



PRESIDENT'S REPORT FOR AGM 2014

By Dr Malcolm Hogg

Thank-you for attending the ASM and today's AGM.

We are encouraged by the attendance of members and non-members at this year's meeting. Further gains in attendance have been made in our pre-conference gatherings, including the acute pain day, fundamentals of pain, consumer symposium, physio and pain in childhood workshops. Thank-you to the respective conveners and organising committees, specifically Stephen Leow, Chris Orlikowski, Lesley Brydon, Tim Austin, and Susie Lord. We continue to support the INS meeting, and hope to share plenary speakers in 2015. Thanks also to the membership of the Scientific Committee, including the chair Prof Michele Sterling, for their ongoing support and planning, ensuring enduring success of the ASM. At DC conferences, thanks to

Alex Robertson who has ably taken over the management and ensured a smooth, complaint-free conference.

A new initiative this year was the discipline forums, planned to improve direct communication between the executive and the APS membership. We are seeking ideas, issues and concerns, so as to improve responsiveness of the board to evolving events. We received good feedback and discussion, specifically from the physio, psychology and nursing membership, but less active feedback from our medical, and research groups. The occupational therapists were positive but their attendance at the meeting was small. The board of APS directors will consider the issues raised in our regular telephone conferences throughout 2014 and beyond, and likely repeat the forums at next year's meeting. Of note, concerns regarding the pending national activity

► Editor's Note

This issue is, with one important exception, largely an opportunity to look back and reflect on the achievements of the Australian Pain Society, containing reports from our President, from the recent successful annual scientific meeting, and a report looking at activities the of the APS. The important exception is a summary of work by a group lead by Michele Sterling about treatment of whiplash associated disorder (WAD) which has just been published. Thus there's lots of good reading for your attention.

Regards,

Will Howard

Newsletter Editor

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PRESIDENT'S REPORT FOR AGM 2014



based funding agreements will require consideration and a response, as this was a consistent theme of concern.

Thanks to Will Howard, our Newsletter editor, and Tracy Hallen, Project Officer at our

secretariat, for the continued collation and communication efforts via the newsletter. We continue to seek content, so feel free to suggest or offer reviews or vignettes regarding research or clinical activity. The newsletter has been augmented by an upgraded digital strategy, with twitter, Facebook, a blog, all linked to our website. In addition, a YouTube channel and LinkedIn account complements this activity. We encourage you to visit, get with the times and tweet using #aps2014.

IT gains at the conference include the web-based app, with considerations to phase out the printed program. In 2014, we have initiated an online membership application and renewal process, which while having a few teething issues, will provide benefits and ease of use in future.

Prof Maree Smith continues to co-ordinate the PhD scholarship program that we run in conjunction with APRA, including scholarships sponsored by Mundipharma and Janssen-Cilag. The current scholars will be presenting progress tomorrow

afternoon. We will continue to promote these scholarships, and look to expand the program with discussions currently in progress with new sponsors.

Our grant for non-metropolitan members for a clinical attachment has not been taken up recently, so with AMLA activity extending pain management into the community, we will be exploring possibilities for increased promotion.

The Pain in Childhood SIG continues to progress, with excellent engagement and enthusiasm; congratulations and thanks to Susie Lord, who will pass on leadership to George Chalkiadis and Katherine Russell (NZPS). A combined SIG meeting will be held in Auckland in 2015 in association with the NZPS meeting, with the following combined SIG meeting to be in association with the APS meeting in 2016.

We are continuing a liaison process with our peer organisations. Teleconferences with FPM and NZPS are ensuring we keep in touch with conferences, invited speakers and critical activities. It has facilitated our input into the electronic Persistent Pain Outcome Collaboration (ePOCC) and education modules via the Faculty, an opportunity we appreciate. Thanks to Dr Anne Daly, who is our representative on the ePOCC steering committee, and regularly reports to our board.

We have established a Relationship and Communication Committee, now chaired by Geoff Speldewinde, to strengthen our

links with the Australian Physiotherapy Association (APA), Australian Psychological Society, OT Australia, FPM, RACGP and Australian College of Nurse Practitioners and PIG-Nursing Issues. We welcome the developments of a pain network within the APA and formalisation of SIG pain management in RACGP, with Stephen Leow as its chair. We hope this committee will allow ongoing dialogue and co-operation with regards to education and policy developments relevant to our members.

The board of the APS has reaffirmed its support for PainAustralia, with Tim Semple representing us on their board. A further twelve months of financial support has recently been committed, linked with a request for greater clarity regarding their plans for a review of the National Pain Strategy and regarding longer-term sustainability. We appreciate and recognise Lesley Brydon's tireless efforts in: promoting improvements in delivering pain services; securing and delivering education programs in association with AMLA, PMRI and Faculty of Pain Medicine; and her success in gaining some political and bureaucratic access. We recognise the enormity and fluctuating nature of this task, and feel it is important for us to continue to contribute as a collective if we are to achieve some traction for the National Pain Strategy.

In addition to the boards face-to-face meeting at this conference, we met to update the society's strategic plan in

OIY!! Have you neglected to renew your membership?



Have you neglected to renew your membership? We want you to remain part of the APS.

The APS is the only organisation, promoting improvement in the wellbeing of those suffering pain, that encompasses Australians who are researchers in basic science, health professionals from all disciplines, and consumers.

Please note: We prefer to stay in touch via email, please check to ensure your email server does not label us as junk.

IT'S TIME TO PAY YOUR SUBSCRIPTION TO GET A DEDUCTION THIS TAX YEAR

HOBART CONFERENCE REPORT

President's Report for AGM 2014

August last year. The progress in regards to the ASM and digital strategy were outcomes now implemented. Other goals include updating our waiting in pain data, preferably via an electronic survey in the latter half of this year. Many developments regarding service delivery continue, and we feel this will be important to document for our members interaction with both local administration and state and federal government policy makers. In addition, this project will update our facility directory, as available on our website. I encourage your participation in this project.

Other activity identified in this strategic plan include developing a collaborative regarding pain in the indigenous population, updating the position statements regarding neuropathic pain, spinal interventions and psychology, and updating the monograph Pain in Residential Aged Care Facilities: management strategies.

I would like to extend thanks to APS executive members for their input, and note with appreciation Simon Watt, who has joined in place of Michele Callisaya, as Tasmanian Director. Thank you to Michele for her input and role as chair of the Local Organising Committee for the Hobart meeting.

