



The President's Corner



Dear Friends

It is difficult to believe that three years could have gone by so quickly, but as my Presidential term draws to a close, this is my last letter to you. It has been a fascinating and exciting journey; I have been touched by the wide friendships gained throughout our 37 Chapters and indeed throughout the rest of the world. This is a time to reflect on some of the many advances the Federation has made over that time.

We have extended our Executive Board and shortened the lengthy Presidential term to 6 years. We have built up our workforce by the appointment of an Executive Director, Sam Kynman, in Brussels, and by having seven different task forces, all working hard to develop best practice papers. These include Use of Opioids (Chair Tony O'Brien, look out for this at our tenth congress), and in process are TFs on Acute Pain, Back Pain, Cannabinoids, Cancer Pain, CRPS and also Pain Management in those with substance use disorders.

We have had increasingly successful Societal Impact of Pain (SIP) meetings, in 2014 and 2016, with another to come in Malta, June 7-9th. We have had a brilliant Biennial Congress in Vienna, with another to come in Copenhagen, and, a new innovation - a very successful smaller meeting in beautiful Dubrovnik in September last year, where we celebrated our European Year against Pain in the Joints, in conjunction with IASP's Global Year.

We have developed and strengthened links with other organisations such as the European Academy of Neurology, the European Society of Anaesthesia and the European Society of Physical and Rehabilitation Medicine, signing Memoranda Of Understanding agreements with all. We have made really great progress in working with patients, with Pain Alliance Europe (PAE), Active Citizens Network (ACN) and NoPain Malta, as well as individuals such as Neil Betteridge and Peter Moore, who will both be speaking at our congress, not forgetting the Global Alliance for Patient Access (GAFFA).

Especially dear to my heart has been the development of our Curriculum, gratefully modified from the ANZCA curriculum but with extensive multidisciplinary input from family doctors and Specialists throughout Europe. This led to our first examination in Madrid, with the award of the European Diploma in Pain Medicine (EDPM) to 17 exceptional young doctors.

On a personal level it has been a pleasure and an honour to represent you, to meet so many at your own meetings and at others, and in particular to be granted some special and very dear Honorary Memberships - of IASP and of the Bulgarian, Ukrainian, Moldovan and Lithuanian Chapters. It has also been a pleasure to co-edit our book, Pain in Europe, with Bart Morlion and Chris Eccleston. Chris has done the lion's share of the work and has reached out successfully to all the Chapter Presidents and Councillors, to make sure each and every Chapter is represented. This is a fascinating account of pain medicine throughout Europe and is compelling reading. All attendees at Copenhagen will have the opportunity of getting their own free copy sent to them on publication.

The President's Corner ...

Finally, as I prepare to hand over the mantle of the Presidency to Bart Morlion on 6th September, I want to thank everyone who has helped - including all of the Councillors and the Executive Board - but especially Christel, Sarah and latterly Sam, at our office in Brussels. I also want to thank my wife, Sue, for enduring (and helping with) all the travel and extra work involved in being President. I know that Bart, with his soon to be elected Executive Board, will do an outstanding job over the next 3 years and I hope you will all support the Federation and make Europe a place where all those in pain get the best treatment possible.

With best wishes,

Chris Wells

President of the European Pain Federation EFIC

Obituaries



Professor Ulf Lindblom MD, PhD

The European Pain Federation, EFIC, is sad to hear of the death of our founder, Professor Ulf Lindblom, MD, PhD. Professor Lindblom was born in Sweden in 1927, and passed away on January 25th 2017, just before his

90th Birthday. He worked at the Karolinska Institutet in Sweden from 1975 onwards. He was president of IASP- the International Association for the Study of Pain- from 1990 to 1993, and his great idea was to join all the European pain societies. He initiated EFIC, the European Federation of IASP Chapters, in 1993, and was our first President from 1993 to 1996. His obituary will appear in the next issue of the European Journal of Pain.

He was an outstanding scientist and innovator, a great administrator and networker, and a warm and humorous friend. The now named European Pain Federation has thrived and is pleased to be holding our first meeting in Denmark, in Scandinavia, this year, but Ulf will be sorely missed. We already have a lecture in his honour, the Ulf Lindblom Distinguished Lecture, which this year will be given by Mary-Anne Fitzcharles from Canada, on the Medical use of Cannabis. Ulf would have been delighted that we are keeping up with modern treatment developments, and also amused in having a lecture on Cannabis given in his name. We invite everyone to attend and give Ulf the respect he is due.

