

The Australian Pain Society NEWSLETTER

Volume 38, Issue 5



► Editor's Note — Stephanie Davies

Christin Bird has recently resigned as assistant editor of the APS newsletter and our thanks for all the invaluable effort she has put in to the newsletter and the society since March, 2016. Her editorials were always insightful and contributed a wonderful perspective on pain medicine as it is rapidly advanced in its myriad aspects. Thank you, Christin.

This month's issue is significant as it continues the debate on medically prescribed opioids and pain. The worldwide push to reduce opioid use for chronic non-cancer pain is gaining momentum. However, all opioids are not created equal. The "Atypical Opioids", which has non-opioid actions such as Tramadol and Tapentadol, or partial mu agonist and kappa antagonist such as Buprenorphine, appear to have benefits of less death, less likeability so less diversion, less immune and endocrine suppression, and less opioid-induced hyperalgesia. In terms of quality of life they also appear be superior to the other opioids on the market. I would like to share a few references that I have found helpful.

- **S.Schug**, *The role of tramadol in current treatment strategies for musculoskeletal pain*, 2007, PMID: 18472996 <https://www.ncbi.nlm.nih.gov/pubmed/18472996>
- **R. Baron et al**, *Tolerability, Safety, and Quality of Life with Tapentadol Prolonged Release (PR) Compared with Oxycodone/Naloxone PR in Patients with Severe Chronic Low Back Pain with a Neuropathic Component: A Randomized, Controlled, Open-label, Phase 3b/4 Trial*, 2016, PMID:26554630 <https://www.ncbi.nlm.nih.gov/pubmed/26554630>
- **J. Pergolizzi et al**, *unique role of transdermal buprenorphine in the global chronic pain epidemic*, 2015, PMID: 26205326 <https://www.ncbi.nlm.nih.gov/pubmed/26205326>
- **J. Alcázar-Castro et al**, *Role of buprenorphine in acute postoperative pain*, 2016 <https://www.sciencedirect.com/science/article/pii/S0185106316300385>

Spreading the word on non-opioid treatment options and encouraging patients to rotate opioids to lower risk atypical opioids, has become a key practice point.

On a more cheerful note, our heartfelt congratulations to Dr Roger Goucke and Conjoint A/Prof David Champion who have been awarded the Member of the Order of Australia (AM). Absolutely and richly deserved as they have contributed vastly to the field of pain management, patient care, teaching and training over decades of professional dedication.





ASSISTANT NEWSLETTER EDITOR

Thank you to Christin Bird for her dedication and support as our Assistant Newsletter Editor over the past few years.

Christin has also contributed to our newsletter by reviewing several books for our readers.

It is with sadness that we learn that Christin is moving on and we wish her well.

We are now calling for Expressions of Interest to fill the role of Assistant Newsletter Editor. Primarily the duties of the Assistant Editor are to:

- Assist with the scientific content and strength of the newsletter (book reviews and recent publications)
- Act as second reviewer for the newsletter content
- Be the senior editor when the editor is unavailable and/or on rotation

We issue 10 editions each year and have 5 more newsletters scheduled through to December 2018.

Please send your EOI via the [APS Secretariat](#) in the first instance.

Stephanie Davies
Editor



PRESIDENT'S REPORT

By Fiona Hodson

It is hard to believe that we are already into July and for those of us who will be attending the IASP World Congress in Boston in September, it is less than two and a half months away. It has been a very busy time for the APS following on from the hugely successful 2018 Combined ASM with NZPS in Sydney which was attended by 918 delegates including speakers and sponsors.

