



VOLUME 39, ISSUE 1



AUSTRALIAN PAIN SOCIETY NEWSLETTER



EDITOR'S NOTE

LINCOLN TRACY — ASSISTANT EDITOR

Welcome to 2019! I hope that you had a safe and enjoyable holiday period with your family and loved ones. It is hard to believe that we are in February already. With the New Year comes the next call for applications to the North American Pain School (NAPS), a fantastic educational initiative for postgraduate students and clinical trainees alike. APS President Elect Anne Burke and I were lucky enough to be invited as part of the 2018 and 2017 intakes, respectively. Anne and I have reflected on our time at NAPS and shared our thoughts on what an incredible experience it was. A must-read if you are considering applying for the 2019 intake!

The Australian Pain Society SIG for Pain in Childhood and the Academy of Child & Adolescent Health (ACAH) have recently entered into an agreement to spread the awareness of important childhood advocacy bodies. The ACAH was formed in 2016 and serves to promote the health and well-being of children and adolescents in Australia. Keep an eye out for further announcements relating to the 2019 ACAH Conference, which will be held in Adelaide on the 17th, 18th, and 19th of October.

Jenny Strong and her colleagues provide excellent summaries on several recent papers across a wide range of pain-related topics. One study analysed blog posts from people with chronic pain to investigate how chronic pain bloggers interact and receive social support through their posts. Through

qualitative phenomenological thematic analysis (try saying that three times fast), Strong et al. show that blogging can be useful in seeking, receiving, and providing social support for people with chronic pain.

Strong et al. also provide a summary of an observational study investigating the relationship between activity pacing and activity participation in people with chronic pain. This is a timely study given recent concerns that activity pacing may negatively impact activity participation.

Last – but certainly not least – the program for the 2019 APS ASM on the Gold Coast (April 7th – 10th) has been released. In addition to the great line up of international and national keynote speakers, there are plenty of cracking topical and free paper sessions. February 22nd is the last day for the Early Bird rates – don't miss out!

Lincoln Tracy
Assistant Editor

THE NORTH AMERICAN PAIN SCHOOL (NAPS)



LINCOLN TRACY

Lincoln Tracy is a researcher and freelance writer based in Melbourne.

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ANNE BURKE

Anne Burke is President Elect of the Australian Pain Society and Co-Director of Psychology at Central Adelaide Local Health Network.

Twitter: @anne_burke.

The North American Pain School (NAPS) is an educational initiative of the International Association for the Study of Pain (IASP) and the Analgesic, Anaesthetic, and Addiction Clinical Trial Translations, Innovations, Opportunities, and Networks (ACTTION) partnership, presented by the Quebec Pain Research Network.

Each year, NAPS brings leading experts in the field of pain research and management together with 30 trainees to provide a unique educational and networking experience at the incredible Chateau Montebello (approximately ninety minutes out of Montreal).

The first NAPS intake (2016) consisted solely of trainees from the northern hemisphere. Subsequent years however, have included an Australian flavour, with Lincoln Tracy and Anne Burke (APS President Elect) invited to attend in 2017 and 2018, respectively. Read on for recaps of their time at NAPS – and why you should apply for the 2019 intake.

Lincoln Tracy – Class of 2017

I first thought about applying to NAPS for 2016 when I saw it advertised in an email from IASP. It immediately struck me as an incredible opportunity not only to learn from internationally recognised pain researchers, but also to meet people working on the same problems as I was. I wasted no time in preparing and submitting my application.

Unfortunately, I was not successful in my application to be part of the first NAPS intake. I remember chatting with Jeffrey Mogil (NAPS Director) about NAPS when he came past my poster at the World Congress in Yokohama. It sounded like the first year had been a resounding success, so I made sure I applied again in 2017.

It was a case of second time lucky for me. The week after I submitted my PhD thesis, I was off to Montebello. While it was an honour to win the 'most distance travelled to be there' award, I got so much more than that out my time at NAPS.

My biggest take away from NAPS has been combining other interests with my research career. This has predominantly been in the form of freelance writing. My work – including interviews and session recaps from the APS meeting in Sydney this year – has featured on [Pain Research Forum](#) and [RELIEF](#).

