

The Australian Pain Society NEWSLETTER

Volume 37, Issue 1



► Editor's Note

Pain in different settings.

Firstly congratulations to Anna Hilyard and the Complex Pain Service team at Princess Margaret Children's Hospital in Perth for winning a Premier's award for Excellence in Public Sector Management. Awesome. Hopefully they will go from strength to strength when the new Perth Children's Hospital opens later this year.

Continuing the theme of youth Professor Helen Slater also from the West has published on BMJ open results of a study into Australians aged 16-24 with persistent musculoskeletal pain; their fears for the future and the interactions with their mental health. Access to age appropriate affordable care was perceived to be difficult. There was a strong preference for accessing and receiving help digitally and via social networking.

In addition to pain in adolescents and young people Helen also provides a link to a special issue of Best Practice and Research Clinical Rheumatology. This issue covers Implementing pain management in various global settings and details guidance on how to unify the information technology with consumers and workforce issues. One such setting is implementation in compensable settings which neatly leads on to Dr Kal Fried's paper on Management of Musculoskeletal Pain in a Compensable Environment. He details coherently the extra levels of complexity that may affect the optimal management of patients with work related injuries and the importance of educating all stakeholders about these to ensure a prompt return to meaningful employment. The importance of work in maintaining good health is a noted theme, with emphasis on the biopsychosocial approach. He identifies systemic organisational and individual issues and, the helpful and unhelpful measures and beliefs that affect a good outcome.

Finally I hope to see you all at the APS Annual Scientific Meeting in Adelaide 9-12th April, immediately following the Neuromodulation Society. APS early bird registrations close 24 February 2017.

Stephanie Davies
Newsletter Editor





By Geoffrey Speldewinde

Welcome back! I trust that this year will be as good as if not better than last year for you. With trepidation I say that at least we live in entertaining times!

Global Year Against Pain After Surgery IASP

The year has commenced with the IASP again providing a wide range of informative articles available on their website addressing this theme. Your APS has supported a media release organised through PainAustralia which is available on our website. The IASP Fact Sheets describe both acute and chronic pain after surgery, the pathophysiology is in particular the lack of recognition of postsurgical neuropathic pain, and evidence guided multidisciplinary pain management options including validation, pharmacological, procedural, and psychological over the life span.

ASEAPS 2017 Conference, Myanmar, February

The biennial conference of the Association of Southeast Asian Pain Societies will be held in Myanmar February 16-20. There is a great range of topics with many discussing the idiosyncrasies of the management of pain in different parts of Asia about which I look forward to being better informed. On behalf of the Australian Pain Society I look forward to presenting an Award to the Best Free Paper or Poster as one way of expanding

relationships with our Asian conferees. The Awardee is granted free registration and contribution to travelling expenses to one of our next 2 Annual Scientific Meetings. I have also been asked, as a Rehabilitation Physician, to present a Plenary presentation on "Pain Rehabilitation-Concepts and Practice" and a presentation on "Understanding Pain Interventions-Disc Therapies and Stimulators". Other Australian presentations are from the more noteworthy Fiona Blyth, Michael Nicholas, Roger Goucke and James Yu.

I look forward to further communication with you all as we continue to explore how it is that our patients are better off by being exposed to the options available in a multidisciplinary approach to the complexities of pain and its management.

See you all at our Annual Scientific Meeting in Adelaide in April! And pencil in your diaries for the Annual Scientific Meeting of April 2018 in Sydney being a combined meeting with the New Zealand Pain Society and for which the goal is 1,000 attendees!



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. In general it will be unlikely that a submission received after the 15th of each month will be published in the newsletter of the following month.

Stephanie Davies, Editor

HAVE YOU REGISTERED FOR THE 37TH ANNUAL SCIENTIFIC MEETING IN ADELAIDE THIS APRIL? IF NOT THEN HOP TO IT CAUSE YOU WON'T WANT TO MISS OUT!

Hi everyone. We're getting really excited about this year's ASM – hope you are too! If you haven't checked out the program yet you can find it [here](#).

Over three and half jammed packed days we reckon we've pretty much got everyone covered. This year we have 6 (yes that's right!) pre-conference workshops, 18 topical sessions and plenty of individual presentations. The Meet the Speakers breakfast session and discipline-sub group meetings are back. Plus, the conference dinner is being held at the newly developed Adelaide Oval complex – a stunning back drop to enjoy some truly delicious fare while you catch up with friends both new and old, and dance the night away.

Together, our international heavyweights form a pretty impressive brains trust! Professor Stephen Hunt (University College, London) is going to chat to us about *epigenetics* and *rethinking the problem of chronic pain*; Professor Judith Turner (University of Washington) will bring a clinical perspective to the issue of *opioids and function* and all things *CBT*; and Professor Sean Mackay (Stanford University) will explore numerous issues spanning *neuroscience to health outcomes*.

As usual, they'll be joined by a fantastic line-up of home-grown and locally adopted speakers including Dr Sandy McFarlane, Professor Mark Hutchinson, Dr Claire Ashton-James, Dr Siobhan Schabrun, Professor Stuart Brierle, Professor Michael Sullivan, Dr Ivan Lin, Dr Julie Coffin, Dr Andrew Somogyi, Associate Professor Greg Crawford and Dr Melita Giummarra. Topics will cover everything from genetics to perception, sleep, culture, neuromodulation, addiction, PTSD, treatment outcomes, the continuum from acute to chronic pain and everything in between.

This year also brings a few new additions to the line-up:

- We're launching a **TWITTER TEAM** to help colleagues around the world share the ASM with us (cheers to our friends in the Canadian Pain Society for their help with this). If you're keen to be involved then stay tuned – more info will be out shortly!
- We're bringing **INTERACTIVE SESSIONS** to the trade hall! The very lovely Eugenie Lee will have her virtual reality CRPS exhibition on display every day of the ASM PLUS there will be other experiential opportunities scattered throughout the hall during some breaks.
- We're offering a Wednesday afternoon social event where you have the opportunity to **BLEND YOUR OWN WINE**. Ever fancied yourself as a viticulturist??? Why not join us for a short trip to the Adelaide hills and the stunning 'The Lane' vineyard where you can let your competitive streak loose and see who blends the best vino! Seats are limited so get in quick!

Finally, if that doesn't have you sold, then remember - the ASM is only 1 work day this side of Easter! Why not take advantage of the opportunity to stay for a little longer. It's a perfect time of year to enjoy all that SA has to offer - visit local wine regions (McLaren Vale, Barossa, Adelaide Hills, Clare Valley), tour the historic local areas, enjoy local produce (e.g., Maggie Beer, Haigh's, Coopers, Farmers Union, numerous farmer's markets) or maybe even test yourself on Australia's first ever aerial park.

[Online registrations](#) are now open so if you haven't already signed up then you'd better get to it – early bird closes 24th February. Remember, this is the **ONLY** multidisciplinary pain conference in Australia so don't miss out!

We're really looking forward to welcoming you to our wonderful city and sharing this exciting program with you.

See you there!

