



**VOLUME 38, ISSUE 9**



# AUSTRALIAN PAIN SOCIETY NEWSLETTER



# EDITOR'S NOTE

## LINCOLN TRACY - ASSISTANT EDITOR

It goes without saying that we are all aware of the significant impact pain exerts on the lives of millions of Australians. It is vital that as a whole the nation has a dedicated and clear plan for how best to manage pain. Over the past few months, Painaustralia has met with consumer, health, and medical stakeholder groups to draft the goals and actions that make up the National Strategic Action Plan for Pain Management. APS President Fiona Hodson, and Malcom Hogg (Society representative to the Painaustralia Board), participated in a recent Stakeholder Workshop for the Plan on behalf of the Australian Pain Society. Keep an eye out for the final versions of the Plan, now that actions have been prioritised.

After covering 750kms in New South Wales over eight days earlier this year, the Pain Revolution is back and heading to Tasmania in 2019. Lissanthea Taylor provides a great overview of the importance of Pain Revolution's community-by-community approach in their effort to embed best practice pain education in rural regions across the country. I definitely encourage all members to consider how they can be involved in or support the Pain Revolution as it continues to grow and flourish.

Emily Stockings et al provide a concise summary of their recent systematic review and meta-analysis on the use of cannabis and cannabinoids as a treatment for

chronic non-cancer pain conditions. They review data across more than 100 studies and nearly 10,000 patients, and discuss how the numbers stack up. Research such as this is vital as governments legalise recreational cannabis use and consider loosening regulations on medicinal cannabis use. This is a timely paper, with the Faculty of Pain Medicine currently seeking feedback on their revised position statement on the use of medical cannabis in the management of patients with chronic non-cancer pain.

Christine Barry et al provide a brief summary of their paper focusing on new animal models of vulvodynia. These novel models will play a vital role in enhancing our understanding of the underlying pathological mechanisms of vulvodynia and may shed light on potential targets for interventions.

Finally, registrations for the 2019 APS conference (April 7<sup>th</sup> – 10<sup>th</sup>), on the Gold Coast, are now open. Make sure to register before February 23<sup>rd</sup> to get in on the Early Bird rate. APS members will receive their 2019 membership renewal notices later this month. Renewing your APS membership saves you even more when registering for the APS conference, so don't forget to renew your membership!

# REGISTRATIONS ARE NOW OPEN

Register today to 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.

## EARLY BIRD DEADLINE - 22 FEBRUARY 2019

Make sure you get in early to secure the discounted Early Bird rate! To register please [click here!](#)

Become an APS Member and save on your APS 2019 registration fee.

	<b>EARLY BIRD: BEFORE 23 FEBRUARY 2019</b>
Non-Member Registration Price vs <b>Becoming an APS Member</b>	\$1140 or <b>Become a member and save up to \$280 after membership fees!</b>
<b>APS Student Member Registration Price</b>	Only \$230 <b>Become a member and save up \$850 after membership fees!</b>

**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

**Become an APS Member today and start saving right away!**

## CHILDCARE AT APS 2019 - EXPRESSIONS OF INTEREST

The Australian Pain Society are looking at the options for making childcare available onsite during APS 2019 being held on the Gold Coast in April 2019.

It is anticipated that the service will be available for children aged 0 to 5 years old from 7.00am to 1.00pm on Sunday 7th April, and from 7.00am to 6.00pm on Monday 8th April, until Wednesday 10th April 2019. The service will be subsidised by the APS, however will incur fees additional to the costs of conference registration.

To assist the Society in implementing an appropriate childcare service at the conference, please complete the Expression of Interest by [clicking here](#).

We look forward to welcoming you to the Gold Coast in April.

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



### 2019 Australian Pain Society 39th Annual Scientific Meeting:

*In the IASP Global Year Against Pain in the most Vulnerable*



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

Expressions of interest online at  
[www.dconferences.com.au/aps2019](http://www.dconferences.com.au/aps2019)

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

DC Conferences Pty Ltd  
P: 61 2 9954 4400  
E: [aps2019@dconferences.com.au](mailto:aps2019@dconferences.com.au)

#### Submission Deadlines

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

**Join us online - #auspain19**    [www.dconferences.com.au/aps2019](http://www.dconferences.com.au/aps2019)





### 2019 Australian Pain Society 39th Annual Scientific Meeting:

*In the IASP Global Year Against Pain in the most Vulnerable*



**Plus**

- Pre-Conference Workshops
- Topical Sessions
- Extensive Industry Exhibition
- Discipline Sub Group Meetings
- Sponsored Sessions
- Welcome Reception
- Conference Gala Dinner





**Professor Beth Darnall**

Professor Beth Darnall, PhD is Clinical Professor in the Department of Anesthesiology, Perioperative and Pain Medicine at Stanford University. She is principal investigator for \$13M in federally funded pain and opioid reduction research projects that test the effectiveness and mechanisms of psychological strategies in individuals with chronic pain. She investigates mechanisms of pain catastrophising, targeted pain psychology treatments she has developed, prevention of post-surgical pain, and patient-centered outpatient opioid tapering.

