

The Australian Pain Society NEWSLETTER

Volume 38, Issue 3



► Editor's Note

The APS needs you!

This could be described as the feedback edition of this newsletter. Not only is the APS itself notifying members of our AGM, but also members of the APS are seeking views and information on pain related websites. PainHealth (from WA) is requesting feedback on how to improve their content, and the Macquarie group (from NSW) is also requesting your participation in a survey on acute back pain. In addition, the Basic Pain Research Special Interest Group is seeking to set up a data base of expertise. Please set aside a few minutes to participate and provide your views. In an increasingly digital age, feedback loops such as these will drive improvements, and such resources will provide more targeted help to increasing numbers of patients as their utility improves.

In addition, Milton Cohen, John Quintner and Simon van Rysewyk have suggested a more deeply philosophical definition to the IASP Definition of pain. Again your inputs are requested.

Two reviews concerning polar opposites of aspects of pain management. On the macro level Ahern et al. provide an invaluable review on physical therapy for osteoarthritis of the base of the thumb, which is a common and undoubtedly under-treated condition. Both uni-modal and multi-modal therapies are effective. A message that needs wider broadcasting across all health professions. On the micro level Professor Rainer Haberberger discusses how neuropathic pain develops, and the involvement of cells in the dorsal root ganglion. He details the cells and discusses the role of exosomes, small packages of proteins lipids and ribonucleic acid (micro RNA) that result in neuromodulation, producing hypersensitivity in neuropathic pain.

Finally, a strong recommendation for the 2nd Edition of Pain in Residential Aged Care Facilities which I will be adding to my library. Our President, Fiona Hodson, provides a compelling case for attendance at the combined Annual Scientific Meeting (ASM) of the Australian and New Zealand Pain Societies, in April. Enjoy Sydney.

Stephanie Davies
Editor





The 2018 combined Annual Scientific Meeting (ASM) of the Australian and New Zealand Pain Societies to be held in Sydney from 8 – 11 April 2018 is very close. With the conference theme of *Collaborate. Educate. Disseminate* we hope many registrants will enjoy the networking opportunities with their colleagues and peers. There will be numerous learning opportunities by attending the multidisciplinary pre conference workshops and varied scientific lectures across many different aspects of pain management and clinical research. We hope you return to clinical practice with an increased knowledge and skillset that you will be able to disseminate to your colleagues regarding better pain management for your patients.

The Scientific Program Committee has a diverse range of speakers beginning with international, Professor Stephen McMahon (Kings College, London: neuro-immune processes), Professor Liesbet Goubert (Ghent University, Netherlands; inter-personal relationships in chronic pain) and Dr Tonya Palermo (University of Washington; paediatric pain). There are also excellent keynote speakers from across Australia and New Zealand,

covering a vast range of topics who are renowned experts in their chosen field and discipline of pain management. Let's not forget the fabulous social program beginning with welcome reception, special interest group dinners and our conference gala dinner that allows for fantastic networking opportunities and some time to relax!

Another exciting event at the conference will be the launch of the internationally recognised Australian Pain Society *Pain in Residential Aged Care Facilities – Management Strategies, 2nd Edition*. Demand for its update and changes in pain management practices and treatments have led to the long process of completely rewriting this second edition from the ground up with additional chapters. This new edition has multidisciplinary authorship from clinicians who generously contributed their time and expertise to this book which is edited by Dr Roger Goucke, an APS past president and distinguished member. This book has also been published in a user friendly format for photocopying resources and tools. Copies of the book will be available for purchase and pick up at a special 'conference only' price, as described later in this newsletter.