REGISTER BEFORE 24 FEBRUARY 2017 FOR EARLY BIRD SAVINGS

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre

**BECOME AN APS MEMBER
AND SAVE ON YOUR
APS 2017
REGISTRATION FEE!**

Get in early and secure your place at Australia's only multidisciplinary conference offering insights into the complex nature of pain management from a variety of medical, nursing and allied health perspectives.

[Register Online Now](#)
[Registration Fees and Information](#)

	EARLY BIRD BEFORE 24 FEBRUARY 2017
Non-Member Registration Price VS Becoming an APS Member	\$1140 OR Become a member and save up to \$280 after membership fees!
APS Student Member Registration Price	Only \$230 Become a member and save up \$850 after membership fees!

Benefits of full membership, include but are not limited to:

- Discounted ASM registration
- Login access to the "Members Only" area of the website - now with free recordings of past ASM plenaries
- Free advertising of Positions Vacant for up to 2 months and 2 editions of the newsletter
- Listing on the APS Facility Directory and/or the Public Listing of Members to list their private practice
- Access to PhD scholarships, Clinical Research Grants, Travel Grants, Clinical Attachment Grants
- Access to Special Interest Groups

Non-member registrants automatically become Provisional Affiliate APS Members.

This membership type only includes:

- Receive the APS newsletter by email from after the ASM to the end of the same calendar year

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

**CONFERENCE
PROGRAM**

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre

MORE REASONS TO JOIN US IN 2017

An excellent program. Very relevant to clinical practice for both acute and chronic non-cancer pain. Speakers were phenomenal and information very relevant and of a high quality.

I've always enjoyed APS, due to the quality of the speakers, the way they present to the whole audience, and the dynamism of the presentations.

APS 2016 Conference Attendee

The scientific program committee has developed a captivating program with an exceptional line up of international keynote speakers, national speakers and topical session presenters.

Key topics for 2017 will include: molecular biology, neural plasticity, psychological therapies, body-behaviour-environment links, issues associated with opioid therapy and contemporary approaches to outcome assessment, plus much more.

FOLLOW THE LINKS TO START PLANNING YOUR CONFERENCE EXPERIENCE

[Program Overview](#)
[Keynote Speakers](#)
[Pre-Conference Workshops](#)
[Social Program](#)
[Pre & Post Tours](#)

We look forward to welcoming you to Adelaide.

Should you have queries, please contact the [Conference Secretariat](#).

MEDIA RELEASE

GLOBAL YEAR AGAINST PAIN AFTER SURGERY



PERSISTENT PAIN CAN AFFECT HALF HAVING MAJOR SURGERY BUT MOST DON'T KNOW THE RISK: GLOBAL YEAR AGAINST PAIN AFTER SURGERY

The Global Year Against Pain After Surgery, which launches today, draws attention to the millions of people worldwide affected by persistent or chronic pain as a result of surgery—many of whom fail to get appropriate treatment.

The problem is not limited to major surgery, as even minor operations such as a hernia or Caesarean-section can lead to ongoing pain.

The International Association for the Study of Pain (IASP) reports persistent post-surgical pain can affect as many as one in two patients undergoing major surgery such as amputations, and one in four for all kinds of surgery combined.

Most persistent post-surgical pain is the result of nerve damage, and can be due to the original medical problem or the surgery itself. It is identified by symptoms of neuropathic pain such as burning pain, shooting pain, numbness and changes to physical sensation or sensitivity to temperature or touch.

Professor Stephan Schug, one of Australia's experts on the management of post-surgical pain, says many health professionals are still unaware of the problem.

"In the past, we under-estimated how many people developed chronic pain after surgery and it is still poorly understood," he said.

"It is critical that doctors are well versed on the matter, because there are ways to reduce the risk."

There is a strong link between the severity of pain in the 10 days or so after surgery and the development of long-term pain. This means adequate pain relief immediately after surgery is critical to preventing ongoing pain.

Other risk factors for onset of post-surgical pain are pre-existing pain, dependence on opioid medication, anxiety, infection and bleeding, and chemotherapy.

However, most patients are unaware of the risks.

44 year-old Melbourne mother-of-two Victoria Moro wasn't told about the risk of nerve damage when a skin graft was taken from her arm eight months ago.

"I had a wound on my foot from an injury that wouldn't close, so they took a skin graft from my arm. Ever since, I've had shooting or stabbing pain down my arm and into my hand, and altered sensations and numbness through my wrist and into my palm and thumb," said Victoria.

No longer able to drive and working just eight hours per week, her 19 year-old son has stepped in as her driver and her carer.

For 47 year-old Susanne Dancer, who lives in Brisbane, an operation to remove a skin cancer on her forehead prolonged her life but caused devastating ongoing pain.

"My forehead is numb and I have pain radiating to the middle of my head, which causes feelings of nausea. It means I can no longer work or drive, and I'm reliant on my husband a lot. I try to stay upbeat,

MEDIA RELEASE

GLOBAL YEAR AGAINST PAIN AFTER SURGERY

but it can be depressing,” she said.

“I was told there would be nerve damage, but I was never told about the pain.”

CEO of Painaustralia Lesley Brydon says these stories are far too common, and patients need better advice before surgery.

“Despite the prevalence of post-surgical pain, it is worrying that most people are ill-informed about the risk and unprepared for how to live with the pain, should it happen to them,” she said.

43 year-old Sydney Psychologist Rachael Miles has been living with post-surgical pain for the past seven years, and sees herself as part of the solution.

“I had surgery in my cervical spine after a car accident and was told there was a five percent chance of becoming a paraplegic, but I was never told about the risk of ongoing pain,” said Rachael.

“Each day I have burning pain in my neck, which radiates down my arms and into my fingers, into my head and sometimes onto my face. It feels like someone has just poured boiling water on me.

“Fortunately my background in meditation and my profession as a psychologist, have given me the tools to deal with the pain. It’s become a mission for me now, to help others with chronic pain.”

Painaustralia is calling on the Federal Government to implement the recommendations of the National Pain Strategy to improve prevention and management of pain for all Australians.

The IASP Global Year Against Pain After Surgery aims to promote better pain management through education and increased awareness.

Helpful websites:

[What the public should know about pain after surgery](#)

[IASP Fact sheets on pain after surgery](#)

[Acute Pain Management: scientific evidence, 4th edition, 2015](#)

www.painaustralia.org.au

Professor Stephan Schug, Lesley Brydon and patients are available for interview upon request.

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2017 GLOBAL YEAR AGAINST PAIN AFTER SURGERY



2017 Global Year Against Pain After Surgery has been officially launched by the [International Association for the Study of Pain \(IASP\)](#).

To [download a copy of the locally produced poster](#) and to access the IASP Fact Sheets, visit the [Global Year Against Pain page of the APS website](#).

Along with our regular collaborators:

- [New Zealand Pain Society](#)
- [Faculty of Pain Medicine, ANZCA](#)
- [Painaustralia](#)

we encourage you to help raise awareness of this important topic.

A limited number of A3 posters have been printed and are available upon request.

If you conduct an event to raise awareness of Pain After Surgery, please send us a report and photos to share with your fellow members.