Professor Stephen Morley

Professor of Clinical Psychology at Leeds University, leading figure in the study of the psychology of chronic pain, and long-standing Section Editor of The European Journal of Pain, passed away on Friday 28 April, 2017.

Stephen was a kind and thoughtful Editor who amalgamated scientific solidity with sympathy to authors and insight to select useful contributions to our Journal. During the time, alas too short, of our joint work in EJP he never failed to provide clever proposals to complex editorial problems. He always helped the authors, and even when a paper was not eligible in EJP Stephen was always eager to propose useful alternatives.

We'll miss him very much. An obituary will appear shortly in the European Journal of Pain.

Luis Garcia-Larrea

Editor-in-Chief, EJP



*from right to left - Stephen Morley, Bettina Haake-Weber,
Luis Garcia-Larrea, Danielle van der Windt
Ulf Baumgärtner, Hélène Bastuji, Hermann Handwerker
Picture taken after an Editorial Board Meeting in Lyon,
Nov. 2016*

European Pain Journal - News and Editor's Choice

FREE access to the Editor's Choice articles selected for the issue:

May 2017 (issue 21-05):

Brain changes associated with cognitive and emotional factors in chronic pain: A systematic review.

A. Malfliet, I. Coppieters, P. Van Wilgen, J. Kregel, R. De Pauw, M. Dolphens and K. Ickmans.

EurJPain, 21, 769-786. DOI: 10.1002/ejp.1003

Significance

This review shows that maladaptive cognitive and emotional factors are associated with several brain regions involved in chronic pain. Targeting these factors in these patients might normalize specific brain alterations.

Endocannabinoid activation of CB1 receptors contributes to long-lasting reversal of neuropathic pain by repetitive spinal cord stimulation.

L. Sun, L. Tai, Q. Qiu, R. Mitchell, S. Fleetwood-Walker, E.A. Joosten and C.W. Cheung

EurJPain, 21, 804-814. DOI: 10.1002/ejp.983

Significance

Alternative parameters for repetitive spinal cord stimulation (SCS) at 25/10 Hz elicit particularly long-lasting and incremental reversal of hyperalgesia in a neuropathic pain model through a mechanism involving endocannabinoids.

Bilateral analgesic effects of abobotulinumtoxinA (Dysport®) following unilateral administration in the rat.

C. Favre-Guilmar, P.-E. Chabrier and M. Kalinichev
EurJPain, 21, 927-937. DOI: 10.1002/ejp.995

Significance

The results expand evidence on bilateral analgesic effects of aboBoNT-A following unilateral administration across pain modalities, as the phenomenon is seen in more than one model of polyneuropathy as well as in a model of chronic inflammatory pain when the latter is rendered bilateral. The mechanism of bilateral analgesic effects of aboBoNT-A may require activation of the peripheral sensory neurons and involve retrograde axonal transport of the toxin into the spinal cord.

10th Congress of the European Pain Federation EFIC

10th Congress of the

**EUROPEAN
PAIN FEDERATION
EFIC®**



September 6-9, 2017 | Copenhagen, Denmark

www.efic.org

We invite you to take part in this meeting that brings you together with the world's leading experts in pain. This EFIC congress, through the combined efforts in research, education and training, will certainly induce changes in your view on the complexity of pain and the treatment of your patients. [Find out more...](#)

Upcoming Events

The Societal Impact of Pain platform has for many years been the main political advocacy project of the European Pain Federation. Since 2009, and especially in recent years, the federation and our partners at Grunenthal, Pain Alliance Europe and Active Citizenship Network, have been building connections with politicians and other allies to try and change pain policies. This year the Symposium takes place on Malta, and the SIP partners have been working with the Maltese government to get pain on the EU agenda.

The Maltese government have been raising the issue of chronic pain in their negotiations with other EU governments on the future of EU health systems collaboration. The SIP partners have been supporting this effort by meeting with the representatives of EU governments in Brussels. It appears clear that in the future a specific EU health policy initiative on pain is possible, with many governments willing to act as an advocate for SIP.