The board has continued with its multidisciplinary clinical advocacy role and representation at various federal government and pain related workshops. The APS continues to work collaboratively with the Faculty of Pain Medicine (FPM) and Painaustralia (PA) on current key issues in pain management but has also independently submitted to federal government on the following national pain related initiatives:

Submissions to government and Painaustralia:

- TGA S8 Opioids consultation feedback - FEB18
- Aged Care Workforce Strategy Taskforce feedback - FEB18
- MBS Review Pain Management Clinical Committee - APR18
- TGA Codeine/Opioids update for NCCIWG - MAY18
- National Endometriosis Action Plan - MAY18
- National Aged Care Quality Standards submission - MAY18
- National Pain Strategy and National Strategic Framework for Chronic Conditions - MAY18

APS Multidisciplinary meeting representation

- Aged Care Workforce Taskforce (ACWST) Summit #2 - 30 April 2018, Adelaide
- Painaustralia AGM - Federal Minister for Health Greg Hunt announced \$150,000 funding for a National Action Plan for Chronic Pain via PA and \$10M for Translational Research for Chronic Pain (prevention, treatment & rehabilitation) - 24 MAY18, Canberra
- TGA follow up workshop re: Consultation paper: Prescription (schedule 8) opioid use and misuse in Australia-options for a regulatory response – 1 June 2018, Melbourne
- FPM Opioid Workshop - 16 June18, Melbourne. Refer to the feedback report in this edition
- TGA: Nationally Coordinated Codeine Implementation Working (NCCIWG) – 20 June 2018, Canberra
- National Chief Nurse Debra Thoms - 20 June 2018, Canberra
- National Aged Care and Quality Standards - 20 June 2018, Canberra
- National Pain Strategy Refresh Roundtable - 21 June 2018, Canberra

The APS in accordance with its strategic priorities is involved in multiple national pain related collaborations with professional organisations by providing multidisciplinary representation on the following projects:

- National Osteoarthritis Strategy - Summit to be held on 27 November 2018, Canberra
- National Action Plan for Arthritis - Arthritis Australia
- National Pain Strategy Refresh and National Action Plan for Chronic Pain with PA- (Committee Member)

- TAPPC: The Australian Prevention Partnership Centre update
 - Multidisciplinary input into Primary care project
- Pharmacy Guild Pain MedsCheck
 - Multidisciplinary input into project

The APS had a very successful launch of the internationally recognised Australian Pain Society *Pain in Residential Aged Care Facilities – Management Strategies, 2nd Edition* at our Combined ASM in Sydney. We are encouraged by the interest from government, NGO's and the aged care sector, which has required another print run to meet demand. Copies of the book are available for purchase via the APS website <https://www.apsoc.org.au/publications>.

As you can see by the above, the APS board is busy with multiple pain related opportunities at both a national and state level. Despite this, I would still like to encourage the membership to communicate to the board any other opportunities or issues that they would like the society to address.



Fiona Hodson



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

Plenary Videos now available FREE TO APS MEMBERS

Login to the APS Website [Members Area](#)

If you would like to purchase recordings of other APS-NZPS2018 sessions, please use the [EverTechnology online order form](#).

Check out our [brief promotional video](#)



2019 Australian Pain Society 39th Annual Scientific Meeting:

In the IASP Global Year Against Pain in the most Vulnerable



7 - 10 April 2019 Gold Coast Convention and Exhibition Centre, QLD

Expressions of interest online at
www.dconferences.com.au/aps2019

For sponsorship and exhibition opportunities or more information please contact the APS Conference Secretariat

DC Conferences Pty Ltd
P: 61 2 9954 4400

E: aps2019@dconferences.com.au

Submission Deadlines

Topical Sessions	21 September 2018
Free Papers & Posters	31 October 2018
Rising Star Award	31 October 2018
Early Bird Registration	22 February 2019

Join us online - #auspain19 www.dconferences.com.au/aps2019



TOPICAL SESSION SUBMISSIONS OPEN SOON

On behalf of the Scientific Program Committee and the Local Organising Committee, we are pleased to advise topical session submissions for APS 2019 will open on **WEDNESDAY 11 JULY 2018**.

The deadline for topical session submissions is **FRIDAY 21 SEPTEMBER 2018**

View the topical session submission guidelines [HERE](#)

We look forward to receiving your submissions!

Should you have any queries regarding your submission or the process, please contact the [Conference Secretariat](#)



WHY ARE WE STILL TALKING ABOUT OPIOIDS?

Professor Euan Wallace (CEO of Safer Care Victoria) reminded us that inappropriate prescription opioid is causing ongoing problems despite previous efforts in mitigating harm.