2017 GLOBAL YEAR AGAINST PAIN AFTER SURGERY

Careful planning and preparation facilitate the treatment of pain after surgery

For further information: Faculty of Pain Medicine, Australian and New Zealand College of Anaesthetists www.fpm.anzca.edu.au, Australian Pain Society www.apsoc.org.au, New Zealand Pain Society www.nzps.org.nz, Painaustralia www.painaustralia.org.au, International Association for the Study of Pain (IASP) www.iasp-pain.org.





For release January 19, 2017
Contact [Dan Levin](#), 202-856-7403

IASP Sponsors Global Year Against Pain After Surgery

Initiative promotes better pain management through education, increased awareness

Washington, D.C., January 19, 2017 – The 2017 IASP [Global Year Against Pain After Surgery](#) launches today, focusing attention on pain that is commonly well treated in developed countries but undertreated in the less developed world. Sponsored by the International Association for the Study of Pain (IASP), the yearlong campaign focuses on education for health-care professionals and patients who face surgery.

“Hundreds of millions of people worldwide undergo operations each year. We hope physicians, nurses, other health-care providers, and researchers around the world join us as we work to improve education and raise awareness concerning postsurgical pain management,” said IASP President Judith A. Turner (USA). The initiative will mobilize IASP’s 7,000 members and 90 national chapters, and forge partnerships with other professional and scientific organizations to:

- Disseminate information worldwide about pain after surgery
- Educate pain researchers as well as health-care professionals who see the issues associated with such pain first-hand in their interactions with patients
- Increase awareness of postsurgical pain among public officials, members of the media, and the general public
- Encourage government leaders, health-care organizations, and others to support policies that result in improved management of pain after surgery

Two prominent pain experts co-chaired a task force on the Global Year: Daniel B. Carr, MD, DABPM, FFPANZCA (Hon), a professor of anesthesiology and medicine and founding director of the Tufts University Program on Pain Research, Education and Policy in Boston, Mass., USA; and Bart Morlion, MD, PhD, DESA, director of the Leuven Center for Algology & Pain Management, University Hospitals Leuven, Belgium. Morlion also chairs the European Pain Federation, EFIC.

“Advances in pain research and practice now make speedy and comfortable recovery from surgery possible for nearly all patients in resource-rich countries,” says Carr. “The international pain community must find ways to provide similar benefits in resource-poor settings. Globally, pain persists after one in four or five operations. Severe pain immediately after an operation is one risk factor for acute pain to become chronic.

MEDIA RELEASE

GLOBAL YEAR AGAINST PAIN AFTER SURGERY

“Access to early, effective pain control after surgery is not only a patient right,” Carr continues, “but in the long term may improve quality of life and reduce the need for, and costs of, chronic pain care.”

IASP has published a series of Fact Sheets for researchers and health-care professionals that cover a wide array of topics related to postsurgical pain as well as one geared toward patients who are facing surgery. These Fact Sheets will be translated into multiple languages, and all will be available to download for free from the IASP website. Additional resources are available on the Global Year website as well.

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About the International Association for the Study of Pain®

IASP is the leading professional organization for science, practice, and education in the field of pain. Membership is open to all professionals involved in research, diagnosis, or treatment of pain. IASP has more than 7,000 members in 133 countries, 90 national chapters, and 20 special interest groups (SIGs). IASP brings together scientists, clinicians, health-care providers, and policymakers to stimulate and support the study of pain and translate that knowledge into improved pain relief worldwide.



2017 AUSTRALIA DAY HONOURS

Congratulations to longstanding APS members Dr Robin Chase, AM and Dr Roberta Chow, AM who were both recognised in the 2017 Australia Day Honours List.

The citations for each are as follows:

Dr Robin Chase (SA): For significant service to occupational and environmental medicine, to professional medical organisations, and to education.

Dr Roberta Chow (NSW): For significant service to medicine as a clinician, and to pioneering developments in the use of laser therapy techniques for chronic pain management.

SCHOLARSHIP FEATURE

Current Scholars

PhD Scholarship Sponsor	Mundipharma #3-APS-APRA
Scholar	Audrey Wang
Topic	<i>"An investigation of the role of the brain in recovery from CRPS, using fMRI"</i>
PhD Scholarship Sponsor	Janssen Cilag #2-APS-APRA
Scholar	Sarah Kissiwaa
Topic	<i>"Pain induced synaptic plasticity in the amygdala"</i>
PhD Scholarship Sponsor	APS #5-APRA
Scholar	James Kang
Topic	<i>"Epigenetic influence in cognitive impairments in chronic neuropathic pain"</i>
PhD Scholarship Sponsor	Seqirus #1-APS-APRA
Scholar	Sherelle Casey
Topic	<i>"Cannabinoids for neuropathic pain"</i>

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.

Christin Bird, Co-Editor

SCHOLARSHIP FEATURE

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>
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 2016 <i>"An investigation of the role of sleep in chronic pain"</i>

Grants:

Multiple grants of US\$20,000 each

Purpose:

The IASP Early Career Research Grant facilitates a development of young researchers just starting their careers as independent investigators.

Eligibility Requirements:

At the time of application applicants should be:

- IASP members.
- Within 6 years of having received their final degree, or completing professional and specialty training.
- Initiating their career as an independent investigator.
- Applicant should not have been a recipient of a grant that provides support equal to or greater than the IASP Early Career Research grant.

The IASP Fellowships, Grants, and Awards Working Group will evaluate all proposals based on:

- The scientific merit of the proposed research.
- The qualifications of the investigator. Only work published in international refereed journals or periodicals will be considered.

Terms of the Awards:

- The awardee will be responsible for managing the funds to be administered by the institution.
- The awardee must acknowledge IASP as the source of funding in any publications arising from work supported by these grants.
- The awardee must agree to start the project within one year of the announcement of the award, submit interim progress report, a detailed final scientific report within six months of completing the project and a two year progress report.

How to Apply:

You need to apply by filling out the [online application](#) in English by February 6, 2017.

For more information on the online application process, please review the [online application guidelines](#).

COMPLEX PAIN SERVICE WINS PREMIER'S AWARD FOR EXCELLENCE

By Anna Hilyard



"This is a fantastic achievement that reflects the great work of the team over the past two years," she said.

"I am extremely proud to be part of a team with such a professional and enthusiastic approach. It has allowed us to get this service up and running so quickly and effectively."

Complex pain can affect a young person's physical and psychological well-being and may impact on their ability to attend school, socialise and sleep.

The Complex Pain Service team at Princess Margaret Hospital (PMH) has won a Premier's Award for Excellence in Public Sector Management.

The team won the Strengthening Families and Communities category with their entry Empowering families and communities to help children recover from chronic pain.

The interdisciplinary team, coordinated by Anna Hilyard, includes experienced medical, physiotherapy, occupational therapy, clinical psychology and teaching staff who run the Pain Activity and Coping Education (PACE) program.

Predominantly an Allied Health program, PACE provides cost effective solutions while avoiding expensive medical procedures, surgery and hospital admissions.

Complex Pain Clinic Program Coordinator, Anna Hilyard, said the team was honoured to have been recognised with the prestigious award less than two years after the team was created.

The team works closely with the young person, their family and school to help them get back to normal function as quickly as possible.