Of more immediate interest, the SIP symposium on the 7-9 June will see a senior European Commission civil servant address the audience and announce a new EU opportunity for the SIP partners to influence future EU policy direction.

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Global Year Against Pain 2017 - Pain After Surgery

Together with IASP, we have compiled many fact sheets focusing on different kinds of pain after surgery. The documents, edited by task force chairs Daniel B. Carr and Bart Morlion, are free to download and distribute them among your national chapters. The fact sheets have also been translated into Romanian. Visit the EFIC European Pain Foundation [website](#) for further information

EUROPEAN PAIN DIPLOMA: Pain Medicine and Physiotherapy

European Pain Federation Diploma in Pain Medicine



The first sitting of the European Pain Diploma examination took place on Friday March 31st and Saturday April 1st 2017 in Madrid, Spain.

The Examination for the European Pain Federation Diploma in Pain Medicine was hosted by Juan Pérez-Cajaraville, Spanish Councillor to the European Pain Federation EFIC, at the University Hospital HM Montepíncipe, Madrid.

The European Pain Federation EFIC Examination Committee chaired by Dr Liam Conroy (Ireland) included Dr Andreas Kopf (Germany), Dr Bart Morlion (Belgium), Dr Juan Pérez-Cajaraville (Spain) and Dr Chris Wells (United Kingdom, EFIC President).



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The Societal Impact of Pain platform ...

We will wait and see what this means for the future of pain policies and health systems, but interest ... is building and the hard work is starting to pay off. We hope to see some of you in Malta next month.

Sam Kynman
Executive Director
European Pain Federation EFIC

Upcoming Events

Satellite Symposium Neural circuits of pain

Heidelberg and Schwetzingen, Germany,
September 3-5, 2017
Official website www.paincircuits.de

Studying molecular mechanisms of chronic pain has been an important focus of pain research. However, the nature and plasticity of neural circuits that mediate the sensory and emotional components of pain are still enigmatic. This conference will focus on interrogating, discussing and debating structural and functional understanding of circuits and networks underlying sensory and affective components of pain and their modulation by circumstances which induce structural reorganisation and functional plasticity, including disease states, negative emotions and stress. Therefore, this meeting will bring together internationally leading thinkers and experts with next generation puzzle-solvers to discuss latest insights and advances on neural circuits at all levels in pain pathways and will cover novel data in basic science as well as clinical research. The venues of the symposium are centrally situated in historic parts of the cities of Heidelberg and Schwetzingen and are easily accessible via public transportation. There is sufficient time after the satellite symposium to travel to the EFIC meeting, Copenhagen, Denmark. The number of attendees will be limited to approximately 150-180 to facilitate scientific exchange.

We are looking forward to welcoming you in Heidelberg!

European Pain Federation Diploma in Pain Medicine ...

Speaking after the exam Dr Liam Conroy congratulated the successful candidates.

"I am delighted to have chaired the first European Pain Federation EFIC Diploma in Pain Medicine examination. I appreciate the support of all my examiner colleagues and the secretariat at EFIC Head Office. The next examination will take place at the Congress in Copenhagen. It is the intention to expand the scope of the EFIC Dip. In Pain Medicine examination to include Allied Health Care Professionals in specific examinations related to their areas of experience and expertise."



Examiners included Yasir Abbasi, Danielle Battelli, Emilija Dubljanin, Elon Eisenberg, John Goddard, Per Hansson, Hans Georg Kress, Victor Majoral, Asbjørn Mohr Drewes, Serge Perrot, Patricia Schofield, Stephan Schug and Thomas Tölle.

Chris and Liam presenting the diploma to Emily

European Pain Federation Diploma for Physiotherapists

A pain curriculum for physiotherapists has been developed by an international group of physiotherapists and a European Pain Federation EFIC Diploma for Pain Physiotherapy specialists will now also be offered. The curriculum and date / format for the Diploma exam will appear soon on the European Pain Federation EFIC website



Congratulations to the Winners

The Scientific Research Committee of the European Pain Federation EFIC® reviewed 70 applications submitted in the competition of the E-G-G 2016 program and judged six project proposals to be the best for funding. Global criteria for selection took into account the highest scores, but also other important aspects including excellence and diversity in terms of subjects, areas of research, originality and potential clinical impact.