**Dr Nanna Finnerup**

Dr Nanna Brix Finnerup (MD, DrMedSc) is Professor in pain research at the Danish Pain Research Centre, Department of Clinical Medicine, Aarhus University, Denmark. Since 1998 she has worked at the Danish Pain Research Center at Aarhus University. She obtained her degree of Doctor of Medical Sciences from Aarhus University in 2008, and is currently Professor at the Danish Pain Research Center. Her main research interest is the pathophysiology and therapy of neuropathic pain.

**Professor Tor Wager**

Tor Wager is Professor of Psychology, Neuroscience, and Cognitive Science at the University of Colorado, Boulder. Since 2010, he has directed Boulder's Cognitive and Affective Neuroscience laboratory. Much of the lab's work centers on the neurophysiology of pain and emotion and how they are shaped by cognitive and social influences. In particular, he is interested in how thoughts and beliefs influence affective experiences, affective learning, and brain-body communication.

## Cannabis and cannabinoids for the treatment of people with chronic noncancer pain conditions: a systematic review and meta-analysis of controlled and observational studies

Emily Stockings, Gabrielle Campbell, Wayne Hall, Suzanne Nielsen, Dino Zagic, Rakin Rahman, Bridin Murnion, Michael Farrell, Megan Weier and Louisa Degenhardt

**Article first published online:** October 2018  
**PAIN:** October 2018 - Volume 159 - Issue 10 - p 1932–1954

**DOI:** 10.1097/j.pain.0000000000001293

**Link:** [https://journals.lww.com/pain/Fulltext/2018/10000/Cannabis\\_and\\_cannabinoids\\_for\\_the\\_treatment\\_of.6.aspx?utm\\_campaign=pain+publications&utm\\_medium=social&utm\\_source=sprout&utm\\_content=1539784489](https://journals.lww.com/pain/Fulltext/2018/10000/Cannabis_and_cannabinoids_for_the_treatment_of.6.aspx?utm_campaign=pain+publications&utm_medium=social&utm_source=sprout&utm_content=1539784489)

### ABSTRACT

#### Introduction

This review examines evidence for the effectiveness of cannabinoids in chronic noncancer pain (CNCP) and addresses gaps in the literature by: considering differences in outcomes based on cannabinoid type and specific CNCP condition; including all study designs; and following IMMPACT guidelines

#### Methods

MEDLINE, Embase, PsycINFO, CENTRAL, and clinicaltrials.gov were searched in July 2017. Analyses were conducted using

Revman 5.3 and Stata 15.0. A total of 91 publications containing 104 studies were eligible (n = 9958 participants), including 47 randomised controlled trials (RCTs) and 57 observational studies. Forty-eight studies examined neuropathic pain, 7 studies examined fibromyalgia, 1 rheumatoid arthritis, and 48 other CNCP (13 multiple sclerosis-related pain, 6 visceral pain, and 29 samples with mixed or undefined CNCP).

#### Results

Across RCTs, pooled event rates (PERs) for 30% reduction in pain were 29.0% (cannabinoids) vs 25.9% (placebo); significant effect for cannabinoids was found; number needed to treat to benefit was 24 (95% confidence interval [CI] 15–61); for 50% reduction in pain, PERs were 18.2% vs 14.4%; no significant difference was observed. Pooled change in pain intensity (standardised mean difference: –0.14, 95% CI –0.20 to –0.08) was equivalent to a 3 mm reduction on a 100 mm visual analogue scale greater than placebo groups. In RCTs, PERs for all-cause adverse events were 81.2% vs 66.2%; number needed to treat to harm: 6 (95% CI 5–8). There were no significant impacts on physical or emotional functioning, and low-quality evidence of improved sleep and patient global impression of change.

#### Conclusion

Evidence for effectiveness of cannabinoids in CNCP is limited. Effects suggest that number needed to treat to benefit is high, and number needed to treat to harm is low, with limited impact on other domains. It seems unlikely that cannabinoids are highly effective medicines for CNCP.

#### Declaration

G. Campbell, S. Nielsen, M. Farrell, and L. Degenhardt have all been investigators on untied investigator-driven educational grants funded by Reckitt Benckiser.