Programs are tailored to each family's needs and parents and carers are invited to participate along with their child. Where possible, follow up care is offered via Telehealth so families living a long way from Perth don't always need to travel for treatment and advice.

The Premier's Awards recognise and reward the most outstanding initiatives and the most extraordinary achievements for the public sector throughout the year."

RECENT PUBLICATION

Thank you to APS members Kal Fried, Darren Beales, Michael Nicholas, Fiona Blyth and Lorimer Moseley and their colleague Damien Finniss for sharing the following recent publication:

MANAGEMENT OF MUSCULOSKELETAL PAIN IN A COMPENSABLE ENVIRONMENT: IMPLEMENTATION OF HELPFUL AND UNHELPFUL MODELS OF CARE IN SUPPORTING RECOVERY AND RETURN TO WORK.

Darren Beales, Kal Fried, Michael Nicholas, Fiona Blyth, Damien Finniss, G. Lorimer Moseley

Article first published online: 23-Nov-2016

Best Practice & Research Clinical Rheumatology 30 (2016) pp. 445-467

DOI: 10.1016/j.berh.2016.08.011

Link: <https://authors.elsevier.com/a/1U5eL5P-aBE2Xh>

Abstract:

Models of Care (MoCs) for injured workers in the compensation environment recommend adoption of biopsychosocial management approaches. Still, widespread dominance of biomedical constructs at the system, organisational and individual levels of the compensation system prevails, contributing to suboptimal management practices and outcomes for injured workers. Efforts to implement contemporary MoCs in the compensation environment show some promise in improving outcomes. Areas of promise at the organisational level, particularly in the workplace, and at the system level are discussed. Implementation of

a contemporary understanding of pain biology as part of the biopsychosocial approach in the management of the person with pain and associated disability has been effective in the non-compensable environment. The implications of this for the compensable environment are explored. Resultant helpful and unhelpful perspectives and behaviours are presented as a blueprint for areas of potential change in development and implementation of MoCs in a compensable environment.



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.

Christin Bird, Co-Editor

RECENT PUBLICATION

Thank you to APS members Helen Slater and Andrew Briggs and their research team for sharing their recent research publication and report about young Australian's experiences of persistent musculoskeletal pain. This research represents a collaborative initiative between Arthritis and Osteoporosis Victoria (now 'MOVE' muscle, bone and joint health) and Arthritis and Osteoporosis Western Australia, the School of Physiotherapy and Exercise Science, Curtin University, Perth and partner organisations HealthSense (Aust) Pty Ltd and Wisdom Health.

These publications describe the experiences, perceived pain care gaps, needs and preferences of young Australians 16-24 years with persistent musculoskeletal pain with a focus on the use of digital technologies to support their management. The research was undertaken in two phases between October 2014 and April 2015 in Australia. Both qualitative (interviews) and quantitative (standardized questionnaires) research was undertaken. Phase 1 involved participants completing questionnaires to characterize their musculoskeletal pain. Phase 2 involved a subset of participants from Phase 1, undertaking an in-depth qualitative interview.

Key issues highlighted by young people were:

- The two-way relationship between pain and mood with around 2/3 experiencing both pain and mental health problems, with mental health problems usually preceding their pain experience
- Perceptions that health professionals failed to understand why their pain was persistent, especially where there was no specific diagnosis
- This lack of understanding created uncertainty and fueled fears about what their future lives would be like

- Health services and resources oriented specifically to young people's age-related needs and preferences were largely absent, the assumption being that adult services met their needs
- The use of digital technologies including apps, websites, online peer support groups and social media were seen as key to providing reliable and sustainable resources for pain care that could be accessed from anywhere, and at any time throughout Australia
- Young people wanted to be actively engaged in co-developing pain care specifically for a young adult population to help improve their health and wellbeing.

Transforming the way we think and what we do for, and with, young people living with persistent musculoskeletal pain is essential. Young people want and need health services that are age-sensitive and which use digital technologies to engage and painful transitions connect them to appropriate evidence-based care, at both an individual and broader population levels. Young people want and need to be part of any solution to improved pain care.

Based on our findings, we make 5 key main recommendations and you can read about this in the [full report here](#).

An aligned BMJ Open publication focused on the qualitative aspects has just been released in parallel and the link to this paper is listed in the below abstract.

RECENT PUBLICATION

YOUNG PEOPLE'S EXPERIENCES OF PERSISTENT MUSCULOSKELETAL PAIN, NEEDS, GAPS AND PERCEPTIONS ABOUT THE ROLE OF DIGITAL TECHNOLOGIES TO SUPPORT THEIR CO-CARE: A QUALITATIVE STUDY

Helen Slater, Joanne E Jordan, Jason Chua, Robert Schütze, John D Wark and Andrew M Briggs

Article first published online: 09 December 2016

BMJ Open

DOI: 10.1136/bmjopen-2016-014007

Link: <http://bmjopen.bmj.com/content/6/12/e014007.full?keytype=ref&ijkey=iZVX26gN7ZAPqM0>

ABSTRACT

Objective

To investigate young people's experiences of persistent musculoskeletal pain, including care needs and current service gaps as well as perceptions about the role of digital technologies to support their co-care.

Methods

A qualitative study employing two independent data collection modes: in-depth individual semistructured interviews and focus groups.

Setting

Community settings throughout Australia.

Participants

Participants were included if they had experienced persistent musculoskeletal pain of >3-month duration with an average of ≥ 3 on the visual analogue scale over the preceding 3 months, including non-specific conditions (eg, low back pain) and specific conditions (eg, juvenile idiopathic arthritis and other systemic arthritides), with/without pre-existing or current diagnosed mental health conditions. 23 young people (87.0% women; mean (SD) age: 20.8 (2.4) years) from across 6 Australian jurisdictions participated. Almost two-thirds of participants with persistent musculoskeletal pain reported comorbid mental health conditions.

Main outcome measures

Inductive and deductive approaches to analyse and derive key themes from verbatim transcripts.

Results

Participants described their daily experiences of living with persistent musculoskeletal pain, their fears and the challenges imposed by the invisibility of pain, and the two-way relationship between their pain and mental well-being. A lack of relevant and accessible information and resources tailored to young people's unique needs, integrated and youth-relevant healthcare services and adequately skilled healthcare practitioners were identified as key care gaps. Participants strongly advocated for the use of digital technologies to improve access to age-appropriate resources and support for co-care.

Conclusions

Young people living with persistent musculoskeletal pain described the absence of age-appropriate pain services and clearly articulated their perceptions on the role of, and opportunities provided by, digital technologies to connect with and support improved pain healthcare. Innovative and digitally-enabled models of pain care are likely to be helpful for this group.

RECENT PUBLICATION

DECLARATIONS

Funding

Funding to undertake this study was provided by partnership grants awarded by Arthritis and Osteoporosis Victoria and Arthritis and Osteoporosis Western Australia, with in kind support from Curtin University and the Department of Health (Government of Western Australia). The funding bodies did not influence decisions related to data collection, analysis, interpretation or submission of the manuscript for publication.

Competing interests

- Andrew M Briggs reports grants from Arthritis and Osteoporosis Victoria, grants from Arthritis and Osteoporosis WA, during the conduct of the study; AMB was a salaried employee of Arthritis and Osteoporosis Victoria at the time the study was undertaken;
- Joanne E Jordan declares personal research fees from Curtin University, during the conduct of the study;
- Jason Chua declares personal research fees from Curtin University, during the conduct of the study.