The winners are:

- Susanne BECKER, Mannheim, Germany
Altered cognitive-emotional networks in chronic pain: the modulatory role of dopamine.
- Piero CHIACCHIARETTA, Chieti, Italy
Intersubject variability of brainstem modulation of the endogenous analgesia and phenotypical characterisation of the nociceptive profile in humans. A cortical-brainstem connectivity study.
- Joukje OOSTERMAN, Nijmegen, The Netherlands
Disentangling pain and fatigue: a clinical and neurocognitive approach.

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Satellite Symposium continued . . .

Organisers:

Rohini Kuner, Pharmacology Institute, Heidelberg University, Germany.

Herta Flor, Central Institute of Mental Health, Mannheim, Germany.

Speakers include:

Allan Basbaum, Xu Zhang, Didier Bouhassira, Martyn Goulding, Gary Lewin, Tor Wager, Vania Apkarian, Frank Porreca, Eija Kalso, Frank Keefe, Andrew Rice, Mark H. Tuszynski, Qiufu Ma, Ceng Luo, Moqrich Aziz

Conference coordinators:

Dr. Pooja Gupta and Sabine Hoffmann

Contact: conference@pharma.uni-heidelberg.de

Venues:

3rd September 2017 4th and 5th September 2017

Heidelberg University Schwetzingen Palace

University Square, Schloß Mittelbau, 69117 Heidelberg 68723 Schwetzingen

Registration and fees: Registration is mandatory for all the attendees. Please check the website for more details.

Faculty and industry scientists:

Before 30th June, 2017: 300 euros

After 30th June, 2017 till onsite: 350 euros

Postdoctoral scientists:

Before 30th June, 2017: 250 euros

After 30th June, 2017 till onsite: 300 euros

Students: Regular till onsite: 200 euros

Registration fees include coffee breaks, non-alcoholic beverages during the sessions, lunch on all the days and the registration materials. Please provide the proof of your status (graduate student, medical student or junior postdoctoral fellow) via student identity card or the letter of support from your supervisor.

Enquiries: Dr. Pooja Gupta

Phone: +49-6221-548641; **Email:**

conference@pharma.uni-heidelberg.de

- Max ORTIZ CATALAN, Gothenburg, Sweden
Motor execution as a treatment for Phantom Limb Pain.
- Roi TREISTER, Haifa, Israel
Can training increase reporting accuracy and study power in human pain trials.
- Anne-Priscille TROUVIN, Paris, France
Peripheral and central effects of TNF in inflammatory pain. Evolution of pain and conditioned pain modulation after anti-TNF therapies in rheumatoid arthritis. The RAPID study.

The prize winners will be presented during the Opening Ceremony of the 10th Congress of the European Pain Federation EFIC®, taking place in Copenhagen, Denmark from 6 – 9th September 2017. In addition, on the following day former E-G-G winners will have the opportunity to give insights into the results of their awarded projects at the Symposium “New Findings in Clinical Pain Research”, see the programme [here](#).

For further information please visit www.e-g-g.info

EFIC® SYMPOSIUM: PAIN IN EUROPE X
NEW FINDINGS IN CLINICAL PAIN RESEARCH



SAVE THE DATE!
Copenhagen, Denmark
7th September 2017
16:30-18:00 h, Hall C



EFIC on Social Media

Are you following the European Pain Federation EFIC on Facebook, Twitter or YouTube yet?

Join our community online and stay up-to-date on recent developments, grants and all other news related to the European Pain Federation EFIC as well as the pain



[Facebook](#)



[Twitter](#)



[Youtube](#)

research and pain medicine sector. Is there anything you would like to see more of on our social media channels? If so, please feel free to let us know!

News from our National Chapters

The Polish Association for the Study of Pain strongly supports pain medicine education across the Europe. Accordingly, in 2007 Board of the Polish Association for the Study of Pain organised a two-semester postgraduate Pain Medicine programme in Jagiellonian University based on the IASP and EFIC Core Curriculae. The programme was designed for medical doctors – clinical specialists and was supported with an IASP grant.