M. Farrell and L. Degenhardt have received an untied educational grant from Mundipharma for post-marketing surveillance studies of a potentially tamper-resistant formulation of controlled-released oxycodone. S. Nielsen, M. Farrell, and L. Degenhardt have been investigators on untied investigator-driven educational grants funded by Indivior. M. Farrell and L. Degenhardt have been investigators on an untied investigator-driven educational grant funded by Seqirus. The remaining authors have no conflict of interest to declare.

Funding was received from the Commonwealth Department of Health, the NSW Government Centre for Medicinal Cannabis Research and Innovation, the Victorian Department of Health and Human Services, and the Queensland Department of Health. E. Stockings, G. Campbell, S. Nielsen, and L. Degenhardt are supported by NHMRC research fellowships (#1104600; #1119992; #1132433; and #1041472). The National Drug and Alcohol Research Centre at the University of NSW is supported by funding from the Australian Government under the Substance Misuse Prevention and Service Improvements Grant Fund.

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*Thank you to APS members Christine Barry and Rainer Haberberger and colleague K Huilgol for sharing the following recent publication.*

## **New models to study vulvodynia: hyperinnervation and nociceptor sensitization in the female genital tract**

C.M. Barry, Huilgol, K. and Haberberger, R.V.

**Article first published online:** 15 October 2018

**Journal Reference:** Neural Regeneration Research (accepted for publication 26/06/2018)

**DOI:** 10.4103/1673-5374.241455

**Link:** <http://www.nrronline.org/article.asp?issn=1673-5374;year=2018;volume=13;issue=12;spage=2096;epage=2097;aulast=Barry>

### **ABSTRACT**

Two decades since vaginal hyper-innervation and nociceptor sensitisation were described as key features of vulvodynia, there remains a dearth of treatments that specifically address this pathophysiology, and psychological interventions are first-line recommended treatment. Recently, animal models have advanced our understanding of neuropathology in the female genital tract and are helping to identify potential targets for intervention.

### **Declaration**

Christine Barry received funding from the Centre for Neuroscience, Flinders University, to support research characterising the murine model of hyper-innervation.

## 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](mailto: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.

### Faculty of Pain Medicine PM10 Statement on “Medicinal Cannabis” with particular reference to its use in the management of patients with chronic non-cancer pain **CALL FOR FEEDBACK**

The Faculty of Pain Medicine (FPM) has promulgated a revised position statement on medicinal cannabis [PM10 Statement on “Medicinal Cannabis” with particular reference to its use in the management of patients with chronic non-cancer pain.](#)

This revised professional document is being piloted and will be reviewed again in December 2018. The FPM welcomes feedback during this time.

Please provide your feedback to Penny McMorran, Professional Affairs Co-ordinator via email: [painmed@anzca.edu.au](mailto:painmed@anzca.edu.au) and copy the APS Secretariat: [aps@apsoc.org.au](mailto:aps@apsoc.org.au)

# PAIN REVOLUTION RIDES IN TASMANIA IN 2019

By Lissanthea Taylor

Pain Revolution - Media and Communications Co-ordinator

Pain Revolution's community-by-community approach to pain education is taking over Tasmania in 2019. Pain Scientist Professor Lorimer Moseley and his multidisciplinary team of clinicians, researchers and supporters are getting on their bikes and heading to the island state for the third edition of the annual Pain Revolution Rural Outreach Ride. The cycle tour will cover 700kms and visit Devonport, Burnie, Smithton, Launceston, Hobart and Huonville to engage public and professionals in pain education community events.

The week-long educational outreach tour travels by pedal power to rural communities and shows them the science and the stories of pain, and how research puts recovery back on the table for people living with persisting pain. The Local Pain Educator Program (LPEP) leaves a lasting legacy, by training local health professionals to be community educators who work within their community to provide help where it's most needed.

LPEP takes a community-by-community approach to embed best practice pain education and care in rural communities. By upskilling and supporting existing health professionals in these areas, the program also seeks to safeguard the wellbeing and resilience of the GP and allied health workforce delivering it. In 2019, LPEP is expanding into Tasmania and the Rural Outreach Ride will meet up with the Tasmania cohort of LPEs in



## LISSANTHEA TAYLOR

*Lissanthea Taylor is a physiotherapist, writer and Narrative Medicine scholar at Columbia University in New York. Lissanthea lives and works in Shanghai, China spreading her time between outpatient clinical work in persisting pain, media and communications strategy for Pain Revolution, and further academic study in medical humanities.*

Department of Health and Health Recruitment Plus to establish state-wide coverage for people to access effective help for persisting pain.

The program is currently underway in communities across NSW, VIC and WA. The first cohort of LPEs, representing a range of healthcare disciplines, are approaching the end of a yearlong post-graduate course in pain science. They are working closely



with expert mentors to design and deliver sustainable pain education programs to their local communities. These programs are tailored to the unique challenges and resources of each community, and to involve the whole community in tackling this difficult problem.