APS board members have been extremely busy over the past 8 months with clinical advocacy and representation at workshops held by the Faculty of Pain Medicine (FPM) on Cannabis and Pain Interventions. There has also been and continues to be multidisciplinary representation in various states throughout Australia that has led to formal submissions and development of clinical resources for Federal and State government committees including the Therapeutic Goods administration (TGA) on the following:

1. TGA: Guidance for the use of medicinal cannabis in the treatment of chronic non-cancer pain (CNCP) in Australia
2. TGA: Nationally Coordinated Codeine Implementation Working Group (NCCIWG)
3. TGA: Consultation paper: Prescription (schedule 8) opioid use and misuse in Australia - options for a regulatory response
4. Australian Government Department of Health: Aged Care Workforce Strategy

We continue to work collaboratively with the Faculty of Pain Medicine (FPM) and Painaustralia (PA) on current key issues in pain management including Opioid use and misuse, Codeine up-scheduling and Cannabis use in chronic non-cancer pain (CNCP). The APS also contributed comment on a 2018-2019 Pre-Budget Submission by Painaustralia to the federal government to fund the National Pain Strategy.

The APS has a strategic priority of early risk identification and prevention management strategies to help prevent people from transitioning from acute to chronic pain especially in the primary care sector. In accordance with this, the APS has representation on the Australian Prevention Partnership Centre (TAPPC) Pain Project - Strategies and models for preventing or reducing the risk of

the development of chronic pain in primary care. This project, funded by the Medical Research Future Fund, will run over 2 years and we look forward to seeing the outcomes of this collaborative research.

Again, I would like to remind all APS members to take an active role in their society and its shape for the future by encouraging you to communicate to the board any issues you would like the society to address. As usual, we will be conducting our Discipline Sub-Group Forums at the conference to help facilitate this feedback.

See you in Sydney at the ASM in April!



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

APS NZPS 2018 TO-DO LIST

Already registered for APS NZPS 2018? We can't wait to see you soon!

We've put together a conference to-do list to make sure you're fully prepared for the event of the year.

See how many boxes you can tick before arriving at the International Convention Centre Sydney.

Don't forget to...

- Download the Conference App (information has been sent to registered delegates)
- Pay all outstanding balances
- Choose your [social functions](#)
- Choose a [pre-conference workshop](#)
- Register for a [sponsored session](#)
- Book a [pre/post tours](#) with AAT Kings Tours
- Book your ticket to the [Cockatoo Island Tour](#)
- Read the General Information (information has been sent to registered delegates)
- Start using the hashtag #anzpain18

If you're presenting or have a poster at the APS NZPS 2018, make sure you've ticked these boxes too...

- Save presentation onto USB and visit the Speaker Prep room 2 HOURS before your presentation
- Print hard-copy poster
- Submit e-poster to Paperless Events

We look forward to welcoming you to Sydney.

Should you have queries, please contact the

[Conference Secretariat](#).



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

ONLY 1 WEEK TO GO!

Don't miss out. Last days to register.

You'll enjoy an extensive program including pre-conference workshops, international keynote speakers, national speakers and topical sessions.

The conference invites you to *Collaborate. Educate. Disseminate.*

Collaborate with the many professions that are involved with pain and pain management; educate alongside clinicians and researchers across many different aspects of pain management; and leave the conference enabled to make a difference in your sphere of work.

[Register Now](#)

[Program Overview](#)

[Keynote Speakers](#)

[Pre-Conference Workshops](#)

[Social Program](#)

[Discipline Sub Group Meetings](#)

[Sponsored Sessions](#)

[Trainee Session](#)

[Pre and Post Tours](#)

We look forward to welcoming you to Sydney!

Should you have queries, please contact the

[Conference Secretariat.](#)



THE
AUSTRALIAN
PAIN SOCIETY

BOOK LAUNCH!



The Australian Pain Society's Pain in Residential Aged Care Facilities: Management Strategies, 2nd edition, 2018

This long awaited second edition will be launched on Sunday 08 April 2018 at the Sydney Annual Scientific Meeting (ASM).

The second edition has expanded content, easy access to printable resources and features colour coded tabs for easy reference to each of the 10 chapters.

This is a must have for your professional library!

We are pleased to announce a one-off

SPECIAL ASM PRICE of \$50 for advance purchases by ASM delegates only.

At \$50 this is a significant half price saving that cannot be repeated.