We have had fantastic support from our secretariat with Tracy Hallen becoming an essential element of all our activities and Sunny Ting Sun keeps our finances running seamlessly. Dianna Crebbin provides outstanding back up and corporate memory, and between the three of them, the day-to-day work of the APS continues.

Hobart Conference Report

By Michele Sterling (SPC Chair) and Michele Callisaya (Hobart Conference Convenor)

breakfast sessions, free papers, posters and - a favourite with the audience - [the 90 second rapid communication sessions](#).



The 34th Annual Scientific meeting was held in Hobart from 13-16th April and was a fabulous success, both scientifically and socially. International speakers, Dr Jane Ballantyne, Dr Andrew Moore and Professor Jeffrey Mogil, gave thought-provoking presentations on a wide range of topics relevant to the theme - Personalised Pain Management - including the problem of opioids, understanding the evidence,



and the role of genetics. The program also included excellent plenary sessions by some of Australia's best pain researchers, 18 different topical sessions, sponsored

New this year was a successful Question and Answer session where Dr Jane Ballantyne, Dr Greg Neely and A/Prof Alex Holmes were subject to texts fired in from the audience and relayed and moderated by Tim Semple.

Hobart provided the perfect venue for networking and socialising. Highlights of the social program included a reception at Government House for invited guests including members of the APS for ten years or more. Pianist Ms Jennifer Marten-Smith's performance of Johann Sebastian Bach's Chromatic Fantasy and Fuge in D minor and the beautiful surrounds impressed all who attended. See the photos at <http://www.govhouse.tas.gov.au/vice-regal-news-and-photos/14-april-2014-0>.

The biggest social event was the Gala Dinner at MONA with a record 320 guests. The lunar eclipse put on a special show just as guests entered the museum. Cocktails were served in the Void, with a private viewing of the museum. After a three

HOBART CONFERENCE REPORT

course dinner which included Tasmanian salmon, it was time to hit the dance floor. Even the shy and retiring types got up and danced the night away to hits from the 80s and the never old "Nutbush".

Another first for the 2014 conference, were the inaugural Discipline Sub Group Meetings held on Sunday afternoon prior to the Welcome Reception. These sessions aimed to facilitate discussion between members and the APS executive to promote understanding of issues relevant to specific disciplines and to identify topics that the APS may be able to act upon. Meetings were held



Yasmin Ahamed receiving her prize from Dr Geoffrey Speldewinde (APS President-Elect)

in the discipline areas of: Clinical and Health Psychology; Physiotherapy; Nursing; Medical; Occupational Therapy; Researchers: Clinical & Basic Sciences. They were highly productive sessions that have provided great ideas and information that we look forward to exploring further.

The parallel free paper sessions, rapid communications and posters were as always of a high standard. There was also an air of anticipation as the sessions were judged for the coveted annual conference awards. Congratulations to the following speakers on their wonderful presentations. The winner of the Best Oral Presentation was Yasmin Ahamed on "Physiotherapist-delivered exercise and pain coping skills training is more effective than either intervention alone



Carolyn Berryman receiving her prize from Dr Geoffrey Speldewinde (APS President-Elect)

in knee osteoarthritis". The winner of the Best Rapid Communication was Carolyn Berryman, Topic: "Evidence for



Photo L to R: Dr James O'Callaghan, Prof Jenny Strong, Dr Frank New, Dr Malcolm Hogg (APS President) and Dr Daryl Salmon

executive function deficits in chronic pain: A systematic review and meta-analysis" and the Best Poster Presentation was Michelle Rostas, Topic: "Keep it simple. Readability of persistent pain handouts: A pilot project". Thanks also to the judges of the sessions – you know who you are. Your efforts are well appreciated.

Last but certainly not least is the recognition of the APS members who have made a major contribution towards the Society and significant and enduring contributions to the world of pain, whether in a clinical, educational or research role via the Distinguished Members Awards. This year Dr Frank New; Dr James O'Callaghan; Dr Daryl Salmon and Prof Jenny Strong were recognised for their outstanding contributions. Congratulations and thank-you for your contributions to the field.

So from a great conference and city in 2014, we will head north to Brisbane in 2015. The 35th Annual Scientific Meeting will be held at the Brisbane Convention

35TH ANNUAL SCIENTIFIC MEETING 2015

2015 Australian Pain Society 35th Annual Scientific Meeting



Managing Pain: from Mechanism to Policy



15 - 18 MARCH 2015 | BRISBANE CONVENTION & EXHIBITION CENTRE, QLD

Expressions of Interest online at www.dconferences.com.au/aps2015

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

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

SUBMISSION DEADLINES

Topical Sessions **16 July 2014**

Free Papers & Posters **3 October 2014**

Early Bird Registration **23 January 2015**

PLUS

Pre-Conference Workshops
Extensive Industry Exhibition
Welcome Reception
Conference Gala Dinner



Managing Pain:
from Mechanism
to Policy

KEYNOTE SPEAKERS

Professor Herta Flor Professor Flor has worked at Ruprecht-Karls-University, Heidelberg since 2000 and is Scientific Director of Cognitive and Clinical Neuroscience, Central Institute of



Mental Health, Mannheim, Germany. Her research focuses on neuronal plasticity and learning and memory in chronic pain, anxiety & mood disorders, substance abuse and neuro-psychological rehabilitation. She has received 60+ research grants and numerous prestigious awards and has authored more than 400 publications.

Dr Mary Lynch is Professor of Anesthesia, Psychiatry and Pharmacology at Dalhousie University, Halifax, NS, Canada. She has 25 years of clinician experience assisting patients with chronic pain.



Dr Lynch chaired the Canadian Pain Society Wait Times Task Force and co-chaired its Task Force on Service Delivery and Canadian Pain Strategy. Her research focuses on new agents in neuropathic pain treatment, including cannabinoids, integrative care in chronic pain management, wait-times benchmarks and strategies for service delivery.

Dr Frank Porreca is Professor of Pharmacology and Anesthesiology at the University of Arizona College of Medicine, Tucson, AZ. Dr Porreca is widely published in research addressing



mechanisms of chronic pain and its treatment, and the adaptive nature of brain pain modulatory circuits following injury. Dr Porreca's current research interests include exploration of the intersection between pain and reward pathways and discovery of molecules that can modulate these circuits for pain relief.