More importantly, NAPS introduced me to so many great people. This provided even more of an incentive to attend the World Congress in Boston earlier this year – I would actually know more than a handful of people at an international conference! I truly value the friendships that I have formed by attending NAPS – and hope they remain strong for years to come.

I would definitely recommend NAPS to all postgraduate students and clinical trainees who are interested in attending. You just need to lean into everything that the week throws at you – it is a brilliant, chaotic, and immensely enjoyable experience.

Anne Burke – Class of 2018

I first heard about NAPS via an email from the Canadian Pain Society – I had presented a poster at their conference in 2016 and was obviously still on their database. Thank goodness I was because I'm not sure I would have heard about

NAPS otherwise. As soon as I read the email I looked up the website and from that point on, I was incredibly keen to go!

While there were many reasons that made me want to apply, one thing in particular stood out: NAPS provided a rare opportunity to focus on the translational aspects of research. These are important parts of what we do and why we do it – yet standard conferences and training days rarely cover them.

I came away from NAPS with a fresh perspective on my work; a change in mindset that proved to be invaluable in the final wrap up of my thesis.

It is hard to describe how amazing the NAPS experience was. You spend five days – with a fantastic group of people in a stunning setting – focussing on research and professional matters. What's not to love about that?

Attending NAPS allowed me to form an incredible international network with inspiring researchers and I'm really looking forward to the collaborative projects that I know NAPS alumni will deliver in the not too distant future.

To anyone who is considering applying for NAPS, I'd say most definitely go for it! But.... if you are lucky enough to be accepted, then make sure you take advantage of every opportunity that's offered, otherwise you'll miss a once in a lifetime chance to learn from some incredible minds!

The next NAPS will run from June 23rd to 28th 2019. Applications open in mid-January and close on March 3rd, 2019 – so make sure you don't miss out. Visit <https://northamericanpainschool.com/> for further information.

Declaration

The authors have no conflict of interest to declare.

ACAH 2019

ACADEMY OF CHILD & ADOLESCENT HEALTH ANNUAL CONFERENCE
17-19 OCTOBER 2019 ADELAIDE

The 'Academy of Child and Adolescent Health' (ACAH)

In November 2018, the Australian Pain Society Pain in Childhood SIG and ACAH agreed to cooperate and cross promote websites to spread the awareness about our important child advocacy bodies.

ACAH's principal purpose is promoting the health and well-being of all children and adolescents in Australia through education, advocacy, public information, family support and communication and collaboration with other child and adolescent health care providers.

The idea for ACAH developed in 2013 when the Paediatric Division of The Royal Australasian College of Physicians recognised the desire of many paediatricians for a more independent overarching paediatric society like those existent in many other countries. A working group was established to explore greater autonomy for paediatric health professionals resulting in the foundation of the Academy of Child and Adolescent Health in December 2016. The first Annual General Meeting was held on 11th October 2017 and the Academy was officially launched on the 1st & 2nd March 2018 as part of two-day conference at the Royal Children's Hospital in Melbourne.

Speakers included Dr Timothy Jolleyman, President of the Paediatric Society New Zealand, Prof. Neena Modi, then President



of the British Royal College of Paediatrics and Child Health, Dr. Catherine Yelland, then President of the RACP and Dame Quentin Bryce, former Governor-General of Australia.

The 2019 ACAH conference is to be held in Adelaide, South Australia at the Hotel Grand Chancellor, 17-19th October.

<https://acah.org.au/acah2019/>

Membership of ACAH is open to all registered healthcare professionals practising in recognised fields of Child and Youth Health; not just paediatricians. Membership is also available to students with an interest in child health.

For more information about the Academy and how to become a member please go to <https://acah.org.au> or contact Andrea Lloyd at the ACAH Secretariat office at:

T: +61 408 523 900

E: admin@acah.org.au

Arno Ebner
Paediatrician / APS PinC SIG
Communications Officer



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

EARLY BIRD DEADLINE CLOSING SOON - DON'T MISS OUT!