The programme includes theoretical and practical components with knowledge examined by a written exam. The theoretical component consists of 9 sessions (140 hours). The practical component (40 hours) is held in the Department of Pain Research and Treatment at Jagiellonian University Medical College.

To date more than 600 specialists from Poland and other European countries have completed the postgraduate programme. Details of the programme can be found on the Medical Centre of Postgraduate Education of Jagiellonian University website: http://www.mckp.uj.edu.pl/?page_id=142

On the 10th anniversary of the establishment of the programme a scientific meeting “Repetitory – progress in pain treatment” will be held in Krakow, Poland on 6-7th October 2017. The programme will include the most current developments, recommendations in pain medicine, data from experimental and clinical trials on pain, the future of pain medicine, as well the presentations of challenging case studies. The aim of the meeting is to update knowledge and create the opportunity for fruitful meetings and discussions, not only for those who have graduated from the programme but for all those interested in pain medicine. Details of the meeting can be found here: http://szkolenia.mp.pl/szkolenia/bigsite.html?congress_id=12700

Polish Association for the Study of Pain

The 9th Congress of the Polish Association for the Study of Pain was held on the 25th anniversary of the founding of the Society in Gdansk, Poland, on 15-17th September 2016. The conference was attended by more than 900 delegates including anaesthesiologists, neurologists, physiotherapists, rheumatologists, oncologists, psychologists and others specialists interested in pain medicine.

The interdisciplinary Scientific Committee developed a comprehensive programme covering the most current problems, with particular emphasis on the practical implementation of standards and guidelines in pain management, and on the role of interventional techniques in various pain syndromes.

The Congress program featured 32 plenary and topical sessions, posters sessions, round table discussion and workshops on interventional pain management. A special issue of the Polish journal “Ból” was presented at the Congress.

The Polish Association for the Study of Pain ...

During the 9th national congress the new Officers and Councillors of the Polish Association for the Study of Pain were elected for a period of three years:

President: Jan Dobrogowski , MD, PhD

Vice President: Jerzy Wordliczek MD, PhD

Secretary: Magdalena Kocot-Kępska, MD, PhD

Treasurer: Krystyna Boczar, MD

Members: Barbara Przewłocka, MD, PhD, Małgorzata Malec-Milewska , MD, PhD, Jarosław Woroń, MD, PhD.

EFIC Councilor: Andrzej Basiński, MD, PhD



Annual Pain Meeting in Denmark

The Scandinavian Association for the Study of Pain (SASP), in collaboration with the Danish Pain Society, held their Annual Meeting from the 26th-28th of April. This year the conference was hosted by Aalborg University (Center for Neuroplasticity and Pain, SMI) and held in the beautiful 'Create' building, overlooking the Limfjord. There were near 180 participants, over 60 poster presentations and a great line-up of internationally-renowned researchers presenting their latest work.

As a prelude to the conference, many PhD fellows and researchers gathered on Wednesday for an inspirational PhD course on the prediction of chronic pain, neuroplasticity and pharmacological effects. A. Prof. Laura Petrini started off the day by giving an insightful overview of the psychological factors involved in pain, with particular attention to the role of pain catastrophizing. Prof. Frank Petzke followed, highlighting the juxtaposition between biomedical beliefs of pain as a symptom of pathology, and the emergence of pain as an experience potentially unrelated to nociception. His presentation then focussed on the influence of pre-operative chronic pain on post-operative outcomes following hip surgery. After a quick break for coffee, Dr. Yelena Granovsky delved into the topic of endogenous pain modulation, emphasising the evolving role of temporal summation and conditioned pain modulation in predicting pain prognosis. This linked in nicely with a later presentation by Dr. Søren Schou Olesen, who had used similar quantitative sensory testing methods to predict pharmacological efficacy and optimise treatment for the individual (rather than the average) patient. A. Prof. Parisa Gazerani gave the audience an informative course in biomarkers for the transition from acute to chronic pain, encouraging researchers to consider the many parallel processes occurring when a patient develops pain. A series of poster presentations from the PhD fellows concluded the day, with Dennis Boye Larsen taking away first prize for his work on muscle specific changes in cortico-motor excitability.