SUMMARY OF APS ACHIEVEMENTS

Summary of the Australian Pain Society Achievements to date and their alignment with the Goals of the National Pain Strategy

The Australian Pain Society (APS) has worked closely with Painaustralia (PA) since its formation to further the goals of the National Pain Strategy (NPS) and is committed to gaining endorsement for this across all levels of health in Australia. The APS acts to facilitate its membership's activities which are associated with the National Pain Strategy.

The APS continues to function as the only professional body to represent all health professionals involved in multidisciplinary pain management and related research in Australia, and continues to expand its capacity to meet their needs.

The Goals of the National Pain Strategy are

1. People in pain as a national health priority
2. Knowledgeable, empowered & supported consumers
3. Skilled professionals & best-practice evidence-based care
4. Access to interdisciplinary care at all levels
5. Quality improvement & evaluation
6. Research

Australian Pain Society Achievements

Alignment with NPS goals

| | |
|--|---------------|
| <p>Scientific conference held annually - the only conference in Australia offering multidisciplinary insights into the complex nature of pain management from a variety of medical, nursing and allied health perspectives including supporting a consumer day with international speakers and logistic support. In 2013 (Canberra) and 2014 (Hobart) this supported the Living Well With Pain Consumer Conference and Symposium, held by Painaustralia in collaboration with local consumer groups.</p> | 2, 3, 5 and 6 |
| <p>Members provide education, training and mentoring for GPs and multidisciplinary primary health care professionals.</p> | 3 and 5 |
| <p>Pain in Residential Aged Care Facilities (2005) regarded as the definitive document by Federal Department of Health. The APS is committed to updating this valuable resource by 2015.</p> | 3 |
| <p>Waiting in Pain: a systematic investigation into the provision of persistent pain services in Australia, published in the Medical Journal of Australia, 02 April 2012, Volume 196, No 6</p> | 1, 4 and 6 |
| <p>Major contributor to the National Pain Strategy, ratified at the Pain Summit held at Parliament House, March 2010</p> | 1 |
| <p>Category A member and financial supporter of Painaustralia, the organisation driving the support and implementation of the National Pain Strategy by Federal and State governments.</p> | 1 |

SUMMARY OF APS ACHIEVEMENTS CONT.

| | |
|--|-------------------|
| <p>APS members are active contributors to State pain programs including:</p> <ul style="list-style-type: none"> • Agency for Clinical Innovation and Pain Management Plan in NSW • Statewide Persistent Pain Health Services Strategy 2010 in QLD • Health Networks in WA • ePPOC – electronic Persistent Pain Outcomes Collaboration | <p>3, 4 and 5</p> |
| <p>Assistance with and contribution to Australian Medicare Local Alliance (AMLA) pain education seminars</p> | <p>3</p> |
| <p>Development, update and promulgation of position statements on pain management including:</p> <ul style="list-style-type: none"> • pain management programs • spinal interventions • neuropathic pain • psychology and pain Management | <p>3</p> |
| <p>Supporter and sponsor of the Australian Pain Relief Association (APRA) PhD Scholarships program, a flagship training initiative since 1995.</p> | <p>6</p> |
| <p>Well established Travel Grant Program to financially assist young researchers, students, nurses and allied health professionals to attend and present their posters/free papers at our highly regarded Annual Scientific Meetings</p> | <p>3, 5 and 6</p> |
| <p>Supporter of pain management training and services in rural and remote regions of Australia, and developing resources for furthering understanding of pain in indigenous Australians.</p> | <p>3 and 4</p> |
| <p>Supporter of pain management education in developing countries in our region, e.g. APS Prize for ASEAPS (Association of South East Asian Pain Societies) delegate to attend APS Scientific Meeting</p> | <p>3, 5 and 6</p> |
| <p>Promoter and supporter of pain management across our peer organisations, including:</p> <ol style="list-style-type: none"> Australian College of Nurse Practitioners and other nursing groups such as PIG-NI (Pain Interest Group-Nursing Issues) Australian Physiotherapy Association Australian Psychological Association and the Australian Psychological Society Faculty of Pain Medicine Occupational Therapy Australia Royal Australian College of General Practitioners <p>The Relationships and Communications Committee has been created to engage with these organisations as well as other bodies e.g. the Australian Medical Association (AMA) and the Australian Society of Anaesthetists (ASA).</p> | <p>3 and 4</p> |
| <p>Formation of Pain in Childhood Special Interest Group in 2011</p> | <p>4</p> |

SUMMARY APS ACHIEVEMENTS

National Facility Directory: a publicly available listing of multidisciplinary pain management clinics

4

Constantly improving methods of communication with members, consumers and general public via updated **electronic newsletter**, **website** and digital media strategy including:

- **Twitter**
- **Facebook**
- **YouTube**
- **LinkedIn**
- **APS Blog**

2 and 4

APS/APRA PHD SCHOLARSHIPS REPORT FOR APS AGM

By Professor Maree Smith, Chair, APS/APRA PhD Scholarships Committee

It is hard to believe that so much time has passed – almost two decades - since commencement of the APS/APRA PhD scholarship program, the flagship research training initiative of the APS/APRA, which is now in its 19th year. From humble beginnings of one scholarship every three years, the APS/APRA is now able to support three scholars concurrently due to the ongoing and generous educational grant support from our industry sponsors, Mundipharma Australia and Janssen-Cilag.

Our three current APS/APRA scholars are:

1. Ms Audrey Wang - the 3rd Mundipharma-sponsored APS/APRA PhD scholar, who commenced in January 2012
2. Ms Sarah Kisiwaa – the 2nd Janssen Cilag APS/APRA PhD scholar, who commenced in August 2012
3. Mr James Wei Min Kang – the 5th APS/APRA supported PhD scholar, who commenced in July 2013.

Sincere thanks to Mundipharma Australia for their ongoing generous



Photo: Dr David Gronow presenting Helen Jones of Janssen Cilag with a certificate of appreciation for supporting the APS/APRA PhD Scholarship program

financial support of the APS/APRA PhD scholarship scheme. Ms Audrey Wang is the 3rd Mundipharma sponsored APS/APRA PhD scholar. The title of Audrey's PhD project is "An investigation of the role of the brain in recovery from CRPS, using fMRI" and she is working under the supervision of Professor Lorimer Moseley at Neuroscience Research Australia in Sydney.