Register online 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. Don't delay, register 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.
For a full list of registration fees please visit the conference website.

	EARLY BIRD: BEFORE 23 FEBRUARY 2019
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

Become an APS Member today and start saving right away!

PROGRAM NOW AVAILABLE

The Committee is pleased to announce the final line up for the APS 2019 Conference. Available now on the website is:

Keynote Speakers

Read the biographies of the international keynote speakers, and national plenary speakers

Pre-Conference Workshops

8 workshops available!

Topical Sessions

An outline of each topical session included in the program

Free Paper Sessions

An outline of each free paper session included in the program

SOCIAL PROGRAM

As well as a jam-packed conference program, we also have lots of exciting social functions on offer! We encourage delegates to make the most of your conference experience and attend as many of the social functions as possible.

An exciting social program will include:

Welcome Reception

Sunday 7 April, 6.00pm to 7.30pm, Gold Coast Convention Centre

Monday Networking Drinks

Monday 8 April, from 6.00pm, Garden Kitchen & Bar at The Star Gold Coast (each guest will be entitled to a complimentary drink voucher)

Gala Dinner

Tuesday 9 April, 7.00pm till 11.00pm, HOTA, Home of the Arts

For details on all activities visit the website [here](https://www.dccconferences.com.au/aps2019/social_program).

The Local Organising Committee also wants you to enjoy all the Gold Coast has to offer and they have arranged a number of additional activities you can get involved with. Network with colleagues and enjoy the following options:

Monday 8 April – beach walk or run

Tuesday 9 April – beach yoga / pilates

Daily – the morning coffee run

https://www.dccconferences.com.au/aps2019/social_program

TOUR OPTIONS

APS 2019 also provides you with the opportunity to experience the Gold Coast before and after the Conference with a range of local tour options available through a local tour operator. Visit the [website](#) and see what is on offer from all the theme parks to Currumbin Wildlife Sanctuary.

Take a look at the conference website for further details on what is on offer, and be sure to add them to your registration when you register online.

REGISTER TODAY!

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

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

Thank you to APS member Jenny Strong and colleagues Samuel Tsai and Emma Crawford for sharing the following recent publication:

Seeking virtual social support through blogging: A content analysis of published blog posts written by people with chronic pain

Jenny Strong, Samuel Tsai and Emma Crawford

Article first published online: 16 May 2018

Journal Reference: Digital Health Volume 4:1-10

DOI: 10.1177/2055207618772669

Link: <https://www.ncbi.nlm.nih.gov/pubmed/29942635>

ABSTRACT

Objective

People with chronic pain often have limited avenues for social support. Social isolation often develops as their abilities to engage in daily social and vocational activities decrease. With recent advancements in technology and increasing use of social media, virtual platforms such as blogging may provide opportunities for social support. This study analyzed published blog posts of people with chronic pain to investigate how social support occurs through blogging for chronic pain blog users and the nature of such online interactions.

Methods

A total of 810 blog posts published from January 2014 to December 2015 on 44 publicly accessible chronic pain blogs were collected and analyzed through qualitative phenomenological thematic analysis.

Results

The Virtual Online Support Sequence (VOSS) was identified through the exchange of online comments; this sequence defines the process by which virtual social support can be established through the process of chronic pain blogging. Three subthemes were also identified in relation to social support in the online blogging environment: (a) the virtual community of pain blogging; (b) establishing social support through the VOSS; and (c) recounting everyday experiences related to pain.

Conclusions

These findings suggest that blogging can be useful in seeking, receiving and providing social support for people with chronic pain. Understanding this mechanism behind establishing virtual social support may potentially encourage people with chronic pain to pursue additional support online if they have limited face-to-face opportunities.

Declaration

The authors have nothing to declare.