This special offer is limited to 1 (one) copy per delegate and can only be purchased in advance.

Registered delegates will have received a personalised link from the APS NZPS Conference Secretariat to order the book or [click here to order the book NOW!](#)

This offer will expire at 11:59pm AEDT on Saturday 07 April 2018.

Your copy of the book will be available for collection at the conference in Sydney.

SCHOLARSHIP FEATURE

Current Scholars

PhD Scholarship Sponsor	Seqirus #1-APS-APRA
Scholar	Sherelle Casey
Topic	<i>"Cannabinoids for neuropathic pain"</i>
Clinical Research Grant	Cops for Kids #1-APS-APRA
Scholar	Dr Adrienne Harvey
Topic	<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 alphadolone"</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>
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>

SCHOLARSHIP FEATURE

Past Scholars

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 Pain Society 38th and
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#anzpain18

Twitter Team is go!

#auspain2017

The Numbers

5,213,162 Impressions

2,215 Tweets

407 Participants

18 Avg Tweets/Hour

5 Avg Tweets/Participant

#auspain2016

The Numbers

617,513 Impressions

536 Tweets

86 Participants

5 Avg Tweets/Hour

6 Avg Tweets/Participant

Following the HUGE success of our first Twitter Team experience in Adelaide in 2017, we are hoping to increase our reach even more in 2018.

Did somebody mention a target of 10 million impressions (double the Adelaide score)!?!

Prizes will be offered!

Start tweeting now to build your impressions, mentions and tweet scores.

Be sure to check out our "Twitter Wall" in the Exhibition Hall.

RECENT PUBLICATIONS

Thank you to APS members Milton Cohen, John Quintner and Simon van Rysewyk for sharing the following recent publication:

RECONSIDERING THE IASP DEFINITION OF PAIN

Milton Cohen, John Quintner and Simon van Rysewyk

Article first published online: 05 March 2018

Pain Reports PR9 0 (2018) e634

DOI: <http://dx.doi.org/10.1097/PR9.0000000000000634>

Link: https://journals.lww.com/painrpts/Abstract/latest/Reconsidering_the_International_Association_for.99934.aspx

ABSTRACT

Introduction

The definition of pain promulgated by the International Association for the Study of Pain (IASP) is widely accepted as a pragmatic characterisation of that human experience. Although the Notes that accompany it characterise pain as "always subjective", the IASP definition itself fails to sufficiently integrate phenomenological aspects of pain.

Methods

This essay reviews the historical development of the IASP definition, and the commentaries and suggested modifications to it over almost 40 years. Common factors of pain experience identified in phenomenological studies are described, together with theoretical insights from philosophy and biology.

Results

A fuller understanding of the pain experience and of the clinical care of those experiencing pain is achievable through greater attention to the phenomenology of pain, the social "intersubjective space" in which pain occurs, and the limitations of language.

Conclusions

Based on these results, a revised definition of pain is offered: Pain is a mutually recognizable somatic experience that reflects a person's apprehension of threat to their bodily or existential integrity.

Implications/Discussion

This definition integrates the subjectivity or "first-person" level of experience of pain, and the challenge for the "second-person" of clinical evaluation (if not also intervention) towards objective "third person" goals. This redefinition of pain is compatible with the IASP definition but more philosophically sound, biologically relevant, clinically applicable, and meaningful for people experiencing pain and for health care professionals who engage with them.

Declaration

Milton Cohen, John Quintner & Simon Van Rysewyk have nothing to declare.

RECENT PUBLICATIONS

Thank you to APS members Malene Ahern and Julia Hush and colleagues for sharing the following recent publication:

THE EFFECTIVENESS OF PHYSICAL THERAPIES FOR PATIENTS WITH BASE OF THUMB OSTEOARTHRITIS: SYSTEMATIC REVIEW AND META-ANALYSIS

Malene Ahern, Jason Skyllas, Anne Wajon & Julia Hush

Article first published online: 21 February 2018

Musculoskeletal Science and Practice, Volume 35, June 2018, Pages 46-54

DOI: <https://doi.org/10.1016/j.msksp.2018.02.005>

Link: <http://www.sciencedirect.com/science/article/pii/S2468781218300456>

ABSTRACT

Background

Trapeziometacarpal osteoarthritis (known as base of thumb OA) is a common condition causing pain and disability worldwide.