Pain Revolution has a bold, but not unreasonable vision for the future of pain treatment in rural Australia. Their vision is to enable all Australians to have the resources and support within their local communities to prevent and overcome persistent pain. "The Revolution has begun and we can't and won't stop now. Our growing movement has the potential to actually take on the massive barriers to reducing the burden of persisting pain because it is capturing the power of the people" says Professor Moseley.

For more information about the Rural Outreach Ride and the Local Pain Educator Network see <https://www.painrevolution.org> or contact [angie.clerc-hawke@unisa.edu.au](mailto:angie.clerc-hawke@unisa.edu.au)



# NATIONAL PAIN ACTION PLAN

27 SEPTEMBER 18, CANBERRA

The Australian Pain Society was pleased to participate in the recent Stakeholder Workshop for the National Strategic Plan for Pain Management organised by Painaustralia.

Painaustralia has been focused on developing the National Strategic Action Plan for Pain Management this past couple of months with consumers, medical, health and stakeholder group consultations providing excellent input to the draft goals and actions.

The culmination of Painaustralia's consultations was the stakeholder workshop hosted by ABC national health journalist Sophie Scott and strategic

consultant, Rosie Yeo in Canberra in late September. It provided an opportunity for prioritising actions for the draft Plan which is now complete.

Painaustralia will continue to advocate for improved pain management support and services and they anticipate their members and other key stakeholders will support the push to advance the priority actions outlined in the National Action Plan.



**PHOTO L TO R:** Ms Rosie Yeo (Co-facilitator), Ms Elizabeth Robinson (Consumer Representative, Consumers Health Forum), Dr Meredith Craigie (FPM Dean), A/Prof Adrian Reynolds (President, Australasian Chapter of Addiction Medicine, Royal Australasian College of Physician), Dr Graeme Killer (PA Board Member), Dr Simon Holliday (RACGP), Mr Robert Regan (PA Chairperson), Ms Carol Bennet (PA CEO), Mr Bob Buckham (Manager, Strategic Policy, Australian Pharmaceutical Society), Ms Sophie Scott (PA Ambassador & Facilitator), Ms Kate Reed (Nurse Practitioner Clinical Advisor, Palliative Care Australia), Mr Matt Croger (Representative, Australian Physiotherapy Association), Mr Kevin Thompson (Assistant Director, Chronic Disease Policy Section, Department of Health), Dr Chris Hayes (FPM Rep PA Board), Dr Malcolm Hogg (APS Rep PA Board), Dr Frank New (Representative, Royal Australasian College of Psychiatrists), Ms Fiona Hodson (APS President)

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# A MAP IN YOUR BRAIN

BY JOSHUA PATE

Joshua's PhD at Macquarie University is an investigation into a child's concept of pain: how a child thinks about the 'what', 'why' and 'how' of pain. He is also a senior physiotherapist at Westmead Hospital Pain Management Centre. You can contact him at [joshua.pate@mq.edu.au](mailto:joshua.pate@mq.edu.au) or on Twitter @JoshuaWPate.

Do you use the example of phantom limb pain to explain to patients the idea of a 'map in your brain'? In his clinical work at Westmead Hospital Pain Management Centre, Senior Physiotherapist Joshua Pate found this example to be useful in the multidisciplinary pain programs he runs for people suffering with chronic pain. So, last December, he sent a draft script off to the TED-Ed team with an idea for a 5-minute animation.

"The idea came about because, in our pain programs, I often use the example of phantom limb pain to explain the idea of the cortical homunculus as being 'a map in the brain', and that it is a map that is changeable", Mr Pate explained. Patients in his clinic reported that this idea was helpful in giving them the motivation and confidence for doing graded exposure and exercises to improve their function. Joshua described pain science education as a foundation from which active self-management strategies can be built on. "It is a great opportunity to provide education in a very engaging format [the animation]".

The script was picked up by the TED team, and after input from 6 editors, a producer, a fact-checker, a director, a voice narrator, and a team of animators in Turkey, Mr Pate was very excited to share the finished product in October.



“Working with the TED team was a thorough and worthwhile experience. I couldn’t believe that the 3D animation was viewed 100,000 times in the first 24 hours!” he commented.

The 5-minute video covers up-to-date explanations of how pain is produced, the concept of the homunculus, and various future directions for phantom limb pain treatments; ideas that can also be applied to other chronic pain conditions. The TED-Ed video on YouTube is titled: “The fascinating science behind phantom limbs - Joshua W. Pate” and can be freely accessed at this link: <https://www.youtube.com/watch?v=KdihphPp1Q0>

The video has now been watched more than 200,000 times, from all around the world. In addition, it has been shared and commented on hundreds of times by Twitter and Facebook users. “The rate of information dissemination via YouTube is quite staggering isn’t it?!” Mr Pate said. Joshua is now entering the final year of his PhD on paediatric pain at Macquarie University whilst continuing part-time clinical work.