Thank you to APS members Jenny Strong, Maree Smith, James O'Callaghan, Brendan Moore and colleagues Georgia Richards, Lesley Lluka and Catherine Haslam for sharing the following recent publication:

Effects of long-term opioid analgesics on cognitive performance and plasma cytokine concentrations in patients with chronic low back pain: a cross-sectional pilot study

Jenny Strong, Maree Smith, James O'Callaghan, Brendan Moore, Georgia Richards, Lesley Lluka, Catherine Haslam

Article first published online: 1 July 2018

Journal Reference: PAIN Reports. 3(4):e669

DOI: 10.1097/PR9.0000000000000669

Link: https://journals.lww.com/painrpts/fulltext/2018/08000/Effects_of_long_term_opioid_analgesics_on.4.aspx

ABSTRACT

Introduction

Cognitive performance and inflammation are altered in people with chronic low back pain (CLBP). Yet, the magnitude of these changes has been unclear because of the potential influence of opioid analgesics.

Objectives

This cross-sectional pilot study aimed to explore whether patients with CLBP receiving long-term opioid analgesics differed from patients not taking opioids on measures of cognitive performance and plasma cytokine concentrations.

Methods

Patients with CLBP who were either taking (N 5 18) or not taking (N 5 22) opioids daily for 3 or more months were recruited from a tertiary care private hospital and compared with healthy adults (N 5 20). All groups were administered validated questionnaires to assess depression, anxiety, and stress; a cognitive test of memory, attention, and executive function; and a peripheral blood draw to measure proinflammatory (IL-1b, IL-2, IL-8, IL-12p70, TNF-a, and IFN-g), anti-inflammatory (IL-4, IL-10, and IL-13), and pleiotropic (IL-6) cytokine concentrations. Patients also completed pain-specific questionnaires.

Results

Patients receiving opioid analgesics performed significantly (P , 0.05) worse in attention and had significantly (P , 0.05) lower pain self-efficacy beliefs than those patients not taking opioids. Patient groups did not differ in mean pain severity or pain interference scores, tests of memory and executive function, and mean plasma cytokine concentrations, despite long-term opioid analgesics.

Conclusion

Patients receiving long-term opioid analgesics for CLBP have minor differences when compared with patients not taking opioids. This has important clinical implications when considering long-term treatment for patients with CLBP.

Declaration

The authors have nothing to declare.

Thank you to APS member Jenny Strong and colleagues Nicole Andrews, Pamela Meredith and Grace Branjerdporn for sharing the following recent publication:

Approach to activity engagement and differences in activity participation in chronic pain: A five-day observational study

Jenny Strong, Nicole Andrews, Pamela Meredith and Grace Branjerdporn

Article first published online: 4 September 2018

Journal Reference: Australian Occupational Therapy Journal: Vol 65 Issue 6: Dec 2018

DOI: 10.1111/1440-1630.12516

Link: <https://onlinelibrary.wiley.com/doi/abs/10.1111/1440-1630.12516>

ABSTRACT

Background

Activity pacing is one of the most widely endorsed interventions used by occupational therapists to assist clients to manage chronic pain conditions. It targets two behaviours that are thought to be maladaptive: activity avoidance and overactivity (activity engagement that severely aggravates pain). However, in more recent years, the potential for activity pacing to negatively impact activity participation has been recognised which deters habitually overactive individuals from adopting the self-management strategy. The main aim of this study was to evaluate if variances in activity participation can be explained by how individuals approach activity engagement when in pain.

Methods

Sixty-eight adults with chronic pain completed a demographic questionnaire, the Pain and Activity Relations Questionnaire (PARQ), and recorded their participation in activities for five days using a paper diary. Two of the authors independently coded the recorded activities into one of three time-use categories: rest, productivity or leisure/social. A MANCOVA model was produced to examine differences in time use across four 'approach to activity engagement' categories which were determined by scores on the PARQ.

Results

A significant multivariate effect was found. Univariate comparisons revealed that 'overactives' (high over-activity, low avoidance) and 'pacers' (low overactivity, low avoidance) spent a similar amount of time resting over the five-day period. 'Overactives' spent the most amount of time on productive tasks and the least amount of time on social/leisure activities out of the four subgroups.

Conclusions

Results suggest that activity pacing does not negatively impact on activity participation in chronic pain populations. 'Pacers' spent a similar amount of time resting, and had a slightly better balance between productive tasks and leisure/social activities, when compared to 'overactives'. The results of this study can be incorporated into patient education and highlight potential treatment avenues for individuals with chronic pain who are habitually overactive.