Objective

The purpose of this review was to evaluate the effectiveness of multimodal and unimodal physical therapies for base of thumb osteoarthritis (OA) compared with usual care, placebo or sham interventions.

Design

Systematic review and meta-analysis

Method

We searched MEDLINE (PubMed), CINAHL, Embase, AMED, PEDro, Cochrane Database of Systematic Review, Cochrane Register of Controlled Trials (CENTRAL) from inception to May 2017. Randomised controlled trials involving adults comparing physical therapy treatment for base of thumb OA with an inactive control (placebo or sham treatment) and reported pain, strength or functional outcomes were included. Meta-analyses were performed where possible. Methodological risk of bias was assessed with the Cochrane Risk of Bias tool.

Results

Five papers with low risk of bias were included. Meta-analyses of mean differences (MD) with 95% confidence intervals (95% CI), were calculated for between-group differences in point estimates at 4 weeks post-intervention. Multimodal and unimodal physical therapies resulted in clinically worthwhile improvements in pain intensity (MD 2.9 [95% CI 2.8 to 3.0]; MD 3.1 [95% CI 2.5 to 3.8] on a 0-10 scale, respectively). Hand function improved following unimodal treatments (MD 6.8 points [95% CI 1.7 to 11.9]) on a 0-100 scale) and after a multimodal treatment (MD 20.5 (95%CI -0.65 to 41.65).

Conclusions

High quality evidence shows unimodal and multimodal physical therapy treatments can result in clinically worthwhile improvements in pain and function for patients with base of thumb OA.

Take home messages

1. This review provides level 1 evidence about treatment efficacy for base of thumb osteoarthritis.
2. The quality of included studies was high.
3. Both unimodal and multimodal physical therapy treatments improved pain and function.

Declaration

The authors have no competing interests to declare.

EXOSOMAL CARGO INCLUDING MICRORNA REGULATES SENSORY NEURON TO MACROPHAGE COMMUNICATION AFTER NERVE TRAUMA

Simeoli R, Montague K, Jones HR, Castaldi L, Chambers D, Kelleher JH, Vacca V, Pitcher T, Grist J, Al-Ahdal H, Wong LF, Perretti M, Lai J, Mouritzen P, Heppenstall P, Malcangio M. *Nature Communications*. 2017 Nov 24;8(1):1778.
[doi: 10.1038/s41467-017-01841-5](https://doi.org/10.1038/s41467-017-01841-5)



Reviewer:

Prof Rainer Viktor Haberberger, Anatomy & Histology and Centre for Neuroscience, Flinders University, Adelaide, Australia. rainer.haberberger@flinders.edu.au

Review of the paper:

The overarching question is “how does neuropathic pain develop and what cells contribute to pain?”

The paper describes exosomes and their content as a novel route of communication between dorsal root ganglion (DRG) neurons and other cells within DRG. Exosomes are extracellular vesicles (EVs) that are secreted from virtually all cells in the body. They can be distinguished from other secreted vesicles by size (40-100 nm) and share a common set of characteristic proteins. Exosomes contain a variety of molecules such as RNAs (microRNAs), proteins and lipids. In contrast to initial thoughts that exosomes provide a mechanism for cells to get rid of obsolete proteins, recently it has been shown that exosomes are taken up by recipient cells via receptor-mediated phago- or endocytosis. The content of exosomes subsequently modulates the behavior and function of the recipient cell.

Simeoli et al. for the first time demonstrate evidence for a function of exosomes in the context of pain and peripheral nociceptors. First the authors demonstrated that a particular microRNA (miR-21-5p) was upregulated in DRG neurons in response to spared nerve injury (SNI) which is a model for neuropathic pain. The increase was paralleled by the presence of macrophages in DRGs of the injured side.