The Victorian data from 2016 showed that prescription related deaths is greater than road death. Iatrogenic addiction due to prescription opioid continues to cause significant harm in Australia. In a moving and very personal presentation, Ms Rustie Lassam described her experience of iatrogenic addiction. She shared the powerful image of her addiction being “like my head was being held under water, I would do anything to get air”. She observed that she had spent years “manipulating doctors” and that “I need strong boundaries”. Discussion during question time emphasised the importance of doctors being trained to be capable of having difficult conversations.

Dr Marc Russo (specialist pain medicine physician, Hunter Pain Clinic, NSW) reminded us of the evidence that opioid does not improve function (Portenoy 1986) and prescription opioid causes addiction in 3% to 15% of patients (Higgin 2018). The harm correlates with dose and potency (Murphy 2018). The overly quoted evidence that opioid is safe for non-cancer pain is based on a 1981 letter to the editor in the US.

Professor Anne Duggan (Conjoint Professor School of Medicine and Public Health, University of Newcastle, NSW) presented age and sex adjusted MBS and PBS data from the Australian Atlas of Healthcare Variation. There appears to be significant increased opioid prescription in the rural and remote area. It was noted that the data presented was for numbers of prescriptions but not the amount of opioid (e.g. the oral morphine equivalent daily dose [oMMEDs]) being prescribed.

WHAT LOCAL RESEARCH INFLUENCES THE CONVERSATION?

Ms Aine Heaney (NPS Medicinewise, NSW) presented the case that the effort so far in education alone is insufficient in changing prescribing behaviour based on the PBS prescription data.

Dr Chris Hayes and Dr Jenny Stevens (specialist pain medicine physicians, NSW) showed us data from primary care and hospital acute pain service that brief education alone is unlikely to be sufficient. However, Jenny’s experience was that counselling of small groups of junior doctors by a senior clinician (the grey hair effect!) was very effective: her data demonstrated a dramatic decrease in discharge opioids after such counselling. She also promoted the use of software to track hospital prescribing – PharmaLytix.

Dr Diarmuid McCoy (specialist pain medicine physician, Geelong, Vic) presented scenarios, in some of which he advocated for the ongoing prescription of opioids for chronic non-cancer pain (CNCP) and in others for their discontinuation; his presentation included tips on how to achieve deprescribing opioids, sometimes patient-led, and sometimes requiring a paternalistic approach. He summarised a very recent article, (Beth 2018 JAMA) showing that deprescribing is achievable more often than we might expect, even when the oMEDD is high.

Dr Mark Daghli (Director of Addiction Psychiatry, Royal Brisbane and Women’s Hospital, Qld) presented data that comorbid chronic pain and addiction are high risk and vulnerable to harm; and that forced detox leads to worse outcomes; whereas OTP (opioid treatment program) improves outcome in patients with comorbid chronic pain and addiction (Nune 2004, Yovell 2015)

STICKS AND CARROTS – THE FRAMEWORK WITHIN WHICH WE PRESCRIBE

Better regulatory systems may provide a piece of the puzzle by providing a framework for safe and effective prescribing.

Adjunct Professor John Skerritt (Deputy Secretary for Health Products Regulation, Department of Health, ACT) presented re the ongoing Therapeutic Goods Administration (TGA) conversation regarding: pack size, PBS subsidies e.g. partial agonists and orphenadrine, dose size, information to improve warnings, provision of naloxone.

Realtime prescription monitoring (RTPM) may reduce risky prescribing and reduce harm. Mr Matthew McCrone (Director, Real-Time Prescription Monitoring Implementation, Vic) discussed the implementation of the Safescript system which is due to commence in Victoria in the second half of 2019.

Associate Professor Adrian Reynolds and Dr Max Sarma from Tasmania described their experience in Tasmania using DORA (Drugs and poisons information system Online Remote Access), a system that is capable of picking up risky prescribing and dispensary and feed back to prescribers, including occasionally suspending prescribing rights or stronger corrective action. A/Prof Reynolds made plain his concern that the Victorian RTPM system would not be providing such intervention and also that its data would be – potentially at least – controlled by the private body that will be providing and operating the RTPM information technology. (In response Mr McCrone pointed out that it was the policy of the Victorian Government that all information technology was operated by private parties not government.)