Declaration

The authors have nothing to declare.

Thank you to APS members Jenny Strong and Cate Sinclair and their colleague Pamela Meredith for sharing the following recent publication:

Case formulation in persistent pain in children and adolescents: The application of the nonlinear dynamic systems perspective

Jenny Strong, Cate Sinclair and Pamela Meredith

Article first published online: 4 October 2018

Journal Reference: British Journal of Occupational Therapy, Volume: 81 issue: 12, page(s): 727-732

DOI: 10.1177/0308022618802722

Link: <https://journals.sagepub.com/doi/abs/10.1177/0308022618802722>

ABSTRACT

Statement of context

Recent empirical evidence demonstrates both insecure attachment and atypical sensory modulation patterns are associated with impaired function for children/adolescents with persistent pain. An integrating framework is required to translate this knowledge into clinical practice.

Critical reflection on practice

Case studies demonstrate how the nonlinear dynamic systems perspective can assist occupational therapists to (1) understand how sensory modulation and attachment systems contribute to pain, distress, and functioning for children/

adolescents with persistent pain, and (2) identify processes supporting adaptive occupational patterns.

Implications for practice

Application of nonlinear dynamic systems theory can inform clinical formulation for children/adolescents with persistent pain.

Declaration

The authors have nothing to declare.

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>
Cops for Kids #3 — APS — APRA	Dr Nicole Andrews	<i>“An evaluation of the usability of a paediatric version of the Pain ROADMAP app”</i>

PAST SCHOLARS

PHD SCHOLARSHIP SPONSOR	SCHOLAR	COMPLETED	TOPIC
APS #1-APRA	Samantha South	1999	<i>"Antinociceptive pharmacology of morphine and its major glucuronide metabolites"</i>
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>
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 Kissiwaa	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>

2019 GLOBAL YEAR AGAINST PAIN IN THE MOST VULNERABLE

The 2019 Global Year Against Pain in the Most Vulnerable 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 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 in the Most Vulnerable, please send us a report and photos to share with your fellow members.



FOR FURTHER INFORMATION:

AUSTRALIAN PAIN SOCIETY WWW.APSOC.ORG.AU

FACULTY OF PAIN MEDICINE, AUSTRALIAN AND NEW ZEALAND COLLEGE OF ANAESTHETISTS WWW.FPM.ANZCA.EDU.AU

NEW ZEALAND PAIN SOCIETY WWW.NZPS.ORG.NZ

PAINAUSTRALIA WWW.PAINAUSTRALIA.ORG.AU

THE INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN (IASP) WWW.IASP-PAIN.ORG



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.

DO YOU HAVE COMPLEX REGIONAL PAIN SYNDROME (CRPS) OF THE UPPER LIMB? YOU MAY BE ELIGIBLE FOR OUR EXPERIMENT.



We are investigating how the brain processes sensory information. We are reading the brain's responses to brief electrical stimulation to the hands, using electrodes on the scalp. You will also be given some questionnaires to complete.

This experiment involves a 2-hour (approx.) lab visit to the University of South Australia.

We will reimburse you \$20/session for your time and will cover your transport expenses.

Please contact Flavia at flavia.dipietro@sydney.edu.au if you are interested.

*University of South Australia Human Research Ethics Committee -
Ethics Protocol Number 0000036055*



International Association for the Study of Pain

IASP*Working together for pain relief*

IASP IS ACCEPTING APPLICATIONS FOR 2019 US\$20,000 EARLY CAREER RESEARCH GRANTS

Pain professionals who are IASP members and within six years of earning their final degree or completing specialty training are invited to apply for [IASP's Early Career Research Grants](#) of up to US\$20,000. Deadline for submissions is **February 7, 2019**. Clear evidence of professional independence (i.e., a faculty-level academic appointment such as an assistant professor rank with dedicated, independent research space) is required, and applicants should not have received any prior grant from any funder for support equal to or greater than \$20,000.

To apply or learn more, visit the [Early Career Grants website](#).