Then the authors used a carefully designed set of experiments using cultured DRG neurons to show the impact of exosomes on sensory neuron function. Cultured neurons were stimulated with the TRPV1 receptor agonist capsaicin, which activates

a subclass of nociceptors and showed an activity-dependent release of miRNA-containing exosomes in the culture supernatant. Those experiments provided strong evidence that nociceptive neurons produce and release miR-21-5p in exosomes in response to specific activation.

The next set of experiments were designed to investigate if these exosomes can be taken up by macrophages. Using labelled exosomes, flow cytometry, qRT-PCR and proteomics it could be shown that peritoneal macrophages incorporate exosomes from capsaicin-stimulated DRG neurons and change the mRNA expression pattern and the phenotype toward M1. In addition, the authors provided strong evidence that exosomal miR-21-5p changed the expression of target genes in macrophages.

The next aim was to determine miR-21-5p effects on macrophages play a role in neuropathic pain. The authors showed that SNI caused an increase in numbers of M1-polarised macrophages only in DRGs ipsilateral to the injury. Intrathecal application of a miR-21-5p antagomir, which blocks the effects of the miRNA, predominantly affected DRG neurons. Application of the miR-21-5p antagomir for 7 days reduced the infiltration of macrophages of the M1-phenotype into DRGs. It also blocked the development of nociceptive hypersensitivity in response to SNI.

This suggests that nociceptive neurons localized in DRG release exosomes containing miR-21-5p that are taken up by macrophages which change (miR-21 dependent) into the pro-inflammatory M1 phenotype. Since miR-21-5p originates from nociceptive (capsaicin-sensitive) neurons, blockade of miR-21-5p in neurons should have a similar effect as the miR-21-5p antagomir. This also excludes should show or rule out that miR-21-5p produced in macrophages contributes to the previously described effects. A miR-21 conditional

BASIC PAIN RESEARCH SIG: JOURNAL WATCH

knock-out mouse responded to SNI in comparison to the wild-type with absence of nociceptive hypersensitivity and a significantly reduced number of M1 macrophages in ipsilateral DRG.

Take home message

This is an outstanding publication. Experiments are elegant and a vast array of control experiments

support each piece of evidence. The paper not only demonstrates the impact of macrophages and ongoing activation of peripheral nociceptors in DRG on the development of hypersensitivity in neuropathic pain but also provides convincing evidence that exosomal miRNAs are key players in this process.



THE
AUSTRALIAN
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ANNUAL GENERAL MEETING (AGM)

will be held at the Annual Scientific Meeting
from 7:30 – 8:45am in the Pyrmont Theatre, Level 2
on Wednesday 11 April 2018
at the International Convention Centre, Sydney, NSW

A General Business Meeting (GBM) will immediately follow the AGM.

Breakfast will be served at this meeting.

To assist with catering, we request that you indicate your attendance when you register. If your choice changes, please contact the [Conference Secretariat](#).

The AGM Information Pack was emailed to members and includes:

- Notice of AGM
- AGM Agenda
- Minutes from previous AGM and GBM
- Office Bearer Nominee Information
- Proxy Form

If you are unable to attend the AGM please send your

- Apology and
- Proxy form

to the Secretariat by 5pm Tuesday 3rd April 2018.

BASIC PAIN RESEARCH SIG EXPERT DATABASE SURVEY



As a key initiative of our fledgling Special Interest Group (SIG) we are seeking to compile a database of our members and their research expertise. This was discussed with support at our inaugural Annual General Meeting (at the APS Annual Scientific Meeting Adelaide, 2017).

The main motivation for this effort is to generate a repository for our members, as well as the broader Australian Pain Society (APS) membership, that can be used to find colleagues with specific research expertise. Our hope is that this will foster collaboration and information sharing, producing a more cohesive and successful pain research community in Australia.