RECENT PUBLICATION

By Helen Slater

IMPLEMENTATION OF MODELS OF CARE FOR MUSCULOSKELETAL HEALTH CONDITIONS THROUGH THE LIFESPAN AND ACROSS CARE SETTINGS

A special issue of *Best Practice and Research Clinical Rheumatology* has just been published. The issue contains 10 papers that are focused on the “how to” of implementation of models of care for musculoskeletal health conditions across the life course and across care settings. As such, the content is relevant to policy makers, health administrators and funders, researchers, healthcare providers, and non-government organisations. Topics covered include:

- Implementation in high income settings
- Implementation in low income settings
- Engaging consumers in co-design and co-implementation
- Implementation in compensable settings
- Implementation of models of care for children and adolescents
- Harnessing information and communication technologies to support implementation
- Implementation of osteoarthritis models of care
- Implementation of fracture liaison and orthogeriatric models of care
- Building and implementing workforce capacity in musculoskeletal healthcare

The papers have been developed by 62 leaders from 13 nations and edited by A/Prof Andrew Briggs (Western Australia), A/Prof Madelynn Chan (Singapore), and myself. The publisher, Elsevier, recognises the importance of this issue of the Journal, and as such, had made all papers Open Access for a promotional period until the end of February 2017. This means anyone may [freely download the papers](#) during this period.



Shingles and what older Australians need to know

Shingles is a condition that affects many older Australians and is caused by the reactivation of the varicella zoster virus, the same virus that causes chickenpox.¹ 97% of Australian adults have been exposed to the chicken pox virus and are therefore at risk of shingles.¹ Approximately 120,000 cases of shingles are reported annually in Australia² and it is estimated that one in three Australians may develop shingles in their lifetime.³

Shingles is characterised by a blistering rash which appears as a band or belt on one side of the body.³ People affected by shingles can experience severe pain, which has been described as throbbing, burning, stabbing and sharp.^{3,4}

For older Australians, shingles can be serious and the frequency and severity of the complications increase with age.^{1,5} The most common complication is postherpetic neuralgia (PHN), a chronic and debilitating nerve pain.⁶ PHN may last for months or even years, and can occur in up to one in five people with shingles.^{3,6}

Shingles can also lead to other complications such as bacterial skin infection, neurological complications and may also increase the risk of stroke in the following six months.^{6,7} A recent survey of older Australians aged over 60 found that over half of this group (55%)⁸ don't think they are at risk of getting shingles.

"Shingles is unpredictable. We don't know when shingles will occur and how severe it will be. We do however know that your risk increases with age and that 97% of adult Australians have the virus within them," says Professor Anthony Cunningham, leading Virologist and Executive Director, The Westmead Institute for Medical Research and the Institute's Centre for Virus Research, Sydney University.

The symptoms of shingles vary in each individual, however in most cases initial symptoms can begin 48-72 hours before the rash appears and include sensitivity to light, headaches, itching, tingling, a general unwell feeling or severe pain in the affected area.^{5,6} The pain is often followed by an itchy red rash that can include fluid-filled blisters that break open and crust over.⁴

There is no cure for shingles however prescription antiviral therapy can help reduce the severity and duration of shingles if administered within 72 hours of the onset of the rash.⁹ Speak to your doctor about government funded prevention and treatment options.

For more information about shingles please talk to your doctor.

Seqirus™ is a trademark of Seqirus UK Limited or its affiliates. Seqirus (Australia) Pty Ltd. ABN 66 120 398 067, 63 Poplar Road Parkville, Victoria 3052. Date of preparation November 2016.
SEQ/ZOST/1116/0205



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References:

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7. Langan SM et al. 2014 Risk of Stroke Following Herpes Zoster: A Self-Controlled Case Series Study; 58: 1497-1503.
8. Galaxy Research, Shingles, September 2016. Seqirus Data on file.
9. eTG Complete (online) therapeutic guidelines 2013.



THE FLOREY NEEDS YOUR HELP,
IT WILL ONLY TAKE 15 MINUTES!

The Florey Institute of Neuroscience and Mental Health are conducting an online study that is looking at pain following stroke (Stroke Laterality Study: Recognising left from right arms by individuals with stroke). They need as many people as possible to participate, regardless of pain history or stroke. If you can spare around 15 minutes to participate they'd greatly appreciate it. If you can also forward info to anyone who may also like to participate, even better (particularly if they have a history of chronic pain, OR have had a stroke). The more numbers in each group, the more power!

Participants will be guided through a questionnaire, looking at beliefs and perceptions, pain symptoms and more, before then completing some interactive tasks looking at laterality recognition abilities of the hand and shoulder. Results will be used in developing targeted interventions for the stroke population with pain including education, sensory and imagery strategies.

[Click here to participate.](#)

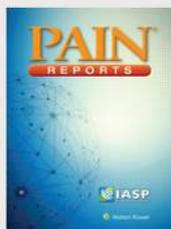
To forward to others, copy the link above, and paste it into as many emails as possible!

If you would like more details about the study, please contact one of the researchers, Brendon Haslam at Haslam.b@florey.edu.au

The survey closes 30 June 2017.



PAIN Reports



PAIN Reports[®] is an official IASP publication. An open access multidisciplinary journal, *PAIN Reports* promotes a global, rapid, and readily accessible forum that advances clinical, applied, and basic research on pain. The online journal publishes full-length articles as well as brief reports, reviews, meta-analyses, meeting proceedings, and selected case reports. *PAIN Reports* gives special attention to submissions reporting the results of enterprising and high-risk research and pilot studies as well as locally developed clinical guidelines from scientists and clinicians in developing countries. IASP also publishes the journal *PAIN*.

David Yarnitsky, MD, is the Editor-in-Chief. The Editorial Board will be announced soon.





7th Association of South-East Asian Pain Societies Congress
In conjunction with MSSP 3rd National Seminar on Pain
16 - 19 February 2017 • Yangon, Myanmar
Professional Accountability with Interactive Networking



PRESENTING THE 8TH ANNUAL

National Dementia Conference

23 – 24 February 2017 | Stamford Plaza Adelaide



APS member Special Registration Rate of \$995.00 + GST, use code: DEMENDORSE2016

NZPS17
ANNUAL SCIENTIFIC MEETING
2-4 MARCH 2017 — NELSON
ACTIVE & ABLE
INDEPENDENT WITH PAIN



ALBURY WODONGA PRIVATE HOSPITAL

**6TH ANNUAL GLOBAL PAIN DAY: AN EDUCATION
DAY FOCUSING ON PAIN AFTER SURGERY**

MONDAY 6TH MARCH 2017

VENUE: COMMERCIAL CLUB, ALBURY, NSW

The International Association for the Study of Pain (IASP) Global Year Against Pain initiative provides an ideal forum for us to explore and raise the profile of important pain issues.

This education day focuses on the 2017 IASP Global Year Against Pain After Surgery, which officially launched on Thursday 19th January 2017.