Similarly, we express our sincere thanks to Janssen-Cilag for their generous financial support of the APS/APRA PhD scholarship scheme through an educational grant. Ms Sarah Kisiwaa is the 2nd Janssen-Cilag sponsored APS/APRA PhD scholarship. The title of Sarah's PhD project is "Pain Induced Synaptic Plasticity in the Amygdala" and she is working under the supervision of Dr Elena Bagley, Discipline of Pharmacology, The University of Sydney.

James Kang is working on a project entitled "Epigenetic influence in cognitive impairments in chronic neuropathic pain". James is supervised by Associate Professor Kevin Keay at The University of Sydney.

Finally, on behalf of all members of the APS and APRA, I sincerely thank our industry sponsors, Mundipharma Australia and Janssen-Cilag for their generous and ongoing educational grant support of the APS/APRA PhD scholarship scheme, the flagship research training program of the APS that is producing future Australian research leaders in the field of pain.

CURRENT SCHOLARS:

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

PAST SCHOLARS

PAST SCHOLARS:

| | |
|--|---|
| PhD Scholarship Sponsor Scholar Completed Topic | APS #1-APRA Samantha South 1999 “Antinociceptive pharmacology of morphine and its major glucuronide metabolites” |
| PhD Scholarship Sponsor Scholar Completed Topic | CSL #1-APS-APRA Lara Winter 2004 “Antinociceptive properties of the neurosteroid alphadolone” |
| PhD Scholarship Sponsor Scholar Completed Topic | CSL #2-APS-APRA Anne Pitcher 2006 “Conditional comfort: A grounded theory study in nursing approaches to acknowledging and responding to pain in nursing home residents with dementia” |
| PhD Scholarship Sponsor Scholar Completed Topic | Mundipharma #1-APS-APRA Kathryn Nicholson Perry 2007 “Pain Management Programmes in Spinal Cord Injury: Cognitive Behavioural Pain Management Programmes in the Management of Sub-acute and Chronic Spinal Cord Injury Pain” |
| PhD Scholarship Sponsor Scholar Completed Topic | APS #2-APRA Debbie Tsui 2008 “Preclinical studies in painful diabetic neuropathy” |
| PhD Scholarship Sponsor Scholar Completed Topic | Mundipharma #2-APS-APRA Zoe Brett 2011 “Individual differences in vulnerability to the development of chronic pain following injury” |
| PhD Scholarship Sponsor Scholar Completed Topic | APS #3-APRA Susan Slatyer 2013 “Caring for patients experiencing episodes of severe pain in an acute care hospital: Nurses’ perspective” |
| PhD Scholarship Sponsor Scholar Completed Topic | Janssen Cilag #1-APS-APRA Mary Roberts Due 2013 “An investigation of the role of sleep in chronic pain” |
| PhD Scholarship Sponsor Scholar Completed Topic | APS #4-APRA Amelia Edington 2013 “Defining inhibitor binding sites unique to the glycine transporter, GLYT2: A potential target for the treatment of chronic pain” |

2014 ACNP award for Quality Use of Medicines in Pain Management



The award recipient
will receive
registration, travel
and accommodation
to attend ACNP
2014 Conference in
Sydney!

Have you made a difference to people with persistent pain through the quality use of medicines?

We want to hear from you!

In collaboration with Mundipharma Pty Ltd, ACNP will be recognising a Nurse Practitioner/Advanced Practice Nurse who works consistently with consumers with persistent pain to optimise their health and wellbeing.

To be considered for the award please tell us about strategies you have implemented in your area of practice to contribute to achieving one or more of the key goals of the National Pain Strategy. Your contributions may be in one or more of the following practice areas:

- Assessment, diagnosis and outcome identification
- Pain Management plan
- Patient education – including principles of pain management, medications, therapeutic devices
- Prescribing medicines for pain management

Nominations for the award can be made by anyone. If you know a worthy candidate please contact us.

For further information and to download an application form please visit:
<http://www.acnp.org.au/content/acnp-scholarships.html>



This award has been supported
by an educational grant from
Mundipharma Pty Ltd

RECENT PUBLICATIONS

Thank you to Professor Michele Sterling of Griffith University, QLD, who has contributed to the following publication:

Michaleff ZA, Maher CG, Lin CW, Rebbeck T, Jull G, Latimer J, Connelly L, Sterling M. Comprehensive physiotherapy exercise programme or advice for chronic whiplash (PROMISE): a pragmatic randomised controlled trial. *Lancet*. 2014 Apr 3

Previous clinical trials conducted by our group showed that a specific motor re-learning exercise approach and a more functional general exercise approach both delivered small but clinically relevant improvements in pain and disability in people with chronic whiplash associated disorders (WAD). Evidence also suggests that brief physiotherapy programmes are as effective for acute WAD as more comprehensive programmes; however, whether this also holds true for chronic WAD is unknown. The aim of this study was to

estimate the effectiveness of a comprehensive exercise programme delivered by physiotherapists compared with advice in people with a chronic WAD. The comprehensive exercise programme consisted of 20 supervised sessions over 12 weeks and combined specific motor relearning and general functional exercises. Specific cognitive behavioural principles were used by the physiotherapist's throughout the programme. This was compared to a simple educational booklet and one, half-hour consultation with a physiotherapist to teach the patient to exercise on their own. The patients in this group were able to telephone the physiotherapist on two occasions after this, if they required further advice or clarification of the information covered in their appointment.

The study results showed that there was no difference between the interventions on the primary outcome of pain at either short (14 weeks) or longer term follow-ups (6 and 12 months). There was also no difference in secondary outcomes of dis-

ability, neck range of movement, physical and mental health (SF-36). The study also showed that posttraumatic stress disorder symptoms and quantitative sensory testing (QST) measures of nociceptive processing did not moderate the effect of treatment.

The conclusion of this study is that simple advice is equally as effective as a more intense and comprehensive physiotherapy exercise programme for people with chronic WAD. While both treatments provided important improvements in outcomes, neither provided a cure. This aspect of the results provides further indication that WAD, although often deemed to be a 'minor' injury, is an underestimated condition that is difficult to effectively manage. New directions for research and treatment are needed to improve health outcomes for people with this condition. These could include more attention toward identified processes such as central nociceptive hyper excitability and post-traumatic stress symptoms.