Our intent is for this to be a closed online platform only available to BPR SIG and APS members, ensuring information is secure and only accessible

to these memberships. In order to collect this information, we ask that you complete the following online survey that will allow us to compile the data for this resource: <https://www.surveymonkey.com/r/APSBPRESIG2018>. The survey link is also accessible via the [Member Only](#) area of the APS website.

Completion of the survey is entirely voluntary, a first step in generating what we hope will be a useful resource for all. We welcome any feedback or addition comments on the type/detail of data that is being collected and what you would consider most useful for your own future research efforts.

Finally, we would also like to take this opportunity to encourage you to promote membership of the APS in general and the BPR SIG specifically to your colleagues and PhD students. There are several [benefits of membership](#) and [joining online](#) is easy.

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



THE
AUSTRALIAN
PAIN SOCIETY

NEWS FLASH!



After 38 years of service to Royal Prince Alfred Hospital, almost all of which has been in the Pain Clinic, Amal Helou has retired from this full-time role.

Amal has been a continuous member of the APS for over 30 years, serving on numerous committees and the Board. She was President from 2006-2008, overseeing a most important time in the Society's history. She was an APS Distinguished Member recipient in 2013.

Amal is looking forward to whatever is in store for her in the coming years and is still interested in maintaining her connections to the APS and the pain management community.

A more detailed review of Amal's career will be included in the next APS newsletter.



MACQUARIE
University



PRIMARY PRACTITIONER SURVEY

Are you a General Practitioner or Physiotherapist who:

- ✓ Has at least 5 years clinical experience
- ✓ Has treated patients with acute low back pain in the past year
- ✓ Works in a primary care setting (e.g. community based or private clinic/practice or outpatients department in a hospital)

Your input in this study will help us in the design of a new treatment model for acute low back pain.

Please help us **improve health care for back pain** and [click here](#) to complete a quick 10 minute online survey.

MQ HREC Approval number: 5201800026



Department of Health

painHEALTH

Calling all users of the painHEALTH website Share your views and rate the painHEALTH website for a chance to win \$500!

painHEALTH is a web-based resource for people with musculoskeletal pain, providing evidence-based practical tips and guidance about how to help people manage their pain. Based on Google analytics, the website is widely used by consumers, health professionals, Government and non-government organisations.

Curtin University is undertaking a review of the painHEALTH website to understand what works well for end users, what's missing or not working well. The objective is to improve the resource and make sure it is meeting its purpose so people get the right information and practical tips, at the right time. The review is being led by Professor Helen Slater.

Members who use the painHEALTH resources are encouraged to complete the online survey (5 minutes) – click [here](#) to access the survey or go to <https://painhealth.csse.uwa.edu.au>.

Complete the survey by 30 June 2018 and be entered into a prize draw to win \$500

The project has been approved by the Human Research Ethics Committee at Curtin University (PT0196)

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



SYDNEY 2018 **APS NZPS** **THE AUSTRALIAN PAIN SOCIETY** **New Zealand pain society**

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



SYDNEY 2018 **APS NZPS** **THE AUSTRALIAN PAIN SOCIETY** **New Zealand pain society**

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



SSA 2018 **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!

FPM
FACULTY OF PAIN MEDICINE
ANZCA

#RCD18

PRESENTING THE 9TH ANNUAL

National Dementia Conference 2018

15 – 16 May 2018 | Rendezvous Melbourne

REGISTER NOW
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informa



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.