Who should attend:

All nurses, physiotherapists and other allied health professionals are invited to attend. This education seminar features a great line up of guest speakers, trade displays, morning tea, lunch and afternoon tea.

Speakers include:

Prof Stephan Schug, Dr Graham Libreri, Danielle Witty, Trudy Maunsell, Lisa Gephart, Pamela Goldspink and Kim O'Brien

Further info contact Pamela Goldspink: T: 02 6022 4245

E: goldspinkp@ramsayhealth.com.au

**MECHANISMS
OF ACTION**

**NEUROMODULATION SOCIETY OF
AUSTRALIA AND NEW ZEALAND**

12TH ANNUAL SCIENTIFIC MEETING

8-9 APRIL 2017

Adelaide Convention Centre, South Australia
www.dcconferences.com.au/nsanz2017

ins
International
Neuromodulation
Society

**SAVE
THE DATE!**

For sponsorship and exhibition opportunities or more information, please contact the NSANZ 2017 Conference Secretariat:
DC Conferences Pty Ltd • P: 61 2 9954 4400 • E: nsanz2017@dcconferences.com.au

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre

YOU ARE INVITED TO ATTEND THE ACUTE PAIN DAY PRE-CONFERENCE WORKSHOP

When: Sunday 9 April 2017, 9.00 am – 5.00 pm
Where: Adelaide Convention Centre, SA
Cost: \$160 per person – Early Bird Deadline: 24 February 2017

This workshop is aimed at anyone with an interest in acute pain management.
Attendees have the option to register for a half-day if they prefer.

To register or for further information please visit,
www.dconferences.com.au/aps2017/Pre-Conference_Workshops

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre

YOU ARE INVITED TO ATTEND THE FUNDAMENTALS OF PAIN PRE-CONFERENCE WORKSHOP

When: Sunday 9 April 2017, 8.30 am – 12.30 pm
Where: Adelaide Convention Centre, SA
Cost: \$110 per person – Early Bird Deadline: 24 February 2017

This workshop will equip participants with the basic knowledge of pain neurobiology, psychology and therapeutic agents, using an interactive case study and multimedia. This workshop is aimed at all allied health and general practitioners, or anyone wishing to update their knowledge on the pathophysiology and treatment of pain.

To register or for further information please visit,
www.dconferences.com.au/aps2017/Pre-Conference_Workshops

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre



YOU ARE INVITED TO ATTEND THE PAIN IN CHILDHOOD PRE-CONFERENCE WORKSHOP

When: Sunday 9 April 2017, 8.30 am – 5.00 pm **Where:** Adelaide Convention Centre, SA **Cost:** \$160 per person – Early Bird **Deadline:** 24 February 2017

This year the Pain in Childhood Pre-Conference Workshop has evolved to a full day programme. The morning session will focus on complex and chronic pain. The afternoon session will cover acute and procedural pain. Attendees have the option to register for a half-day if they prefer. We are excited to be able to conclude the day with a 90min workshop by local procedural hypnosis expert Dr Allan Cyna. It will be a stimulating day for experienced practitioners as well as those new to paediatric pain.

To register or for further information please visit,
www.dconferences.com.au/aps2017/Pre-Conference_Workshops

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre



YOU ARE INVITED TO ATTEND THE BASIC PAIN RESEARCH PRE- CONFERENCE WORKSHOP

When: Sunday 9 April 2017, 8.30 am – 5.00 pm **Where:** Adelaide Convention Centre, SA **Cost:** \$160 per person – Early Bird **Deadline:** 24 February 2017

The workshop will aim to present current basic pain research in Australia and provide evidence of its importance for our understanding of mechanism underlying nociception. Area experts will provide latest research in areas such as impact of the immune system on nociceptive processing, role of the spinal cord in processing of nociceptive information, how we might be able to measure pain, how toxins can be used to treat pain and what the difference is between pain in internal organs and the rest of the body. In addition the presentations will introduce latest research techniques ranging from deep sequencing and optogenetics to comprehensive analysis of animal behaviour.

To register or for further information please visit,
www.dconferences.com.au/aps2017/Pre-Conference_Workshops

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre

YOU ARE INVITED TO ATTEND THE PHARMACOLOGY IN PAIN MANAGEMENT PRE-CONFERENCE WORKSHOP

When: Sunday 9 April 2017, 1.30 pm – 5.00 pm
Where: Adelaide Convention Centre, SA
Cost: \$110 per person – Early Bird Deadline: 24 February 2017

The aim of the Pharmacological Management in Pain half-day workshop is to make a significant contribution to the optimisation of pain treatment by bringing experts together to discuss the latest scientific findings within the pain management clinical pharmacology field. The target audience for this workshop consists of clinical pharmacologists, pharmacists, industry researchers, pain specialists, paediatricians, clinical nurse consultants, government representatives and other experts with an interest in clinical pharmacology.

To register or for further information please visit,
www.dconferences.com.au/aps2017/Pre-Conference_Workshops

EXPANDING HORIZONS



Australian Pain Society
37th Annual Scientific Meeting
9 - 12 April 2017
Adelaide Convention Centre

YOU ARE INVITED TO ATTEND THE PHYSIOTHERAPY IN PAIN MANAGEMENT PRE-CONFERENCE WORKSHOP

When: Sunday 9 April 2017, 1.30 pm – 5.00 pm
Where: Adelaide Convention Centre, SA
Cost: \$110 per person – Early Bird Deadline: 24 February 2017

MORE THAN MEETS THE EYE: THE INVISIBLE CHALLENGES OF PAIN ASSESSMENT

This workshop is designed for any Physiotherapist who works with people in pain. Specifically, this workshop will address issues related to the assessment of people with persistent pain.

To register or for further information please visit,
www.dconferences.com.au/aps2017/Pre-Conference_Workshops



Adelaide 2017

SUBMISSION DEADLINES

Topical Sessions
19 August 2016

Free Papers & Posters
21 October 2016

Early Bird Registration
24 February 2017

EXPANDING HORIZONS

2017 Australian Pain Society 37th Annual Scientific Meeting
9-12 April 2017 | Adelaide Convention Centre

Expressions of interest online at www.dconferences.com.au/aps2017

For sponsorship and exhibition opportunities or more information please contact the Conference Secretariat
DC Conferences Pty Ltd | P 61 2 9954 4400 | E aps2017@dconferences.com.au



Pain Management in Practice

Extend your clinical skills with this interactive 2 day workshop

Develop specialised assessment techniques for your clients with persistent pain

"Given me skills and insights for difficult patients who are getting stuck" - Physiotherapist

"Really useful approach to implement into clinical practice" - Titled Musculoskeletal Physiotherapist

"Helps identify ways to work with resistance and challenge" - Psychologist

Implement practical techniques to empower your clients to achieve their goals

Melbourne 4th May, 14th September
Brisbane 8th June, 16th November
Sydney 22nd June, 26th October

Learn more and register at
EmpowerRehab.com/Workshops
or call (03) 9459 3344






5-6 MAY 2017

Whiplash 2017

Meeting the Challenge

Earlybird Registration Deadline 30 JAN 2017

Abstract Submission NOW OPEN



CROWNE PLAZA SURFERS PARADISE, QLD

This 2-Day Symposium is designed for researchers, clinicians, policy makers and anyone interested in the treatment of whiplash. The program will reflect the 2017 theme - *Meeting the Challenge* and will feature distinguished international and local speakers presenting in plenary and free paper sessions.