#### Declaration

Joshua W. Pate’s research is funded by a Macquarie University Research Training Program (RTP) PhD scholarship. Nil conflicts of interest.





## CURRENT SCHOLARS

PHD SCHOLARSHIP SPONSOR	SCHOLAR	TOPIC
Seqirus #1 — APS — APRA	Sherelle Casey	<i>"Cannabinoids for neuropathic pain"</i>
Cops for Kids #1 — APS — APRA	Dr Adrienne Harvey	<i>"A pilot study of gabapentin for managing pain in children with dystonic cerebral palsy"</i>
Cops for Kids #2 — APS — APRA	Dr Tasha Stanton	<i>"Reframe the pain: Dividing attention and altering memory to reduce needle pain and distress in children"</i>

## PAST SCHOLARS

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PHD SCHOLARSHIP SPONSOR	SCHOLAR	COMPLETED	TOPIC
APS #1-APRA	Samantha South	1999	<i>"Antinociceptive pharmacology of morphine and its major glucuronide metabolites"</i>
CSL #1-APS-APRA	Lara Winter	2004	<i>"Antinociceptive properties of the neurosteroid alphadolone"</i>
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>
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>
APS #2-APRA	Debbie Tsui	2008	<i>"Preclinical studies in painful diabetic neuropathy"</i>



## PAST SCHOLARS

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>
APS #3-APRA	Susan Slatyer	2013	<i>"Caring for patients experiencing episodes of severe pain in an acute care hospital: Nurses' perspective"</i>
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>
Janssen Cilag #1-APS-APRA	Mary Roberts	Due	<i>"An investigation of the role of sleep in chronic pain"</i>
Mundipharma #3-APS-APRA	Audrey Wang	2017	<i>"The cortical integration of tactile sensation in complex regional pain syndrome"</i>
Janssen Cilag #2-APS-APRA	Sarah Kissiwa	2017	<i>"Pain induced synaptic plasticity in the amygdala"</i>
APS #5-APRA	James Kang	Due 2018	<i>"Epigenetic influence in cognitive impairments in chronic neuropathic pain"</i>

### Faculty of Pain Medicine Position Statement on Procedures in Pain Medicine CALL FOR FEEDBACK

The Faculty of Pain Medicine (FPM) has promulgated a pilot [Position Statement on Procedures in Pain Medicine](#).

This position statement is being piloted and will be reviewed again in January 2019. The FPM welcomes feedback during this time.

Please provide your feedback to Cassandra Sparkes, Education and Research Development Co-ordinator via email [fpm@anzca.edu.au](mailto:fpm@anzca.edu.au) and copy the APS Secretariat: [aps@apsoc.org.au](mailto:aps@apsoc.org.au)

## Pain Management Research Institute

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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 The Faculty of Medicine and Health'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](http://sydney.edu.au/medicine/pmri/education)

T: +61 2 9463 1516  
E: [paineducation@sydney.edu.au](mailto:paineducation@sydney.edu.au)

## Children's Pain Management Clinic

## Paediatric Chronic Pain Symposium

Saturday 10th November 2018

At the Ella Latham Auditorium, The Royal Children's Hospital  
50 Flemington Road, Parkville, VIC 3052



Presented by the clinicians of the multidisciplinary team, this one day symposium will provide guiding principles of paediatric chronic pain management, including:

- an overview of the epidemiology and multidimensional nature of chronic pain in childhood and adolescence
- an introduction to assessment and treatment strategies, with evidence-informed overviews of primary approaches within a biopsychosocial framework, including assessing and treating Complex Regional Pain Syndrome in this population
- managing pain presentations of medically unexplained aetiology
- delivering education about pain.

It is directed towards all health care professions that may encounter paediatric chronic pain presentations in their practice. The full programme for the Symposium will be provided in due course.

Cost (including morning and afternoon tea): \$250.00 (incl. GST)  
Bookings via Eventbrite: <https://bit.ly/2IBKc1n>



**Save the Date!**

11-14 November 2018  
International Convention Centre  
Sydney, Australia

11th International Conference on Frontotemporal Dementias

[www.icftd2018.org.au](http://www.icftd2018.org.au)



### KEY DATES

Call for Papers opens	<b>1 March 2018</b>
Call for Papers deadline	<b>1 June 2018</b>
Online registration opens	<b>1 May 2018</b>
Early Bird deadline	<b>6 August 2018</b>



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- Exclusive networking opportunities
- The latest rehabilitation technologies
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THE UNIVERSITY OF SYDNEY