Amongst A/Prof Reynold's proposals were: that co-prescription of opioids and benzodiazepines be banned; and that after a certain level of oMEDD was reached there would be automatic prescription of naloxone.

AND FOR A DIFFERENT PERSPECTIVE ...

Dr Justin Vaughan (Group Executive nib Health Funds, NSW) didn't discuss opioids but provided an iconoclastic point of view regarding the inefficient provision of healthcare in Australia. He observed "No one is measuring quality well in Australia"! He went on to propose a model as to how government and private insurers might combine to provide medically and economically multidisciplinary care through quality based funding rather than service based funding (which is driven by volume).

AND THEN THE ATTENDEES HAD TO CONTRIBUTE

The attendees then broke into groups to 'workshop' three issues:

1. Imagine a five million dollar donation is available: how should we spend it?
2. What can the FPM do to facilitate this?
3. Imagine you are in a lift with the Federal Minister for Health: where would you take the conversation?

The responses were too numerous to list here but some useful brainstorming took place.

SCHOLARSHIP FEATURE

Current Scholars

PhD Scholarship Sponsor Scholar Topic	Seqirus #1-APS-APRA Sherelle Casey <i>"Cannabinoids for neuropathic pain"</i>
Clinical Research Grant Scholar Topic	Cops for Kids #1-APS-APRA Dr Adrienne Harvey <i>"A pilot study of gabapentin for managing pain in children with dystonic cerebral palsy"</i>
Clinical Research Grant Scholar Topic	Cops for Kids #2-APS-APRA Dr Tasha Stanton <i>"Reframe the pain: Dividing attention and altering memory to reduce needle pain and distress in children"</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>

QUEEN'S BIRTHDAY HONOURS 2018

We are delighted to congratulate the following APS members who have been awarded a Member of the Order of Australia (AM):



**Conjoint Associate Professor G David
CHAMPION AM**

For significant service to medicine in the field of paediatric rheumatology, and to medical research and treatment of musculoskeletal pain.



Dr C Roger GOUCKE AM

For significant service to medicine in the field of pain management as a clinician, academic and mentor, and to professional societies.

2018 Global Year for Excellence in Pain Education



IASP GLOBAL YEAR FOR EXCELLENCE IN PAIN EDUCATION QUICK UPDATE

Save the date for future [2018 Global Year for Excellence in Pain Education webinars](#):

- 25 July 2018 - Abdominal and Pelvic Pain: Scientific Progress Vis-à-vis Clinical Evaluation and Management
- 27 September 2018 – Interprofessional Pain Education: Moving the Agenda Forward
- 25 October 2018 – Education Innovations to Improve Provider Knowledge to Care for Older Persons with Pain
- 15 November 2018 – Pain Education in Developing Countries

APS DISTINGUISHED MEMBERS

Did you know the
Australian Pain Society Distinguished Member Roll
is published on our website?

The listing also includes the detailed biographies of each awardee.



Pain in Residential Aged Care Facilities:

Management Strategies

2nd Edition



In the new edition:

Improved layout

**Colour coded for
easy reference**

**Easy access to
printable PDFs**

Expanded content

Case Studies



THE
AUSTRALIAN
PAIN SOCIETY

Chapter 1: About Pain

Chapter 2: Identification and assessment of pain in aged care residents

Chapter 3: Beyond medication: psychological and educational approaches to pain management

Chapter 4: Movement and physical activity

Chapter 5: Complementary approaches to pain

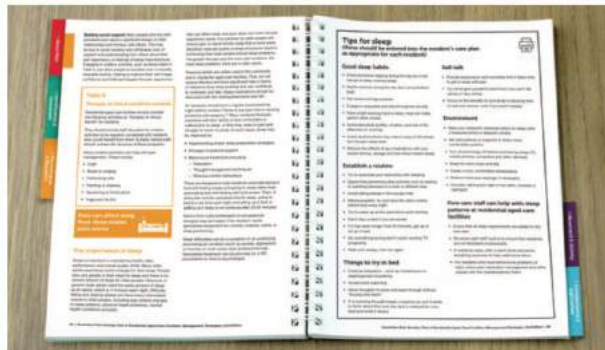
Chapter 6: Pharmacological treatments

Chapter 7: Dementia and cognitive impairment: special considerations

Chapter 8: Pain at the end of life

Chapter 9: Pain and nutrition

Chapter 10: Quality and systems issues



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HAVE YOU SEEN OUR LATEST PUBLICATION?