Prof. Michele Sterling

Michele is Associate Director of CONROD and Professor in the School of Allied Health, Griffith University. She is a NHMRC Senior Research Fellow and Fellow of the Australian College of Physiotherapists. Michele's research focus is in the area of musculoskeletal pain particularly processes that may contribute to the development of chronic pain and management in primary care.

Michele has been the Chair of the Australian Pain Society Scientific Program Committee (SPC) since 2013. The SPC is charged with oversight of the APS Annual Scientific Meetings.

Have you had an article accepted for publication this year?



Reminder that we are keen that members inform us when they have publications so that this can be shared with your APS colleagues. Please send the newsletter editor (via the APS Secretariat, aps@apsoc.org.au) the title, authors and reference (i.e. the journal, volume etc.) of the article, preferably with a short explanatory note to give our readers the gist of the article, e.g. the conclusions part of the abstract; if you would like to supply a short commentary on the article, even better.

Will Howard, Editor

A NEW WEBSITE FOR CHRONIC PAIN A NSW HEALTH INITIATIVE

By Jenni Johnson, Manager Pain Management Network, ACI

As part of the NSW pain plan, the Minister for Health allocated a one off funding grant in 2013 to the New South Wales Agency for Clinical Innovation to develop chronic pain resources for primary care and the community at large.

We are pleased to announce that the website has now been launched and houses information, resources and tools for people with pain and for the clinicians looking after them.

This project led by Fiona Hodson from Hunter New England Local Health District has involved statewide consultation using surveys, and consumer and clinician focus groups as the method for informing content development and priorities for inclusion.

The website has 3 components all linked to the recent scientific evidence

- Consumer films and resources providing knowledge, skills and tools in self-management
- Interactive learning modules for adolescents with chronic pain
- Health professional toolkit with links and tools for management

The objective of the website is to provide a series of consistent key messages to consumers with pain and to the clinicians managing them. This message is one of hope in the capacity to manage and improve the lives of people with chronic pain through the adoption of a range of self-management strategies, with a reduced reliance on prescription medication.

Since the launch, there has been over 50 000 hits with very positive feedback received from consumers and clinicians.

We encourage you to visit the website www.aci.health.nsw.gov.au/chronic-pain, to share it with your colleagues, and follow us on facebook and twitter

Pain Management Network

ACI NSW Agency for Clinical Innovation

chronic
1 of 5 people in Australia have chronic pain

3
Chronic pain is pain that persists for 3 months, and doesn't go away.

In the first 3 weeks since its launch the website has had **29,042 pageviews**

The Agency for Clinical Innovation (ACI) Pain Management Network's website is built on the latest evidence and scientific knowledge on how to manage chronic pain.
www.aci.health.nsw.gov.au/chronic-pain

Many people like yourself may find that that pain interferes with the simple activities of daily life. They may also find that those around them don't understand their predicament and so they feel isolated and alone. If this is your situation then this website is very much for you.

The website has three components all linked to the recent scientific evidence:

- 1** Consumer films and resources providing knowledge, skills and tools in self-management
- 2** Interactive learning modules – Pain Bytes – for adolescents with chronic pain
- 3** Health professional toolkit with links and tools for management

For Everyone 7 episodes that provide information, handy hints and useful tips to help you better understand and manage pain

Pain Bytes 7 engaging episodes designed specifically for young people that help you understand and better manage pain

Includes 3 sections on [1] assessment [2] management of chronic pain and [3] resources for chronic pain

One stop shop
176 links to external sites & resources

There are **111** printable resources for consumers and health professionals

Twitter

@NSWACI #needhelpforyourpain
#PMNW

Facebook

www.facebook.com/acipainbytes

Research partnership opportunities



The Australian Pain Management Association Inc. (APMA) is a consumer health organisation for all Australians who live with persistent pain. APMA is a charity which promotes health by providing advocacy, information and practical support

for people living with persistent (chronic) pain and their families.

APMA services include advice and information to people with pain and the health community via a telephone helpline (**Pain Link**), a national network of pain support

groups, a comprehensive website, facebook and social media presence, and high quality newsletters and other publications, and the delivery of presentations and community education.

APMA is seeking to partner with researchers and health practitioners working in the areas of pain management and self-management who wish to seek NHMRC research funding for research about such services in order to effect changes in the delivery, organisation, funding and access to pain management services. Please contact APMA CEO Elizabeth Carrigan on 0438 000 841 or secretary@painmanagement.org.au to discuss potential research opportunities.

PSA Grant for QUM in Pain Management



The Pharmaceutical Society of Australia (PSA), in association with Mundipharma, has again announced it will award an educational grant to a pharmacist who has made an outstanding contribution to the quality use of medicines (QUM) through direct clinical care of consumers with persistent pain.

The award highlights pharmacists' key role in pain management and builds on PSA's professional development and practice support programs.

All areas of pharmacists' contributions to QUM in pain management will be considered, including non-prescription medicines and therapeutic devices, dispensing, medication review or disease state management.

Anyone can nominate a pharmacist they believe worthy of the award, and nominations close on 7 August 2014.

For more information or to download an application form, click here. <http://www.psa.org.au/about/excellence-awards/qum-in-pain-management>



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

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



Arthritis and Osteoporosis Victoria Webinar

Pain types: why they matter in managing musculoskeletal pain, how to recognise them and what to do

When: Monday 16 June, 7-8pm (AEST)

Presented by Assoc Prof Helen Slater, School of Physiotherapy at Curtin University.

This clinically-oriented webinar will discuss the importance of recognising various nociceptive, inflammatory, neuropathic and (dys)functional pain types in common musculoskeletal presentations. Pain types are not synonymous with pain mechanisms and this distinction will be addressed. Understanding the different pain types, knowing how

to recognise these pain types and the significance for clinical management will be presented within the context of clinical cases with practice enablers to help clinicians translate this information into real world practice.

Please note that the discounted price of \$30.00 will be available to members of the Australian Pain Society.

To register or for further information please visit,
http://www2.redbackconferencing.com.au/AOV_16TH_JUNE_14

The conference organising committee extends a warm invitation to the 9th Conference of the Australian College of Nurse Practitioners. This conference is the major forum for the College to exchange ideas and create discussion around clinical and professional issues that affect nurse practitioners and advanced practice nurses. Through the conference theme,

“NEW FRONTIERS, Building future generations”,

the conference will explore clinical expertise and innovative role development.