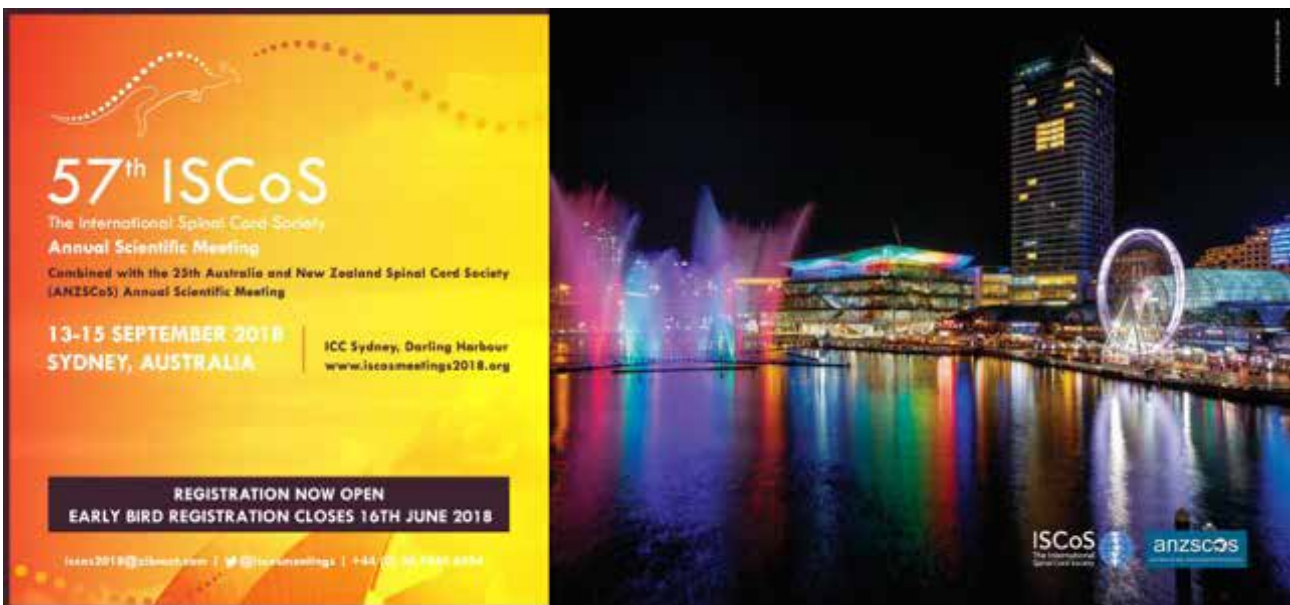
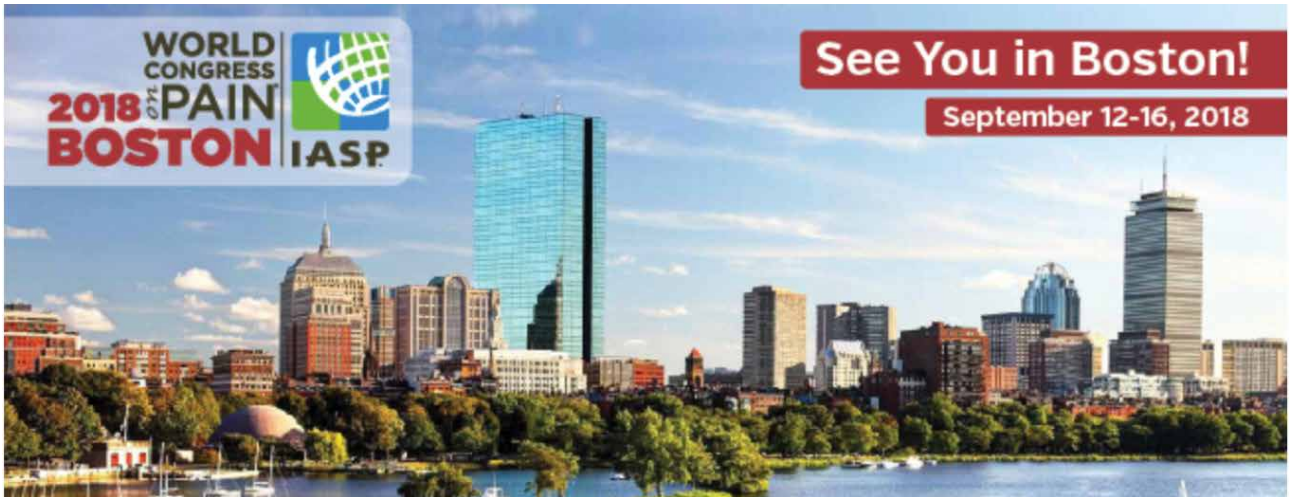
The program has been developed and is taught by Sydney Medical School's Pain Management Research Institute (PMRI), based at Royal North Shore Hospital and the The University of Sydney's Kolling Institute.