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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.



THE
AUSTRALIAN
PAIN SOCIETY

ANNOUNCING THE APS/APRA/CFK CLINICAL RESEARCH GRANT #3

The [Australian Pain Society](#) (APS) is a multidisciplinary organisation aiming to relieve pain and related suffering through advocacy and leadership in clinical practice, education and research.

The [Australian Pain Relief Association](#) (APRA) is a registered charity with the Australian Taxation Office and works closely with the APS to support education and research in pain.

[Cops for Kids](#) (CFK) is a South Australian based charity focused on supporting initiatives that strive to improve the lives of children in that state. Part of the CFK mandate includes the provision of funds for research to assist in the care of sick children and/or enhance the life quality of a child.

APS/APRA are pleased to announce our partnership with Cops For Kids, for the second Clinical Research Grant Program (<http://www.apsoc.org.au/apra-clinical-research-grant>)

In brief, the award is to enable clinical research meeting the following criteria:

- Approach a meaningful conclusion in one year
- Conducted in Australia and must be relevant to the South Australian population
 - The applicant must be an Australian citizen or permanent resident
- The applicant and their supervisor (if applicable) must be members of the Australian Pain Society and its Pain in Childhood Special Interest Group
 - The funded project can be related to any aspect of a childhood pain complaint - including theoretical, mechanistic, diagnostic, treatment, epidemiological and/or sociological approaches; and
- The grant funding will be paid quarterly in arrears upon the submission and acceptance of a combined Progress Report-Acquittal Form

Further information about the Clinical Research Grant can be obtained from APRA via the APS Secretariat.

[Clinical Research Grant Application](#) forms are available online and must be submitted by:

5pm on Monday 10 September 2018.

ISPP 2021 IN AUCKLAND!



Save the dates now!

The 13th International Symposium of Pediatric Pain is going to be held in Auckland on Thursday 25th to Sunday 28th March, 2021.

The 13th International Symposium of Pediatric Pain is going to be held in Auckland on Thursday 25th to Sunday 28th March, 2021.

Auckland has won the bid to host the 13th International Symposium of Pediatric Pain (ISPP) in March 2021 along with the addition of satellite days to allow for more in-depth exploration of specific topics in paediatric pain aims to enhance excellence in clinical practice for the management of children and young people in pain by showcasing influential knowledge and vanguard research. Day 1 will be devoted to an Education Day with the following three days dedicated to the Symposium discussing the advances in scientific knowledge and the many aspects of interdisciplinary care of children in pain and their families. ISPP 2021 – Knowledge, Growth, Practice – will be an interdisciplinary meeting that brings together more than 500 health professionals from around the globe to exchange the latest information on pain in infants, children, and adolescents.

The New Zealand bid was led by Starship Child Health and Starship Foundation, with a Local Organising Committee made up of members from the NZ Pain Society and the Paediatric Society of NZ – with support from Auckland

Tourism, Events and Economic Development's Auckland Convention Bureau and Tourism New Zealand's Conference Assistance Programme. The local organising committee gratefully acknowledge the support of the Paediatric Society of New Zealand, New Zealand Pain Society, Department Paediatrics, Child & Youth Health; The University of Auckland.

Starship Child Health, Clinical Lead for the Paediatric Complex Pain and Palliative Care Services, Dr Ross Drake, says: "This is a unique opportunity for clinicians across a range of disciplines to learn more about all aspects of acute and chronic pain in children. The conference will also serve to emphasise the hidden world of suffering of children and young people in chronic pain, a condition that is consistently estimated to affect 15% of our children."

This is guaranteed to provide thought-provoking content to allow the opportunity for growth in knowledge and clinical practice, ultimately benefitting children and young people in pain.

Save the dates and join us.