Keynote Speaker: Professor Sandy Middleton, Director of the Nursing Research Institute, St Vincents Health and ACU.

Topics/Clinical streams to be covered:

- Complex and Chronic Disease
- Cancer/Haematology
- Pain, Palliative and Supportive Care
- Paediatrics
- Mental Health - removing the stigma
- Primary and Acute Care
- Aged Care
- Wound Management
- Professional Issues and Leadership
- Research

Important dates:

Poster Abstract Submission Deadline:

4 April 2014

Topical/Workshop Submission Deadline:

4 April 2014

Registration Opens:

2 June 2014

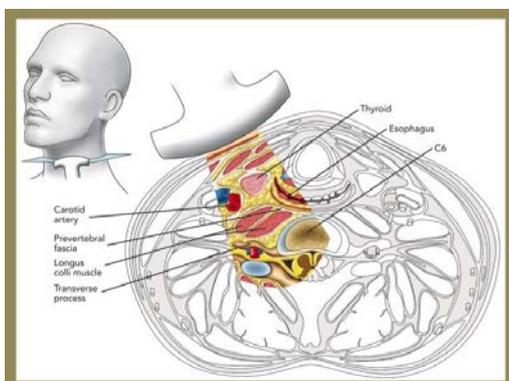
Early Bird Deadline:

11 July 2014

For sponsorship and exhibition opportunities, or further information, please contact the ACNP Conference Secretariat:

DC Conferences | PO Box 637, North Sydney NSW 2059 Australia
P: (61) 2 9954 4400 E: acnp2014@dconferences.com.au | W: dconferences.com.au/acnp2014

Ultrasound for Pain Medicine Workshop

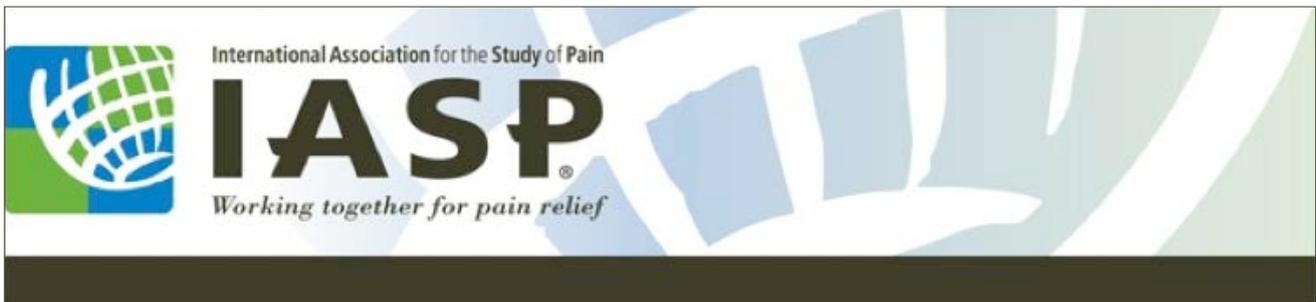


Official Satellite Symposium of the 15th World Congress on Pain Buenos Aires, Argentina

**Oct 4-5, 2014 BA SOHOTEL
Buenos Aires, Argentina**

We hope to see you there! Mark it in your diary.

Visit the website: <http://www.usra.ca/iaspconf.php>



Plan now for the World Congress on Pain

Join the world's top scientists and clinicians in Buenos Aires, October 6–11, to discover, explore, and share advances in the study and treatment of pain. Plan today to attend IASP's World Congress on Pain—the premier professional forum for pain research, clinical practice, and education.

Big Ideas From Top Experts

A diverse program of [Plenary Lectures](#) will address new scientific developments and the ways these advances will affect how you manage and treat pain. Learn about innovations affecting the work of physicians, psychologists, dentists, nurses, physical therapists, pharmacists, and other professionals.



Congress registration opens late February! Check the IASP website for registration information and rates.

Financial Aid

Financial aid to attend the Congress is only available to IASP members from developing countries, countries with currency exchange restrictions, or trainees in developed countries. Take advantage of this great opportunity offered to IASP members. View complete guidelines for financial aid applications.

We look forward to seeing you in Buenos Aires!

Visit us online or follow us on Facebook or Twitter for regular updates on the Congress:

Web: www.iasp-pain.org/BuenosAires

On Facebook: www.facebook.com/IASP.pain

On Twitter: www.twitter.com/IASPCongress

On LinkedIn: www.linkedin.com/company/international-association-for-the-study-of-pain

Queensland Pain and Palliative Care Conference 2014

Fifty Shades of Pain

Managing complex pain across the continuum

REGISTER ONLINE FROM 1 MAY 2014



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

40TH New Zealand **pain society**
2015 ANNUAL SCIENTIFIC MEETING

www.nzps2015.org.nz

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

PAIN THROUGH THE AGES



FYI AND NEW MEMBERS

Items of interest for our members:

- Painaustralia eNewsletter latest issue, available online at <http://www.painaustralia.org.au/media-news/e-news.html>
- **Facility Directory Update**
Please advise the APS Secretariat of any updates so we may endeavour to keep the Facility Directory current: <http://www.apsoc.org.au/facility-directory>
- **Secret World of Pain**
Don't miss this informative BBC documentary featuring Professor Irene Tracey. See it now on our list of Video and Weblinks: <http://www.apsoc.org.au/useful-links>
- **New APS Online Membership System**
Please remember to update your member profile on the new online membership system to ensure we can stay in touch: <https://www.apsoc.org.au/Login.aspx>
- **AMA (SA) Key Priorities for**

Health 2014 and beyond

Full document download via our website: http://www.apsoc.org.au/PDF/Publications/AMA_SA_election_2014_Health_Priorities.pdf