## PAIN REFRESH

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## PAIN MANAGEMENT MULTIDISCIPLINARY WORKSHOP 2019



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



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



FROM WHERE WE STAND



**SAVE THE DATE!**

**KEY DATES**

Call for Abstracts opens	<b>16 October 2018</b>
Abstract Submission Deadline	<b>8 January 2019</b>
Early bird Registration Deadline	<b>1 March 2019</b>

**Spine Society of Australia**  
**30th Annual Scientific Meeting**  
 Gold Coast Convention & Exhibition Centre, Queensland  
**5-7 APRIL 2019**



Expressions of interest online at:  
[www.dcconferences.com.au/ssa2019](http://www.dcconferences.com.au/ssa2019)

For more information please contact the SSA  
 Conference Secretariat: DC Conferences Pty Ltd  
**E** [ssa2019@dcconferences.com.au](mailto:ssa2019@dcconferences.com.au) | **P** 612 9954 4400



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**8<sup>TH</sup> ASEAPS CONGRESS, MALAYSIA**

**2019**

[www.aseaps2019.com](http://www.aseaps2019.com)

 11th – 14th April 2019  Pullman Kuching, Kuching, Sarawak, Malaysia

 *Building Collaborations In Pain Management*

1ST ANNOUNCEMENT





## NEW!

- **Aboriginal Health and #ElderCare funding up to \$46 million:** Applications close on 26 November 2018: <https://www.grants.gov.au/?event=public.GO.show&GOUUID=F049C64A-BFCA-7073-B23A8849C0B336F7>
- **Palliative Care Australia (PCA) and Australian Indigenous HealthInfoNet (HealthInfoNet) has launched a new Palliative Care and End-of-Life Resource Portal for the workforce who support Aboriginal and Torres Strait Islander peoples at Parliament House in Canberra. The palliative care and end-of-life portal is designed to assist health professionals who provide care for Aboriginal and Torres Strait Islander people, their families and communities:** <https://healthinfonet.ecu.edu.au/learn/health-system/palliative-care/>

## OTHER ITEMS OF INTEREST FOR OUR MEMBERS:

- **PainAustralia eNewsletter:** latest issue, available online at <http://www.painaustralia.org.au/media/enews>
- **ePPOC- electronic Persistent Pain Outcomes Collaboration:** For more information about ePPOC, refer to the website: <http://ahsri.uow.edu.au/eppoc/index.html>
- **PainHEALTH website:** <http://pain-health.csse.uwa.edu.au/>
- **ANZCA/FPM Free Opioid Calculator App:** Smart phone app that converts opiates to milligrams of morphine, available for both iPhone and Android: <http://www.opioidcalculator.com.au>

- **Stanford University:** CHOIR Collaborative Health Outcomes Information Registry: <https://choir.stanford.edu/>
- **2018 Global Year for Excellence in Pain Education:** Launched 22JAN18. See information and resources on our website: <http://www.apsoc.org.au/global-year-against-pain>
- **Opioid Podcasts for GPs:** 20 week series from the Hunter Postgraduate Medical Institute: <http://www.gptraining.com.au/recent-podcasts>
- **Airing Pain:** Pain resources via an online radio show produced by Pain Concern, a UK registered Charity: <http://painconcern.org.uk/airing-pain/>
- **Digital Health Guide:** Developed by Primary Health Network Tasmania: <https://digitalhealth-guide.com.au/Account/LogOn?ReturnUrl=%2fSpecialtyFormulary%2f2>

At login. Username: connectingcare  
Password: health

- **2017 Australia's Health Tracker by Socio-economic status:** Released 28NOV17: <https://www.vu.edu.au/australian-health-policy-collaboration/publications#goto-----australias-health-tracker-by-socioeconomic-status-----=1>
- **Indigenous Resources:** New webpage on the APS website aggregating Indigenous resources: <https://www.apsoc.org.au/Indigenous-Resources>
- **IASP Statement on Opioids:** Approved February 2018: <https://www.iasp-pain.org/Advocacy/OpioidPositionStatement>

This reference can also be found on the [APS Position Papers](#) webpage.



- **NSW Cannabis Medicines Advisory Service (CMAS):** Launched 29JAN18

Fact Sheet on our website:  
[https://www.apsoc.org.au/PDF/Fact\\_Sheets/20180129\\_NSW-CannabisMedicinesAdvisoryService-CMAS\\_Fact\\_Sheet\\_FINAL.PDF](https://www.apsoc.org.au/PDF/Fact_Sheets/20180129_NSW-CannabisMedicinesAdvisoryService-CMAS_Fact_Sheet_FINAL.PDF)

Service available: 9am-5pm Monday-Friday

Hotline: (02) 4923 6200 or email:  
[HNELHD-CMAS@hnehealth.nsw.gov.au](mailto:HNELHD-CMAS@hnehealth.nsw.gov.au)

