



THE
AUSTRALIAN
PAIN SOCIETY



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PAIN EXPERTS SHARE THEIR “ONE THING” FOR PATIENTS

Following the success of their initial season in 2021, *One Thing* is back for Season Two. The *One Thing* team (Dr Joshua Pate, Dr David Kennedy, Dr Lincoln Tracy, Miss Hayley Leake, Dr Aidan Cashin, and Dr Daniel Harvey) have completed nine new interviews with clinicians, researchers, and people living with pain to find out the one thing they want people challenged by pain to know.

Chronic pain (long-lasting pain that goes on for more than three months, or past the normal time it takes tissue to heal) affects more than three million Australians, according to PainAustralia. Two-thirds of people living with chronic pain are of working age. The national financial burden of pain was estimated to be more than \$70 billion in 2018 and will exceed \$200 billion by 2050.

Many factors affect how chronic pain develops, is managed, and treated. With so much to know and learn about chronic pain, the *One Thing* platform invites ‘pain experts’ from across the world to share a key message that may help clinicians and those suffering from chronic pain. Lessons learned from Season One include:

- “Pain education is not something that happens to you, learning requires *you* to do the learning” (Professor Lorimer Moseley, University of South Australia)
- “Pain is a perception, not a sensation” (Professor Mick Thacker, London Southbank University)
- “There is no limit to how patients can be engaged in research” (Professor Christine Chambers, Dalhousie University)

The platform’s co-founder and senior editor Dr Joshua Pate, physiotherapy lecturer at the University of Technology Sydney, said “Our team is thrilled about how season two is shaping up. After seeing the reach and positive impacts of the platform during Season One, and having doubled the size of our editorial team this year, we cannot wait to see what results from Season Two.”

Season Two of *One Thing* is powered by the Australian Pain Society (APS), a multidisciplinary association whose mission is to advance pain prevention, management, and clinical practice. APS President Trudy Maunsell was excited for the Society to support *One Thing*.

“The *One Thing* platform is a great way of learning about pain and its management. The Australian Pain Society is looking forward to some exciting innovations in Season Two. We know the new nine episodes will provide great insights into pain research, practice, and the lived experience.”

Some of the guests featured in Season Two include Pete Moore (creator and author of the Pain Toolkit), Professor Kathleen Sluka (University of Iowa), and Professor Christopher Eccleston (University of Bath).

All nine episodes of Season Two are now freely available [online](#) in video, podcast, and written form. One episode will be promoted each week in the lead up to the APS 42nd Annual Scientific Meeting, which will take place at the Hotel Grand Chancellor, Hobart from April 10 - 13, 2022.

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About One Thing

“One Thing” began in 2020. Co-founders and senior editors Dr Joshua Pate and Dr David Kennedy were dreaming about how cool it would be for a platform to exist where speakers can share the ‘one thing’ that they really want others to know about: their latest research, the key finding that changed everything, or what matters most.

Website: <https://www.onething.painsci.org>

About the Australian Pain Society

The Australian Pain Society (APS) was formed in 1979 as the Australian Chapter of the International Association for the Study of Pain. The APS is a multidisciplinary organisation with representatives among its members from many medical specialties, as well as physiotherapy, psychology, nursing, general practitioners, other health professionals and the basic sciences. The membership includes investigators and clinicians who are active in the field of pain and its management. Its vision is that all people will have optimal access to pain prevention and management throughout their life.

Website: <https://www.apsoc.org.au>

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