- **The Pain Toolkit Newsletter (UK) Spring 2014 issue**
available at: http://www.apsoc.org.au/PDF/Publications/Pain_Toolkit_Spring_newsletter_q1_2014.pdf
- **Chronic Pain Channel 9 News:**
Please see this link to a recent news item broadcast on 25MAR14 regarding the launch of the ACI Pain Management: [Visit site](#)
- **Pain Management Network:**
website developed by the NSW Agency for Clinical Innovation (ACI) and launched on 25 March 2014: <http://www.apsoc.org.au/useful-links>
- **ABC News Victoria:**
Please see this link to a recent new item broadcast on 19MAY14 on a "Call for monitoring of pre-

scription drugs as chronic pain sufferers risk addiction: <http://blog.apsoc.org.au/2014/05/20/call-for-monitoring-of-prescription-drugs-as-chronic-pain-sufferers-risk-addiction/>

- **Understanding pain – and what's to be done about it in 10 minutes!**
This YouTube video was developed by the German Paediatric Pain Centre for adolescents with chronic pain unexplained by any chronic medical condition, but it may be of interest to all young people: <http://blog.apsoc.org.au/2014/05/22/understanding-pain-and-whats-to-be-done-about-it-in-10-minutes/>

NEW MEMBERS

| Title | First Name | Surname | Discipline Group |
|-------|------------|-----------|-------------------------|
| Ms | Lucille | Barber | Nursing |
| Ms | Joanne | Bratt | Nursing |
| Ms | Linda | Duniam | Rehabilitation Medicine |
| Mrs | Rebecca | Finnegan | Nursing |
| Mr | Stephen | Hoey | Occupational Therapy |
| Mrs | Carol | Kanowski | Nursing |
| Mrs | Sarah | Lang | Physiotherapy |
| Ms | Belinda | Mikaelian | Nursing |
| Ms | Carly | Payne | Physiotherapy |
| Ms | Meg | Pounder | Physiotherapy |
| Mr | Vidyadhar | Putha | Occupational Therapy |
| Mrs | Teresa | Squires | Physiotherapy |
| Dr | Michael | Thomas | Pain Medicine Physician |
| Mr | Lincoln | Tracy | Science Research |
| Mrs | Rosemarie | Vella | Paramedic Science |

POSITION VACANT



Online Membership Applications

NEW

[apply online here](#)

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

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

POSITION VACANT

Pain Medicine Physician Fremantle Hospital and Health Service, WA

**Employment Status: Locum Part Time
Hours per fortnight: 32 (0.4 EFT)
Contact: Dr Stephanie Davies**

This is a Locum appointment for 32 hours per fortnight available from 30th June to 9th October 2014.

The Anaesthetist and Pain Physician will need to have completed fellowships in Anaesthesia (FANZCA) and have experience in Pain Medicine, and preferably a fellowship of the Faculty of Pain Medicine (FFPMANZCA)

For Further Job Related Information: contact Dr Stephanie Davies, Head of Service Fremantle Pain Medicine Unit on 0412 928 697, or Dr John Anderson on (08) 9431 2551

You can request an application information package with the Job Description Form available via email to stephanie.davies@health.wa.gov.au

CALENDAR OF EVENTS

| | | |
|---|---|--|
| <p>7 Jun 2014 Australian Musculoskeletal Network (AMSN) <i>A Multidisciplinary approach to the management of Chronic Pain</i> Byron Bay Community Centre, Byron Bay NSW https://www.amsn.com.au/seminars/?ee=6</p> | <p>16 Jun 2014 Arthritis and Osteoporosis Victoria <i>Webinar - Pain Types: why they matter in managing musculoskeletal pain, how to recognise them and what to do</i> http://www.arthritisvic.org.au/Courses-and-Events/Musculoskeletal-Health-Webinar-Series</p> | <p>23-25 Jul 2014 Primary Health Care Research Conference <i>Integrating knowledge exchange to improve primary health care outcomes</i> National Convention Centre, Canberra ACT http://www.phcris.org.au/conference</p> |
| <p>24-26 Jul 2014 Cancer Nurses Society of Australia 17th Winter Congress <i>Cancer Nursing - Leading in a time of Change</i> Pullman Albert Park, Melbourne VIC http://www.cnsawintercongress.com.au</p> | <p>2-5 Sep 2014 The Australian and New Zealand Society of Palliative Medicine <i>Palliative medicine Past present and future</i> Surfers Paradise Marriott Resort and Spa, Gold Coast QLD https://www.etouches.com/ehome/65181</p> | <p>2-4 Sep 2014 Australian College of Nurse Practitioners <i>New Frontiers - Building future generations</i> The Masonic Conference Centre, Sydney NSW http://www.dconferences.com.au/acnp2014/</p> |
| <p>4-7 Sep 2014 Royal Australian and New Zealand College of Radiologists (RANZCR) <i>2014 Combined Scientific Meeting</i> Melbourne Convention and Exhibition Centre, Melbourne VIC http://www.csm2014.com</p> | <p>11-12 Sep 2014 Australian Disease Management Association 10th Annual National Conference <i>CDM the 2020 Vision - Managing the Rising Tide of Chronic Conditions</i> Melbourne Convention Centre, Melbourne VIC http://www.adma.org.au</p> | <p>20-21 Sep 2014 New York School of Regional Anesthesia - NYSORA 13th Annual Symposium <i>Regional Anesthesia, Pain and Perioperative Medicine</i> Marriott Marquis Hotel, New York USA http://www.nysorasymposium.com</p> |
| <p>1-4 Oct 2014 Lievensberg Hospital, Holland <i>4th Biannual International Multidisciplinary Pain Congress</i> Van der Valk Hotel Eindhoven, Eindhoven The Netherlands http://www.paincongress.org</p> | <p>4-7 Oct 2014 Australian Society of Anaesthetists <i>National Scientific Congress 2014</i> Gold Coast Convention and Exhibition Centre, Gold Coast QLD http://www.asa2014.com.au/</p> | <p>4-5 Oct 2014 Ultrasound for Regional Anesthesia USRA Official Satellite Symposium of IASP 15th World Congress on Pain <i>Ultrasound for Pain Medicine Workshop</i> BA SoHotel, Buenos Aires Argentina http://www.usra.ca/iaspconf.php</p> |
| <p>6-11 Oct 2014 International Association for the Study of Pain (IASP) <i>15th World Congress on Pain</i> La Rural Convention Centre, Buenos Aires Argentina http://www.iasp-pain.org/Meetings/WorldCongress.aspx?ItemNumber=714</p> | <p>9-11 Oct 2014 Royal Australian College of General Practitioners RACGP <i>GP14 Lead. Inspire</i> Adelaide Convention Centre, Adelaide SA http://www.gpconference.com.au</p> | <p>16-18 Oct 2014 Medical Research Support - MedicReS <i>2014 World Congress on Good Medical Research</i> Marriot New York Downtown, New York USA http://www.nyc2014.medicres.org</p> |