Dr Ross Drake

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 LANGUAGE OF CHRONIC PAIN – UNIVERSITY OF TECHNOLOGY SYDNEY

The aim of this study is to explore the language (in particular, the metaphors) which people living with chronic pain use to describe their pain experience. As there is currently no objective biomedical test for the existence or nature of pain, language is of vital importance to the chronic pain experience.

After completing the survey, you will have the chance to enter the draw to win one of five **\$100 Visa Gift Cards.**

To participate, you will need to have chronic pain (pain lasting 12 weeks or longer) and be aged 18 years or older, with good English comprehension and writing ability.

What is involved:

Completion of an anonymous online survey, which should take approximately 15-20 minutes to complete.

To read the Participant Information Sheet and Consent Form and complete the survey please [click here](#).



Pain@Otago
Whakarongo Uka Ōtākou
A UNIVERSITY OF OTAGO **RESEARCH THEME**

Pain in Children and Young People: What do we know?

11 July | 6 - 7.30pm | St David's Lecture Theatre or Online
at otago.zoom.us/j/326254470



NEW FRONTIERS

#ANZSPM18
BIENNIAL CONFERENCE

Manly Beach, Sydney, AUSTRALIA
6-9 September 2018
www.anzspm.org.au/anzspm18



- Collaborative & Integrated Palliative Care in Haematology
- Palliative Care in Transplantation
- Adolescent & Young Adult Palliative Care
- Difficult Encounters
- Long Term Care
- Exercise & Reablement
- Integrated Palliative Care in Non-Malignant Disease
- Enriched Environments & Brain Plasticity
- Think Like A Leader: How to increase your influence

www.anzspm.org.au/anzspm18

WORLD CONGRESS
2018 OF PAIN
BOSTON IASP



See You in Boston!

September 12-16, 2018



57th ISCoS

The International Spinal Cord Society
Annual Scientific Meeting

Combined with the 25th Australia and New Zealand Spinal Cord Society
(ANZSCoS) Annual Scientific Meeting

13-15 SEPTEMBER 2018
SYDNEY, AUSTRALIA

ICC Sydney, Darling Harbour
www.iscosmeetings2018.org

REGISTRATION NOW OPEN
EARLY BIRD REGISTRATION CLOSING 16TH JUNE 2018

iscos2018@anzspm.com | www.facebook.com/iscosmeetings | +61 2 95 50 6000 ext 404



ISCoS
The International Spinal Cord Society

anzscos

REGISTER NOW



LOOKING
NORTH
LOOKING UP
AT PAIN

FPM SPRING MEETING
OCTOBER 19-21, 2018
PULLMAN CAIRNS
INTERNATIONAL, QLD

Artwork: Rosella Namok



Save the Date!

11-14 November 2018
International Convention Centre
Sydney, Australia

11th International Conference on Frontotemporal Dementias

www.icftd2018.org.au



KEY DATES

Call for Papers opens **1 March 2018**
Call for Papers deadline **1 June 2018**
Online registration opens **1 May 2018**
Early Bird deadline **6 August 2018**



PAIN REFRESH

**PAIN MANAGEMENT
MULTIDISCIPLINARY
WORKSHOP 2019**



WEEK 1: FEBRUARY 4-7
WEEK 2: FEBRUARY 11-14

NZPS 19
NEW ZEALAND PAIN SOCIETY ANNUAL SCIENTIFIC MEETING
 7—10 March 2019
 RYDGES LATIMER HOTEL CHRISTCHURCH, NEW ZEALAND

FROM WHERE WE STAND

2019 Australian Pain Society 39th Annual Scientific Meeting:
In the IASP Global Year Against Pain in the most Vulnerable

7 – 10 April 2019 Gold Coast Convention and Exhibition Centre, QLD

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Free Papers & Posters	31 October 2018
Rising Star Award	31 October 2018
Early Bird Registration	22 February 2019

Join us online - #auspain19 www.dconferences.com.au/aps2019

Organised by:

Save The Date
Date : 11th – 14th April 2019
Venue : Pullman Kuching, Sarawak, Malaysia

8th ASEAPS Congress 2019
 Kuching, Malaysia

8th Association of South-East Asian Pain Societies (ASEAPS) Congress, Malaysia 2019
www.aseaps2019.com | secretariat@aseaps2019.com

NEW!