## NPS MEDICINEWISE RESOURCES:

- **Chronic Pain edition issued 01JUN15:** <http://www.nps.org.au/publications/health-professional/nps-news/2015/chronic-pain> and [https://www.nps.org.au/medical-info/clinical-topics/news/chronic-pain?utm\\_medium=twitter&utm\\_source=17-07-24&utm\\_campaign=pain&utm\\_content=painweek-MN#key-points](https://www.nps.org.au/medical-info/clinical-topics/news/chronic-pain?utm_medium=twitter&utm_source=17-07-24&utm_campaign=pain&utm_content=painweek-MN#key-points)
- **Choosing Wisely Australia – News & media:** <http://www.choosingwisely.org.au/news-and-media>
- **Over the counter codeine – changes to supply:** <https://www.nps.org.au/medical-info/clinical-topics/over-the-counter-codeine-changes-to-supply>
- **Medicines with codeine – what you need to know:** <https://www.nps.org.au/medical-info/consumer-info/medicines-with-codeine-what-you-need-to-know>

## TGA

- **Codeine information hub:** <https://www.tga.gov.au/codeine-info-hub>

- **Guidance for the use of medicinal cannabis in the treatment of chronic non-cancer pain in Australia, v1-DEC17:** <https://www.tga.gov.au/publication/guidance-use-medicinal-cannabis-treatment-chronic-non-cancer-pain-australia>

## NSW AGENCY FOR CLINICAL INNOVATION RESOURCES:

- **Our Mob- Resources for Aboriginal People:** <https://www.aci.health.nsw.gov.au/chronic-pain/our-mob>
- **Brainman and Pain Tool Kit translations, SEP15:** <http://www.aci.health.nsw.gov.au/chronic-pain/translated-resources>
- **Pain Management Resources:** <http://www.aci.health.nsw.gov.au/resources/pain-management>
- **Quicksteps to Manage Chronic Pain in Primary Care:** <http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care>
- **Built into Quicksteps- “How to de-prescribe and wean opioids in general practice”:** <http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care/how-to-de-prescribe-and-wean-opioids-in-general-practice>
- **A list of helpful apps for consumers and clinicians now available at:** <http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/management-of-chronic-pain>

## MEMBERS ONLY AREA OF APS WEBSITE:

- **APS Plenary Recordings**

As an exclusive benefit to APS members, the following Plenary videos are now available for free access:

- 2018 conference in Sydney
- 2017 conference in Adelaide
- 2016 conference in Perth

- **Better Pain Management online learning modules**

APS members receive a 20% discount

- **BPR SIG Expert Database**

Survey and Results

## APS MEDIA RELEASES:

- Refer to our website for a full listing of media releases: <http://www.apsoc.org.au/Media>

## NEW MEMBERS AT 30 OCT 2018

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Mrs	Jenan	Abdulwahed	Pharmacy
Ms	Raelene	Clark	Myotherapy
Mr	Alex	Dilena	Physiotherapy
Ms	Karen	Gainey	Dietetics
Mr	Mitchell	Gibbs	Science Research
Mrs	Vanessa	Jessup	Physiotherapy
Miss	Alex	McCutchan	Gynaecology
Mr	Alexander	Murray	Podiatry
Mr	Richard	Pease	Orthopaedics
Ms	Christine	Scarborough	Psychology
Mrs	Janette	Smith	Nursing
Dr	Peter	Tenni	Pharmacy
Mrs	Jennifer	Wilson	Nursing

## APS MEMBERSHIP RENEWALS 2019



**RENEWAL NOTICES FOR 2019 WILL BE SENT BY EMAIL TO MEMBERS  
IN LATE NOVEMBER.**

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

Please note:

1. We understand that circumstances change, so each year we ask you to select your appropriate level of membership.
2. This system of self-reporting subscription levels was implemented in 2009 for the benefit and fairness of all members.

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

Payments can be made by Credit Card or Cheque.

## APS MEMBERSHIP SURVEY 2019



In order to align the invaluable feedback from our membership surveys to the APS President changeover cycle, we will again ask members to complete a survey with their 2019 membership renewal.

The survey results will assist the new APS leadership team to shape the strategic goals of our society.

The following survey will be scheduled in two year's time in 2021.