HAVE YOU SEEN OUR LATEST PUBLICATION? GET YOUR COPY HERE!

Pain in Residential Aged Care Facilities: Management Strategies 2nd Edition

In the new edition:

Improved layout

Colour coded for easy reference

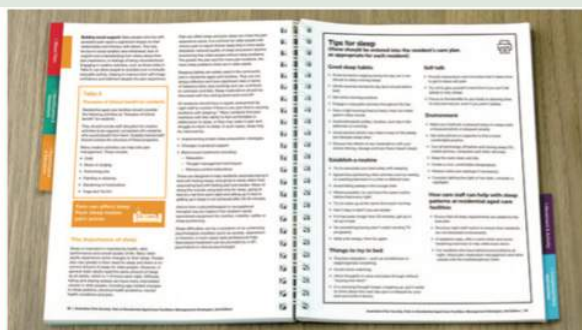
Easy access to printable PDFs

Expanded content

Case Studies



- Chapter 1:** About Pain
- Chapter 2:** Identification and assessment of pain in aged care residents
- Chapter 3:** Beyond medication: psychological and educational approaches to pain management
- Chapter 4:** Movement and physical activity
- Chapter 5:** Complementary approaches to pain
- Chapter 6:** Pharmacological treatments
- Chapter 7:** Dementia and cognitive impairment: special considerations
- Chapter 8:** Pain at the end of life
- Chapter 9:** Pain and nutrition
- Chapter 10:** Quality and systems issues



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www.apsoc.org.au/publications

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Pain Management Research Institute

ROYAL NORTH SHORE HOSPITAL



THE UNIVERSITY OF SYDNEY

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 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

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



THE UNIVERSITY OF SYDNEY

PAIN REFRESH

PAIN MANAGEMENT MULTIDISCIPLINARY WORKSHOP 2019



WEEK 1: FEBRUARY 4-7

WEEK 2: FEBRUARY 11-14

Masterclass in Psychologically-Informed Practice: Early intervention for injury-related pain

MASTERCLASS 2019

Thursday 14 February

This one-day masterclass is a unique opportunity for healthcare professionals to enhance and develop skills in psychologically informed practice when treating musculoskeletal (MSK) pain.

- Focused sessions aimed at understanding and implementing early psychologically-informed interventions for musculoskeletal injuries and pain.
- Learn from internationally-recognised experts in the field of early intervention for musculoskeletal pain about how you can implement this knowledge into your practice and better help your patients.
- Share knowledge and skills in this rapidly developing approach and facilitate research and implementation agendas.
- Ideal for clinicians working in primary care, compensation scheme agents, administrators and regulators. It will be of particular importance for those health professionals who deal with acute injuries following a work injury, or motor vehicle accident.

Early bird registration: AUD \$275 (inc. GST) (early bird offer ends Dec 20).

Full registration: AUD \$350 (inc. GST)

Catering and post-event beverages included in registration fee

Contact: paineducation.admin@sydney.edu.au

Registration: <https://sydney.edu.au/medicine/pmri/education/continuing/masterclass.php>

CPD
6 HRS

Numbers limited to 80 seats. Register early!

Internationally Recognised Experts



Prof. Steven J. Linton, Centre of Health & Medical Psychology, Örebro University, Sweden. Director of the Center for Health and Medical Psychology (CHAMP).

Steven's current research interests revolve around pain, stress and insomnia, the effectiveness of early psychological interventions and the role of psychological factors in the development and treatment of health problems such as pain or insomnia. He pioneered an early identification system based on psychosocial factors for patients with back pain. His work has also addressed treating the patients identified to prevent the pain problem from becoming chronic. Most recently his work has focused on matching early treatments to subgroups of patients based on each patient's needs. He has also undertaken significant work on rehabilitation of patients suffering persistent pain.



Prof. Michael Nicholas, Pain Management Research Institute, The University of Sydney & Royal North Shore Hospital.

