904</p>	<p>SPC Chair: Professor Michele Sterling Griffith Health Centre Griffith University Parklands Drive Southport QLD 4222 Tel: 07 5678 0368</p>
<p>Secretary: Mr Michael Deen Metro South Persistent Pain Management Service Level 3, 57 Sanders Street Upper Mount Gravatt QLD 4122 Tel: 07 3339 5500 Fax: 07 3339 5599</p>	<p>TAS Director Mr Simon Watt Physiotherapy - Outpatients North West Regional Hospital 23 Brickport Road Burnie TAS 7320 Tel: 03 6430 6608 Fax: 03 6430 6607</p>	<p>IASP Liaison: Professor Michael Nicholas Pain Management Research Institute Royal North Shore Hospital St Leonards NSW 2065 Tel: 02 9926 7894 Fax: 02 9662 6279 Website: www.iasp-pain.org</p>
<p>Treasurer: Dr Gavin Chin Royal Darwin Hospital PO Box 41326, Casuarina NT 0811 Tel: 08 8922 8888 Fax: 08 8922 8900</p>	<p>VIC Director: Dr Richard Sullivan Precision Brain, Spine and Pain Clinic Lower Ground, 115 Cotham Road Kew VIC 3101 Tel: 1300 773 247 Fax: 03 9816 8564</p>	<p>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</p>
<p>ACT Director: Mrs Joy Burdack Calvery Health Care ACT PO Box 254 Jamison Centre ACT 2614 Tel: 02 6201 6854 Fax: 02 6201 6949</p>	<p>WA Director: Dr Stephanie Davies Anaesthetic Department and Pain Medicine Unit Fremantle Hospital Health Service Alma St, Perth WA 6160 Tel: 08 9431 3296 Fax: 08 9431 3696</p>	<p>Newsletter Editor: Dr William Howard Department of Anaesthesia Austin Health Studley Road, Heidelberg VIC 3084 Tel: 03 9496 3800 Fax: 03 9459 6421</p>
<p>NSW Director: Ms Fiona Hodson Hunter Integrated Pain Service John Hunter Hospital and Royal Newcastle Centre PO Box 664J Newcastle NSW 2300 Tel: 02 4922 3435 Fax: 02 4922 3438</p>		<p>PhD Scholarship Chair: Professor Maree Smith Centre for Integrated Preclinical Drug Development University of Queensland St Lucia QLD 4072 Tel: 07 3365 2554 Fax: 07 3365 1688</p>
<p>NT Director: Ms Jenny Phillips Acute Pain Service, Royal Darwin Hospital PO Box 41326, Casuarina NT 0811 Tel: 08 8922 8888 Fax: 08 8922 8325</p>	 <p>THE AUSTRALIAN PAIN SOCIETY</p>	<p>Secretariat: DC Conferences Pty Ltd PO Box 637, North Sydney, NSW 2059 Tel: 02 9016 4343 Fax: 02 9954 0666 Email: aps@apsoc.org.au</p>