- **Pain Science and Sensibility Episode 33: Reconsidering the IASP Definition of Pain** 22MAY18. With Dr Milton Cohen: <https://ptpodcast.com/pain-science-and-sensibility-episode-33-reconsidering-the-iasp-definition-of-pain/>
- **Breaking the Pain Barrier** Medical Observer JUN18 with Dr Meredith Craigie, Dr Chris Hayes and Prof Mark Hutchinson: https://www.apsoc.org.au/PDF/Other_Pain_Resources/20180601_Medical_Observer_Breaking-Pain-Barrier_JUN18.pdf

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/>
- **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/>
- **Digital Health Guide**
Developed by Primary Health Network Tasmania: https://digitalhealthguide.com.au/Account/Login?ReturnUrl=%2fSpecialtyFormulary%2f2_Atlogin,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>
- **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-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/MapAn-dAppGallery/index.html?appid=fd3b04ebe-3934733b7ecb8514166c08f>

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>
- **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:
 - 2018 conference in Sydney
 - 2017 conference in Adelaide
 - 2016 conference in Perth.
- **Better Pain Management online learning modules:** APS members receive a 20% discount.
- **BPR SIG Expert Database:** Survey and Results

APS MEDIA RELEASES:

- Refer to our website for a full listing of media releases: <http://www.apsoc.org.au/Media>
- **2018 Annual Scientific Meeting, Sydney – Media Coverage:**
 1. Chronic Back Pain
 - a. 22MAR18 – Prof Peter O’Sullivan (Curtin Uni), ABC Perth: <https://soundcloud.com/user-857774869/prof-peter-osullivan-22318>
 2. Diet and Chronic Pain
 - a. 26MAR18 – Katherine Brain (Newcastle Uni), ABC Newcastle: <https://soundcloud.com/user-857774869/katherine-brain-abc-newcastle-26318>
 - b. 03APR18 - Katherine Brain (Newcastle Uni), Nine News digital: <https://www.nbnnews.com.au/2018/04/03/could-fruit-and-veg-help-alleviate-chronic-pain/>
 3. Pain in Children and Adolescents
 - a. 28MAR18 – Dr Tinna Jaaniste, Dr Meg Goodison-Farnsworth, Broke Peterson, ABC RN Life Matters: <http://www.abc.net.au/radionational/programs/lifematters/kids-chronic-pain/9587850>
 - b. 05APR18 – Dr Meredith Craigie, ABC Adelaide: <https://soundcloud.com/user-857774869/abc-adelaide-5418-paediatric-pain>
 4. Sea Snail Venom as Pain Relief
 - a. 04APR18 – Prof Macdonald Christie (Sydney Uni), ABC RN Breakfast: <http://www.abc.net.au/radionational/programs/breakfast/venomous-sea-snails-could-help-fight-the-opioid-epidemic/9616702>
 - b. 04APR18 - Prof Macdonald Christie (Sydney Uni), ABC News: <http://www.abc.net.au/news/2018-04-04/sea-snail-venom-could-be-the-holy-grail-in-pain-therapeutics/9617670>
 - c. 04APR18 - Prof Macdonald Christie (Sydney Uni), SBS News: <https://www.sbs.com.au/news/sea-snail-venom-a-source-of-pain-relief>
 - d. 04APR18 - Prof Macdonald Christie (Sydney Uni), Yahoo 7 News: <https://au.news.yahoo.com/sea-snail-venom-a-source-of-pain-relief-39725063.html>
 - e. 04APR18 - Prof Macdonald Christie (Sydney Uni), Daily Mail: <http://www.dailymail.co.uk/wires/aap/article-5576359/Sea-snail-venom-source-pain-relief.html>
 5. Placebo Power
 - a. 08APR18 – A/Prof Damien Finniss (Sydney Uni), ABC RN All In The Mind: <http://www.abc.net.au/radionational/programs/allinthemind/placebo-power/9613346>
 6. Psycho Social Factors of Pain
 - a. 11APR18 – Anne Burke and Dr Tonya Palermo (Uni Washington), ABC RN The Drawing Room: <http://radio.abc.net.au/programitem/pga6bE383G?play=true>