Expressions of interest online at griffith.edu.au/whiplash2017

PLUS

Launch of International Consortium | 5 May 2017

One Day Post Conference Course | 7 May 2017
Improving Recovery: Management of WAD in Primary Care



THE UNIVERSITY OF
SYDNEY

**PAIN MANAGEMENT
RESEARCH
INSTITUTE**

ROYAL NORTH
SHORE HOSPITAL

Specialising in Clinical Pain Management

➔ FORMAL DEGREE COURSE (ONLINE)

Graduate Certificate, Graduate Diploma and Masters

Endorsed by the International Society for the Study of Pain (IASP), this leading degree program provides advanced evidence-based and clinically relevant education in pain management for graduates in medicine, dentistry, nursing, physiotherapy, psychology and other allied health disciplines.

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

The program is conducted entirely online and commences in March or August each year, with enrolments closing either late January or late June.



For dates & further information visit:
sydney.edu.au/medicine/pmri/education

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



ISPP 2017

11th International Symposium on Pediatric Pain
Kuala Lumpur, Malaysia

WHEN 6th - 9th July 2017
WHERE Kuala Lumpur, Malaysia

Organised by



Special Interest Group on
Pain in Childhood
INTERNATIONAL SOCIETY FOR THE STUDY OF PAIN

Supported by



ISPP Registration opens on 1 November 2016



Visit us at www.ispp2017.org



Email us at secretariat@ispp2017.org

Deadline for Workshop Proposals 15 August 2016

Deadline for Poster Abstract 31 January 2017

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>
- **Indigenous health education and guides** <http://www.humanservices.gov.au/health-professionals/subjects/indigenous-health-education>
- **PainHEALTH website**
<http://painhealth.csse.uwa.edu.au/>
- **Pain Series**
An excellent series of articles run late 2015 by The Conversation: <https://theconversation.com.au/topics/pain-series>
- **Low Back Pain (LBP) in Aboriginal Australians**
A very informative series of 5 videos developed by WA Centre for Rural Health about low back pain in Aboriginal Australians:
<https://www.youtube.com/playlist?list=PLG-sL0Kp0YWFwUlyKi1oCG7NwFucLFyVlJ>
- **ANZCA/FPM Free Opioid Calculator App**
Smart phone app that converts opiates to milligrams of morphine, available for both iPhone and Android: <http://fpm.anzca.edu.au/Front-page-news/Free-Opioid-Calculator-App>
- **Stanford University**
CHOIR Collaborative Health Outcomes Information Registry: <https://choir.stanford.edu/>
- **Global Year Against Pain After Surgery**
See information and resources on our website: <http://www.apsoc.org.au/global-year-against-pain>
- **Treating chronic pain**
ABC Local 774 Melbourne podcast on 29JUL16 featuring A/Prof Malcolm Hogg from 20:15 to

44:15 - <http://www.podcastchart.com/podcasts/writs-and-cures-bill-and-steve-s-radio-adventures/episodes/treating-chronic-pain>

- **Opioid Podcasts for GPs**
20 week series from the Hunter Postgraduate Medical Institute: <http://www.gptraining.com.au/recent-podcasts>

GRANTS

- **Citizen Science Grants**
An element of the Inspiring Australia – Science Engagement Programme. Provides grants on a competitive basis to support community participation in scientific research projects that have a national impact. Applications open 17NOV16 and close 17FEB17: <https://www.business.gov.au/assistance/inspiring-australia-science-engagement/citizen-science-grants>
- **Winston Churchill Memorial Trust Fellowship Applications**
More than 100 Fellowships available for award in 2017, each with an average value of AUD25,000. Applications open 28FEB17 and close 28APR17: <https://www.churchilltrust.com.au/application-process/how-to-apply/>

CHRONIC PAIN ARTICLES FEATURED IN AUG16 INPSYCH (VOL 38, ISSUE 4)

- **'The psychology of chronic pain' by A/Prof Kathryn Nicholson Perry:**
<http://www.psychology.org.au/inpsych/2016/august/nicholsonperry/>
- **'Preventing disabling chronic pain by engaging psychologists in the acute phase' by Prof Michael Nicholas:**
<http://www.psychology.org.au/inpsych/2016/august/nicholas/>
- **'Intensive pain programs: A reflection on what makes them work and for whom?' by Dr Michael Shelley:**
<http://www.psychology.org.au/inpsych/2016/august/shelley/>

AUSTRALIAN COMMISSION ON SAFETY AND QUALITY IN HEALTH CARE (ACSQHC) RESOURCES:

- **Australian Atlas of Healthcare Variation released 26NOV15:** <http://www.safetyandquality.gov.au/atlas/>
- **Chapter 5: Opioid medicines:** <http://www.safetyandquality.gov.au/atlas/chapter-5-opioid-medicines/>
- **Online interactive Australian Atlas of Healthcare Variation released NOV16:** <http://acsqhc.maps.arcgis.com/home/index.html>

NPS MEDICINEWISE RESOURCES

- **Chronic Pain edition issued 01JUN15:** <http://www.nps.org.au/publications/health-professional/nps-news/2015/chronic-pain>
- **Chronic pain communication tool:** <http://www.nps.org.au/conditions/nervous-system-problems/pain/for-individuals/pain-conditions/chronic-pain/for-individuals/communication-tool>
- **Managing chronic pain videos with Dr Malcolm Hogg:** <http://www.nps.org.au/conditions/nervous-system-problems/pain/for-individuals/pain-conditions/chronic-pain/for-individuals/pain-management>
- **Choosing Wisely Australia – News & media:** <http://www.choosingwisely.org.au/news-and-media>

NSW AGENCY FOR CLINICAL INNOVATION RESOURCES:

- **A Framework for working effectively with Aboriginal people, NOV13:** <http://www.aci.health.nsw.gov.au/about-aci/cultural-respect>
- **Pain Management Network Multicultural report 2015:** <http://www.apsoc.org.au/CALD-Resources>

- **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 2016 Plenary Recordings:** As an exclusive benefit to APS members, the Plenary recordings from the 2016 conference in Perth are now available for free access.
- **Centric Wealth Newsletters:** APS member funds are invested with Centric Wealth. Market reports are available on the Members Only Area of our website.