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

**10 Nov 2018**

**The Royal Children's Hospital Melbourne**

*The RCH Paediatric Chronic Pain Management Symposium*

The Ella Latham Auditorium at The Royal Children's Hospital, Melbourne, VIC

<https://bit.ly/2IBKc1n>

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**11-14 Nov 2018**

**International Society on Frontotemporal Dementias**

*11th International Conference on Frontotemporal Dementias*

International Convention Centre, Sydney, NSW

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

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**16-17 Nov 2018**

**Occupational Therapy Australia National Paediatrics Symposium 2018**

*Community, Collaboration and Capability*

SMC Conference & Function Centre, SYDNEY, NSW

<http://www.otausevents.com.au/events/national-paediatrics-symposium-2018/event-summary-147160654c18486a863a1345fd616cc9.aspx>

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**21-24 Nov 2018**

**AOCPRM 6th and Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ) 3rd Annual Scientific Meeting**

*North to South, East to West*

SkyCity, Auckland, New Zealand

<http://www.aocprm2018.com/aocprm18>

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**23 Nov 2018**

**UQ Recover Injury Research Centre**

*RECOVER Forum 2018*

Rydges South Bank, Brisbane, QLD

<https://recover.centre.uq.edu.au/event/730/recover-forum-2018>

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**7-8 Dec 2018**

**Ehlers-Danlos Society**

*Learning Conference Australia*

MUSE Building, Macquarie University, Sydney, NSW

<https://www.ehlers-danlos.com/2018-eds-australia/>

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**7 Dec 2018**

**University Queensland IMB Centre for Pain Research**

*Brisbane Pain Research: Multidisciplinary Perspectives & Therapeutics*

Institute for Molecular Bioscience, Brisbane, QLD

<https://www.eventbrite.com.au/e/brisbane-pain-research-multidisciplinary-perspectives-therapeutics-registration-43738707652>



**10-11 Dec 2018**

**Ehlers-Danlos Society**

*Learning Conference Australia*

Curtin University Building 410, Perth, WA

<https://www.ehlers-danlos.com/2018-eds-australia/>

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**4-14 Feb 2019**

**Pain Management Research Institute, The University of Sydney**

*Pain Refresh - Pain Management Multidisciplinary Workshop*

Royal North Shore Hospital, St Leonards, Sydney, NSW

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

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**7-10 Mar 2019**

**New Zealand Pain Society Annual Scientific Meeting - NZPS19**

*From where we stand*

Rydges Latimer Hotel, Christchurch, New Zealand

<http://www.nzps2019.nz>

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**5-7 Apr 2019**

**Spine Society of Australia**

*30th Annual Scientific Meeting*

Gold Coast Convention & Exhibition Centre, Gold Coast, QLD

<http://www.dcconferences.com.au/ssa2019/>

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**7-10 Apr 2019**

**Australian Pain Society 39th Annual Scientific Meeting**

*In the IASP Global Year Against Pain in the Most Vulnerable*

Gold Coast Convention and Exhibition Centre, Gold Coast, QLD

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

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**11-14 Apr 2019**

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

*Building Collaborations In Pain Management*

Pullman Kuching, Sarawak, Malaysia

<http://www.aseaps2019.com>

**28 Apr 2019**

**Faculty of Pain Medicine (FPM)**

*Annual Pain Medicine Symposium: Pain at the interface (formerly Refresher Course Day)*

Kuala Lumpur Convention Centre, Kuala Lumpur, Malaysia

[TBA](#)

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**29 Apr-3 May 2019**

**Australian and New Zealand College of Anaesthetists (ANZCA) Annual Scientific Meeting 2019**

*New worlds. Come explore.*

Kuala Lumpur Convention Centre, Kuala Lumpur, Malaysia

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

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**25-30 May 2019**

**INS International Neuromodulation Society 14th World Congress**

*Neuromodulation - Leading a Global Revolution*

International Convention Centre, Sydney, NSW

<https://ins-congress.com/2019/#.W3l2vTthLQM>

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**10-12 Jul 2019**

**Occupational Therapy Australia**

*Together Towards Tomorrow*

International Convention Centre, Sydney, NSW

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

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**10-13 Sep 2019**

**Palliative Care Australia**

*19APCC*

Perth Convention and Exhibition Centre, Perth, WA

<https://oceanicpallcare.com>

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**16-19 Oct 2019**

**Dietitians Association of Australia, 36th National Conference**

*TBA*

Gold Coast Conference and Exhibition Centre, Gold Coast, QLD

<http://daa2019.com.au>



THE  
AUSTRALIAN  
PAIN SOCIETY

## VISION:

All people will have optimal access to pain prevention and management throughout their life.

## MISSION:

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

## AIMS:

- To promote the provision of healthcare services for pain management
- To promote equity of access to pain management services
- To actively engage with key stakeholders and contribute to their activities
- To provide a contemporary forum to discuss issues relating to pain research and treatment
- To foster and support pain-related evidence-based research
- To share and promote the expertise of all disciplines involved in the treatment of pain
- To promote and facilitate evidence-based pain related education for health professionals and the community
- To promote the development and use of standards and outcome measures in everyday clinical practice

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THE  
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PAIN SOCIETY

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