Professor Michael Nicholas directs Pain Education at the Pain Management Research Institute, which is part of the Faculty of Medicine at the University of Sydney, and is based at the Royal North Shore Hospital. Michael maintains an active clinical role at the hospital where he directs several pain management programs. He has an international reputation in this field with over 180 publications in scientific journals and books on psychological aspects of pain and pain management. His current research interests include ways of enhancing the self-management of persisting pain, and early psychosocial interventions to prevent disabling chronic pain in injured workers.



Prof. Peter O'Sullivan, Chair in MSK Physiotherapy, Curtin University, WA.

Peter is Professor of Musculoskeletal Physiotherapy, School of Physiotherapy and Exercise Science at Curtin University and a Specialist Musculoskeletal Physiotherapist (as awarded by the Australian College of Physiotherapists in 2005). He is internationally recognised as a leading clinician, researcher and educator in Musculoskeletal pain disorders. He has published more than 220 research papers, written numerous book chapters and has been keynote speaker at over 90 national and international conferences. Peter also consults at Body Logic Physiotherapy where he reviews disabling musculoskeletal pain disorders.



THE UNIVERSITY OF
SYDNEY

PMRI PAIN MANAGEMENT
RESEARCH INSTITUTE
Conquering Pain

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

HAMMER RANGIORA WAIPARA AKAROA MT COOK

FROM WHERE WE STAND



SAVE THE DATE!

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

KEY DATES

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

Expressions of interest online at:
www.dcconferences.com.au/ssa2019

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



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.dcconferences.com.au/aps2019

For sponsorship and exhibition opportunities or more information please contact the APS Conference Secretariat
DC Conferences Pty Ltd
P: 612 9954 4400
E: aps2019@dcconferences.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.dcconferences.com.au/aps2019



Organised by:  Supported by:   

8TH ASEAPS CONGRESS, MALAYSIA **2019**
www.aseaps2019.com

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

1ST ANNOUNCEMENT

Building Collaborations In Pain Management



FYI

NEW!

- **New videos from NSW Health:** Working with Aboriginal People <https://www.youtube.com/watch?v=AV4Muq87ekQ&feature=em-uploademail>
- **Draft Report on Pain Management Best Practices:** Updates, Gaps, Inconsistencies, and Recommendations from US Department of Health & Human Services – Published 12 December 2018 <https://www.hhs.gov/ash/advisory-committees/pain/reports/2018-12-draft-report-on-updates-gaps-inconsistencies-recommendations/index.html#.XDQNbmaQ-yQ.mailto>
- **2018:** https://www.mja.com.au/system/files/issues/210_01/10.5694/mja17.01099.pdf
- **The Third Australian Atlas of Healthcare Variation:** <https://www.safetyandquality.gov.au/atlas>
- **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://healthinfo.net.ecu.edu.au/learn/health-system/palliative-care/>
- **OTHER ITEMS OF INTEREST FOR OUR MEMBERS:**
- **Medicinal cannabis for chemotherapy-induced nausea and vomiting (CINV):** prescribing with limited evidence – Published 12 November
- **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/>
- **2019 Global Year Against Pain in the Most Vulnerable:** Launched 31 JAN 19. 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](http://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

Service available: 9am-5pm Monday-Friday

Hotline: (02) 4923 6200 or email: 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
- **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>
- **Chronic Pain in the ED:** <https://www.aci.health.nsw.gov.au/networks/eci/clinical/clinical-resources/clinical-tools/pain-management/chronic-pain-in-the-ed>

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 29 JAN 2019

TITLE	FIRST NAME	LAST NAME	DISCIPLINE GROUP
Dr	Khaldoon	Alsaee	Pain Medicine Physician
Mrs	Meredith	Bryce	Nursing
Mrs	Meghan	Dean	Physiotherapy
Mrs	Michelle	Grover	Psychology
Mr	Feras	Haddad	Nursing
Dr	Scott	Ling	Acupuncture
Miss	Megan	McPhee	Physiotherapy
Mrs	Karina	Morrison	Anaesthesia
Miss	Ceyda	Munir	Physiotherapy
Mr	Macon	Neal	Physiotherapy
Miss	Nimita	Origanti	Gynaecology
Miss	Carla	Piggott	Occupational Therapy
Dr	Pallavi	Prathivadi	General Practice
Ms	Nicola	Robertson	Nursing
Dr	Samuel	Robinson	Science Research
Mr	Damien	Stewart	Psychology
Dr	Jeremy	Tannenbaum	Psychiatry
Mrs	Jane	Timmins	Nursing
Miss	Natalie	Walton	Pharmacy

APS MEMBERSHIP RENEWALS 2019



**RENEWAL NOTICES FOR 2019 HAVE BEEN SENT BY
EMAIL TO MEMBERS.**

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, Cheque and now BPAY!