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

T: +61 2 9463 1516
E: paineducation@sydney.edu.au



NEW!

- **CALDAssist app**
Developed by Western Health and CSIRO for nursing and allied health professionals: <http://www.westernhealth.org.au/HealthProfessionals/Pages/CALDAssist.aspx>

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>
- **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

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
Dr	Rachel	Aaron	Psychology
Mr	David	Begley	Nursing
Mrs	Helen	Bradley	Nursing
Mr	Tyler	Browne	Science Research
Dr	Kiri	Chan	Gynaecology
Dr	Kai Yang	Chen	Psychiatry
Miss	Mary	Condello	Pharmacy
Ms	Michelle	Cook	Nursing
Dr	Gretel	Davidson	Pain Medicine Physician
Mr	Rutger	de Zoete	Physiotherapy
Mrs	Michelle	du Plessis	Physiotherapy
Mrs	Rebecca	Fechner	Physiotherapy
Ms	Sophie	Fraser	Physiotherapy
Mrs	Nicole	Frost	Physiotherapy
Ms	Lynda	Gundry	Nursing
Miss	Stephanie	Hayes	Psychology
Mrs	Emma	Hooper	Pharmacy
Miss	Jade	Hucker	Psychology
Mr	Mark	Jones	Nursing
Mr	Danny	Kosanovic	Neurology
Mrs	Kristine	Lew	Physiotherapy
Dr	Xinyu Jenny	Liang	General Practice
Miss	Elizabeth	Lun	Science Research
Dr	Sharryn	Lydall-Smith	Psychology
Mr	Jack	Mayhew	Science Research

NEW MEMBERS

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Mrs	Kirsty	McColl	Nursing
Dr	Ilonka	Meyer	Anaesthesia
Miss	Claudia	Neubauer	Physiotherapy
Dr	Rachel	Nimmo	Palliative Care
Miss	Terri	Pope	Physiotherapy
Dr	Fereshteh	Pourkazemi	Physiotherapy
Mr	Alan	Quek	Science Research
Mr	Lawrence	Roux	Psychology
Mr	Michael	Sharp	Physiotherapy
Dr	Vidya	Shirumalla	Pain Medicine Physician
Dr	Margaret	Tadros	Psychology
Mr	James	Tekiko	Nursing
Dr	Nicholas	Veldhuis	Science Research
Dr	Geunyoung	Yang	Anaesthesia



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

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/>

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>

CALENDAR OF EVENTS

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/>

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>

7-9 Jun 2018

Ukrainian Association for the Study of Pain

3rd East-European Congress on Pain

NSC Olimpiyskiy, Kyiv, Ukraine

<https://paincongress.com>

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>

10-17 Jun 2018

European Pain School an education project of IASP - EPS 2018

Pain: from Fetus to Old Age

University of Siena, Siena, Italy

<https://eps2018.azuleon.org>

CALENDAR OF EVENTS

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/>

24-28 Jun 2018

North American Pain School an educational initiative of IASP - NAPS

To Boldly Go ...: The Future of Pain Treatment

Fairmont Chateau Montebello, Montebello, Quebec, Canada

<http://northamericanpainschool.com/2018-program/>

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>

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>

13-15 Sep 2018

International Spinal Cord Society

ISCoS 2018 57th Annual Scientific Meeting of the International Spinal Cord Society with the 25th Australia and New Zealand Spinal Cord Society Annual Scientific Meeting

International Convention Centre, Sydney, NSW

<http://www.iscosmeetings2018.org/>

CALENDAR OF EVENTS

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

Adelaide National Scientific Congress 2018

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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