CALENDAR OF EVENTS

| | | |
|---|---|--|
| <p>30 Oct - 1 Nov 2014 Australian College of Rural & Remote Medicine (ACRRM) and Rural Doctors Association of Australia <i>Rural Medicine Australia 2014</i> Four Seasons Hotel, Sydney NSW http://www.acrrm.com.au</p> | <p>3-5 Dec 2014 Australian Pain Management Association and Palliative Care Queensland <i>Fifty Shades of Pain: Managing complex pain across the continuum</i> Southbank Institute of Technology, Brisbane QLD http://50shadesconference2014.com.au</p> | <p>15-18 Mar 2015 Australian Pain Society 35th Annual Scientific Meeting <i>Managing Pain: From Mechanisms to Policy</i> Brisbane Convention and Exhibition Centre, Brisbane QLD http://www.dcconferences.com.au/aps2015/</p> |
| <p>25-29 Mar 2015 New Zealand Pain Society 40th Annual Scientific Meeting <i>Pain through the Ages</i> The Langham Hotel, Auckland New Zealand http://www.nzps2015.org.nz</p> | <p>31 May - 4 Jun 2015 IASP Pain in Childhood SIG and Seattle Children's Hospital Research Foundation <i>10th International Symposium on Pediatric Pain</i> TBA, Seattle Washington USA http://www.ispp2015.com</p> | |



THE AUSTRALIAN PAIN SOCIETY

www.apsoc.org.au

Vision

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

Mission

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

Aims

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

APS DIRECTORS & OFFICE BEARERS 2014

Directors:

Office Bearers :

| | | |
|---|--|--|
| <p>President: Dr Malcolm Hogg Department of Anaesthesia and Pain Management Royal Melbourne Hospital, Parkville VIC 3052 Tel: 03 9342 7540 Fax: 03 9342 8623</p> | <p>QLD Director: Ms Trudy Maunsell Princess Alexandra Hospital 199 Ipswich Road Woolloongabba QLD 4102 Tel: 07 3176 5547 Fax: 07 3176 5102</p> | <p>Immediate Past President: Dr Tim Semple Royal Adelaide Hospital Pain Clinic North Terrace Adelaide SA 5000 Tel: 08 8222 5403 Fax: 08 8222 5904</p> |
| <p>President-Elect: Dr Geoffrey Speldewinde Capital Rehabilitation Multidisciplinary Injury & Pain Management Centre 25 Napier Close Deakin ACT 2600 Tel: 02 6282 6240 Fax: 02 6282 5510</p> | <p>SA Director: Ms Anne Burke Royal Adelaide Hospital Pain Clinic North Terrace Adelaide SA 5000 Tel: 08 8222 4770 Fax: 08 8222 5904</p> | <p>SPC Chair: Professor Michele Sterling Centre for National Research on Disability and Rehabilitation Medicine (CONROD), Ground Floor, Edith Cavell Building Royal Brisbane Hospital QLD 4029 Tel: 07 3365 5344 Fax: 07 3346 4603</p> |
| <p>Secretary: Mr Michael Deen Metro South Persistent Pain Management Service Level 3, 57 Sanders Street Upper Mount Gravatt QLD 4122 Tel: 07 3339 5500 Fax: 07 3339 5599</p> | <p>TAS Director Mr Simon Watt Physiotherapy - Outpatients North West Regional Hospital 23 Brickport Road Burnie TAS 7320 Tel: 03 6430 6608 Fax: 03 6430 6607</p> | <p>IASP Liaison: Professor Michael Nicholas Pain Management Research Institute Royal North Shore Hospital St Leonards NSW 2065 Tel: 02 9926 7894 Fax: 02 9662 6279 Website: www.iasp-pain.org</p> |
| <p>Treasurer: Dr Gavin Chin Royal Darwin Hospital PO Box 41326, Casuarina NT 0811 Tel: 08 8922 8888 Fax: 08 8922 8900</p> | <p>VIC Director: Dr Richard Sullivan Peter MacCallum Cancer Centre – East Melbourne Locked Bag 1, A'Beckett Street VIC 8006 Tel: 03 9656 1111 Fax: 03 9656 1400</p> | <p>Website/Social Media Coordinator: Dr Richard Sullivan Peter MacCallum Cancer Centre – East Melbourne Locked Bag 1, A'Beckett Street VIC 8006 Tel: 03 9656 1111 Fax: 03 9656 1400</p> |
| <p>ACT Director: Mrs Joy Burdack Calvary Health Care ACT PO Box 254 Jamison Centre ACT 2614 Tel: 02 6201 6854 Fax: 02 6201 6949</p> | <p>WA Director: Dr Stephanie Davies Anaesthetic Department and Pain Medicine Unit Fremantle Hospital Health Service Alma St, Perth WA 6160 Tel: 08 9431 3296 Fax: 08 9431 3696</p> | <p>Newsletter Editor: Dr William Howard Department of Anaesthesia Austin Health Studley Road, Heidelberg VIC 3084 Tel: 03 9496 3800 Fax: 03 9459 6421</p> |
| <p>NSW Director: Ms Fiona Hodson Hunter Integrated Pain Service John Hunter Hospital and Royal Newcastle Centre PO Box 664J Newcastle NSW 2300 Tel: 02 4922 3435 Fax: 02 4922 3438</p> | | <p>PhD Scholarship Chair: Professor Maree Smith Centre for Integrated Preclinical Drug Development University of Queensland St Lucia QLD 4072 Tel: 07 3365 2554 Fax: 07 3365 1688</p> |
| <p>NT Director: Ms Jenny Phillips Acute Pain Service, Royal Darwin Hospital PO Box 41326, Casuarina NT 0811 Tel: 08 8922 8888 Fax: 08 8922 8325</p> |  <p>THE AUSTRALIAN PAIN SOCIETY</p> | <p>Secretariat: DC Conferences Pty Ltd PO Box 637, North Sydney, NSW 2059 Tel: 02 9016 4343 Fax: 02 9954 0666 Email: aps@apsoc.org.au</p> |