APS MEMBERSHIP SURVEY 2019



4 prizes up for grabs!

In order to align the invaluable feedback from our membership surveys to the APS President changeover cycle, we have again asked members to complete a survey with their 2019 membership renewal or by logging into the [Members Only area](#) of the APS website.

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

We are also pleased to announce additional prizes (4 in total) for the 2019 membership survey. Enter the prize draw to win:

1 of 2 Gala Dinner Tickets on 09 April 2019 at the Gold Coast conference, or

Pain in Residential Aged Care Facilities: Management Strategies, 2nd Edition book

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

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

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>

14 Feb 2019

Pain Management Research Institute, The University of Sydney

Masterclass in Psychologically-Informed Practice: Early Intervention for Injury-related Pain

Taronga Centre, Taronga Zoo, Sydney, NSW

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

1-3 Mar 2019

RANZCP, RACP & RACGP IMiA

International Medicine in Addiction Conference IMiA19

Melbourne Convention and Exhibition Centre, Melbourne, VIC

<https://www.imia19.com.au>

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>

24-27 Mar 2019

National Rural Health Alliance 15th National Rural Health Conference

Better Together!

Hotel Grand Chancellor, Hobart, TAS

<http://www.ruralhealth.org.au/15nrhc/>

5-7 Apr 2019

Spine Society of Australia

30th Annual Scientific Meeting

Gold Coast Convention and Exhibition Centre, Gold Coast, QLD

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

7-10 Apr 2019

Australian Pain Society 39th Annual Scientific Meeting
In the IASP Global Year Against Pain in the Most Vulnerable
 Gold Coast Convention and Exhibition Centre, Gold Coast, QLD
<http://www.dconferences.com.au/aps2019/>

11-14 Apr 2019

ASEAPS 2019 - 8th Association of South-East Asian Pain Societies Congress
Building Collaborations In Pain Management
 Pullman Kuching, Sarawak, Malaysia
<http://www.aseaps2019.com>

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
<http://fpm.anzca.edu.au/events/2019-annual-pain-medicine-symposium>

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>

4-5 May 2019

Exercise & Sports Science Australia (ESSA)
Innovation & Practice Forum 2019
 Pullman Melbourne Albert Park, Melbourne, VIC
<http://essaforum.com.au>

9-11 May 2019

IASP NeuPSIG 7th International Congress on Neuropathic Pain
Advancing the Understanding of Neuropathic Pain
 Hilton London Metropole Hotel, London, United Kingdom
<https://www.eventscribe.com/2019/NeuPSIG/>

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/#.W3I2vTthLQM>

18-20 Jun 2019

Lowitja Institute International Indigenous Health and Wellbeing Conference 2019

Thinking Speaking Being First Nations Solutions for Global Change

Darwin Convention Centre, Darwin, NT

<https://www.conference2019.lowitja.org.au>

10-12 Jul 2019

Occupational Therapy Australia

Together Towards Tomorrow

International Convention Centre, Sydney, NSW

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

12-14 Aug 2019

Dietitians Association of Australia, 36th National Conference

More than meets the eye

Gold Coast Convention and Exhibition Centre, Gold Coast, QLD

<https://daa2019.com.au>

10-13 Sep 2019

Palliative Care Australia

19APCC

Perth Convention Centre & Exhibition Centre, Perth, WA

<https://apcc.net.au>

17-19 Oct 2019

Academy of Child & Adolescent Health

ACAH2019 Annual Conference

Hotel Grand Chancellor, Adelaide, SA

admin@acah.org.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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