NEW MEMBERS

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Dr	Alan	Bullingham	Anaesthesia
Mr	Matthew	Croger	Physiotherapy
Dr	Drew	Dixon	Orthopaedics
Dr	Sarah	Donovan	Anaesthesia
Mrs	Karalyn	Huxhagen	Pharmacy
Mrs	Perri	Waddell	Nursing

CALENDAR OF EVENTS

27-29 Jul 2018

Pharmaceutical Society of Australia - PSA18

Leading Pharmacy Innovation

Hyatt Regency, 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>

8 Aug 2018

NSW Agency for Clinical Innovation (ACI) Aboriginal Chronic Conditions Network

Walk a mile in my shoes ... do we ever factor in social determinants into how we deliver health care?

Rydges, World Square, Sydney, NSW

<https://www.aci.health.nsw.gov.au/networks/aboriginal-chronic-conditions-network/aboriginal-chronic-conditions-events/aci-aboriginal-chronic-disease-network-workshop>

17-18 Aug 2018

Medico-Legal Society of Queensland Inc.

HIGH Society: The Misuse of Opioids

Surfers Paradise Marriott Resort, Surfers Paradise, QLD

<https://medico-legal.com.au>

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>

6-9 Sep 2018

Australian & New Zealand Society of Palliative Medicine ANZSPM

New Frontiers

Novotel Manly Pacific, Sydney, NSW

<https://willorganise.eventsair.com/QuickEventWebsitePortal/2018-anzspm/info>

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>

CALENDAR OF EVENTS

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/>

21 Sep 2018

Pain Interest Group Nursing Issues (PIGNI) Professional Development Day

EOI

SMC Conference & Function Centre, Sydney, NSW

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

6-9 Oct 2018

Australian Society of Anaesthetists

National Scientific Congress 2018

Adelaide Convention Centre, Adelaide, SA

<http://asa2018.com.au>

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>

19-21 Oct 2018

Faculty of Pain Medicine Spring Meeting

Looking North Looking Up at Pain

Pullman Cairns International, Cairns, QLD

<http://fpm.anzca.edu.au/events/2018-spring-meeting>

23 Oct 2018

Bionomics & MSD 6th Annual Neuroscience Symposium

At The Frontiers Of Neuroscience: Signs & Symptoms

Pullman Hotel, Hindmarsh Square, Adelaide, SA

<http://www.bionomics.com.au/upcoming-events/6th-annual-bionomics-msd-symposium>

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>

CALENDAR OF EVENTS

11-14 Nov 2018

International Society on Frontotemporal Dementias

11th International Conference on Frontotemporal Dementias

International Convention Centre, Sydney, NSW

<https://www.dconferences.com.au/icftd2018/>

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>

4-14 Feb 2019

Pain Management Research Institute, The University of Sydney

Pain Refresh - Pain Management Multidisciplinary Workshop

Royal North Shore Hospital, St Leonards, Sydney, NSW

<http://sydney.edu.au/medicine/pmri/education/continuing/workshop.php>

7-10 Mar 2019

New Zealand Pain Society Annual Scientific Meeting - NZPS19

From where we stand

Rydges Latimer Hotel, Christchurch, New Zealand

<http://www.nzps2019.nz>

7-10 Apr 2019

Australian Pain Society 39th Annual Scientific Meeting

In the IASP Global Year Against Pain in the Most Vulnerable

Gold Coast Convention and Exhibition Centre, Gold Coast, QLD

<http://www.dconferences.com.au/aps2019/>

11-14 Apr 2019

ASEAPS 2019 - 8th Association of South-East Asian Pain Societies Congress

Building Collaborations In Pain Management

Pullman Kuching, Sarawak Malaysia

<http://www.aseaps2019.com>

10-12 Jul 2019

Occupational Therapy Australia

Together Towards Tomorrow

International Conventional Centre, Sydney, NSW

<http://www.otaus2019.com.au>



THE
AUSTRALIAN
PAIN SOCIETY

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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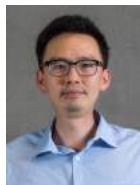
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