APS MEDIA RELEASES:

- Refer to our website for a full listing of media releases: <http://www.apsoc.org.au/Media>
- Our next conference will use the Twitter hashtag: #auspain2017

NEW MEMBERS

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Dr	Mahboubeh	Adinehzadeh	General Practice
Mrs	Annie	Ayres	Physiotherapy
Ms	Kim	Choate	Nursing
Mrs	Leigh	Eastman	Nursing
Ms	Alison	Flehr	Science Research
Dr	Stephen	Gilbert	Anaesthesia
Dr	Adrienne	Harvey	Physiotherapy
Miss	Natalie	Hindman	Occupational Therapy
Mr	James	Huckson	Physiotherapy
Dr	Wendy	Imlach	Pharmacology
Dr	Ernest	Jennings	Dentistry
Dr	Sharon	Keripin	Rehabilitation Medicine
Ms	Michelle	Linmore	Psychology
Mr	Joseph	Orlando	Physiotherapy
Mrs	Helen	Plummer	Nursing
Ms	Beth	Pollock	Nursing
Mr	Bret	Prew	Physiotherapy
Mr	Gregory	Prew	Physiotherapy
Dr	Philip	Robinson	Rheumatology
Mr	Luke	Surkitt	Physiotherapy
Ms	Suet Yi	Yam	Nursing
Dr	David	Young	Psychology



THE
AUSTRALIAN
PAIN SOCIETY

APS MEMBERSHIP RENEWALS 2017 & MEMBER SURVEY

RENEWAL NOTICES FOR 2017 HAVE BEEN SENT TO MEMBERS BY EMAIL.

Thank you for your continued support and membership of the APS.

Please note:

1. We understand that circumstances change, so each year we ask you to select your appropriate level of membership.
2. This system of self-reporting subscription levels was implemented in 2009 for the benefit and fairness of all members.
3. As resolved at the AGM in March 2016, fees will increase for 2017 to the following:
 - a. Regular A \$100
 - b. Regular B \$180
 - c. Regular C \$260
 - d. Retired \$60 Concessional Rate
 - e. Student \$60 Concessional Rate

Before renewing online, please ensure you **review and update your member profile**.

Payments can be made by Credit Card or Cheque.
[Login here](#) and renew online via the APS Website.

MEMBER SURVEY - PRIZE

This year we are conducting another [member survey](#) and would appreciate your response to this by Friday 10 February 2017.

If you choose to leave your contact details,
your name will be entered into a prize draw for a chance to win:

1 OF 2 GALA DINNER TICKETS AT THE ADELAIDE CONFERENCE

CALENDAR OF EVENTS

6-16 Feb 2017

Pain Management Research Institute, The University of Sydney

Pain Management Multidisciplinary Workshop

Royal North Shore Hospital, St Leonards, Sydney, NSW

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

16-19 Feb 2017

ASEAPS 2017 - 7th Association of South-East Asian Pain Societies Congress in conjunction with MSSP 3rd National Seminar on Pain

Professional Accountability with Interactive Networking

Sule Shangri-La, Yangon, Myanmar

<http://www.aseaps2017.com>

23-24 Feb 2017

National Dementia Congress

8th Annual Congress 2017

Stamford Plaza, Adelaide, SA

<https://www.informa.com.au/event/national-dementia-conference/>

2-4 Mar 2017

New Zealand Pain Society Annual Scientific Meeting

Active & Able: Independent with pain

The Rutherford Hotel, Nelson, New Zealand

<http://www.nzps2017.org.nz>

6-Mar-17

Albury Wodonga Private Hospital

6th Annual Global Pain Day: Pain After Surgery

Commercial Club, Albury, NSW

goldspinkp@ramsayhealth.com.au

24-26 Mar 2017

RANZCP, RACP & RACGP

International Medicine in Addiction Conference IMiA17

International Convention Centre Sydney, Sydney, NSW

<http://www.imia17.com.au>

CALENDAR OF EVENTS

25-Mar-17

Pain Association of Singapore

Annual Scientific Meeting 2017

One Farrer Hotel, Singapore, Singapore

<http://www.pas-asm.com>

30 Mar - 1 Apr 2017

Study In Multidisciplinary PAin Research - International Symposium of Ultrasound for Regional Anesthesia and Pain Medicine

IX SIMPAR-ISURA 2017

Palazzo dei Congressi, Florence, Italy

<http://www.simpar-pain.com/EN/index.xhtml>

8-9 Apr 2017

Neuromodulation Society of Australia and New Zealand 12th Annual Scientific Meeting

Mechanisms of Action

Adelaide Convention Centre, Adelaide, SA

<http://www.dconferences.com.au/nsanz2017/>

9-Apr-17

Australian Pain Society 37th Annual Scientific Meeting - Pre-Conference Workshops

Acute Pain Day, Pain in Childhood, Basic Pain Research, Fundamentals of Pain, Physiotherapy in Pain Management and Pharmacology in Pain Management

Adelaide Convention Centre, Adelaide, SA

https://www.dconferences.com.au/aps2017/Pre-Conference_Workshops

9-12 Apr 2017

Australian Pain Society 37th Annual Scientific Meeting

Expanding Horizons

Adelaide Convention Centre, Adelaide, SA

<https://www.dconferences.com.au/aps2017>

26-29 Apr 2017

National Rural Health Alliance 14th National Rural Health Conference

A World of Rural Health in Australia

Cairns Convention Centre, Cairns, QLD

<http://www.ruralhealth.org.au/14nrhc/about>

CALENDAR OF EVENTS

Various dates 4 May to 22 Jun 2017

Empower Rehab

Pain Management in Practice 2 day workshop

Various Venues, Melbourne, Brisbane, Sydney, VIC, QLD, NSW

<http://www.empowerrehab.com/Workshops/>

5-6 May 2017

Griffith University

Whiplash 2017 Symposium

Crowne Plaza, Surfers Paradise, QLD

<https://www.griffith.edu.au/health/centre-research-excellence-road-traffic-injury/whiplash-symposium>

12-May-17

Faculty of Pain Medicine (FPM)

Refresher Course Day - Big Specifics

Brisbane Convention and Exhibition Centre, Brisbane, QLD

<http://fpm.anzca.edu.au/events/2017-refresher-course-day>

12-16 May 2017

Australian and New Zealand College of Anaesthetists (ANZCA) Annual Scientific Meeting 2017

Think Big Brisbane Convention and Exhibition Centre,

Brisbane, QLD

<http://asm.anzca.edu.au>

15-18 Jun 2017

IASP NeuPSIG 6th International Congress on Neuropathic Pain

The Path to Relief Starts with Understanding

Svenska Massan Gothia Towers, Gothenberg, Sweden

<http://neupsig2017.kenes.com>

6-9 Jul 2017

IASP Pain in Childhood SIG, Malaysian Association for the Study of Pain and College of Anaesthesiologists

ISPP 2017 11th International Symposium on Pediatric Pain: Understanding Pain In Children - Take the First Step

Shangri-la, Kuala Lumpur, Malaysia

<http://www.ispp2017.org>

CALENDAR OF EVENTS

19-21 Jul 2017

Occupational Therapy Australia

Partnership, Inclusion and Innovation

Perth Convention and Exhibition Centre, Perth, WA

<http://www.otaus2017.com.au/events/occupational-therapy-australia-27th-national-conference-and-exhibition-2017/event-summary-5a01543f75b74373883f6b8fe89149c9.aspx>

6-8 Sep 2017

Palliative Care Australia

Connection with Community

Adelaide Convention Centre, Adelaide, SA

<http://pca2017.org.au>

6-9 Sep 2017

European Pain Federation EFIC 10th Congress

Bringing Pain Relief to All Patients

Bella Center Copenhagen, Copenhagen, Denmark

<http://www.efic2017.kenes.com>



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 relieve 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 foster and support the prevention of persistent 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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