The official opening, Thursday morning, was given by Lars Hvilsted Rasmussen, Dean of the Faculty of Medicine at Aalborg University, and Prof. Ole Kæseler Andersen, Local Organizing Committee Chair. Prof. Patricia Lavand'homme then began with a nice presentation on the progression to chronic pain after surgery. Pain trajectories in the acute to subacute phase, and the presence of post-operative neuropathic or visceral pain features, were key points of her presentation which might assist in identifying and intervening with patients at risk of ongoing post-operative pain. Two young investigators presented on a similar theme: Assistant Prof. Kristian Kjær Petersen focussed on pre-operative 'pain vulnerable' phenotypes which may predict chronic post-operative pain following total joint replacement; and Post-Doc Kasper Grosen discussed more general perioperative predictors of post-operative pain. Grosen gave a comprehensive overview of the many risk factors and predictors that have been identified in the literature, but concluded by highlighting the critical issue for clinicians: that there remains no consensus on how to best manage a patient when these factors are present. A similar conclusion was deduced by Prof. Michele Curatolo, who highlighted the common and potentially flawed assumptions, that risk factors must be causal factors, and that intervening with them will intervene with pain prognosis.

Prof. Ester Pogatzki-Zahn further addressed predictors of post-operative pain, but also focussed on management strategies, such as multimodal analgesia. The take-home message from her presentation was that treatment individualisation is essential to good pain management, and she provided reason to believe this is becoming increasingly possible with improved understanding of mechanisms behind regional and adjuvant analgesic techniques. Consistent with this, Prof. Curatolo also suggested that comprehensive tailored management strategies were required for complex pain presentations, but that these were currently precluded by the unknown determinants of pain and the lack of proven efficacy.

News from our National Chapters

Annual Pain Meeting in Denmark ...

Still on the topic of post-operative pain, Prof. Winfried Meisner presented some interesting results from the PAIN-OUT project, identifying enormous variations in care within a single country. The intention of this project was to improve the quality of hospital care in real-time, but the registry data also provides a necessary reflection of the 'real world' to guide future research. On the opposite end of the spectrum, Emeritus Professor Guy Simonet gave an excellent presentation on the basic processes underlying hyperalgesia, with special focus on a series of experiments investigating the effects of opioid- and stress-induced hyperalgesia on post-operative pain in the rat. He presented many interesting findings, including how hyperalgesia could be reversed or prevented by particular compounds and diets, as well as how hyperalgesia and pain vulnerability might be socially contagious, as demonstrated in basic animal studies.

On the second day of the meeting, the topic shifted to adolescent knee pain, with A. Prof. Michael Skovdal Rathleff's presentation. He provided evidence to support an exercise and education management approach in youths with knee pain, including demonstrating clear improvements in pain hypersensitivity, which were associated with patient recovery.

Prof. Herta Flor gave a brilliant talk on emotional learning in chronic pain, presenting some interesting data on reward processing and aversive memory extinction. Prof. Flor also gave broader insight into the common theme of endogenous pain modulation, presenting intriguing findings regarding changes in stress- and mood-induced pain modulation. The travel award recipient, Post-Doc Francesca Fardo, continued down this line of investigating perceptual aspects of pain processing, giving a really nice presentation on the thermal grill illusion.

To conclude the conference, the two final speakers gave more detailed insight into the neurophysiology and neuroplasticity of pain. A. Prof. Stefania Ceruti discussed central and peripheral glial cells, highlighting their ability to interfere extensively with normal synaptic function, potentially promoting ongoing hypersensitivity and pain. On a positive note, she also showed some early animal trials where existing drugs could reverse microglial activation and prevent this ongoing maladaptive plasticity and hypersensitivity. Prof. Brian Cairns then discussed peripheral neuroplasticity, providing some thought-provoking insights into the often-forgotten role of the periphery in chronic pain, and the way it can mimic sensitisation in the central nervous system, despite a lack of synapses.

After the final session, the Danish Pain Society held their annual meeting with a great series of presentations on post-operative pain management from a broader clinical perspective. Prof. Lone Nikolajsen and Nurse Nina Strange began by discussing both the guideline recommendations on post-operative pain management and their implementation in a Danish university hospital. Research nurse Anja Edith Geisler then presented results from her meta-analysis, underlining the unfortunate extent of inadequate analgesia following surgery, especially regarding movement-evoked pain. The overall conclusion was that: patients should be involved in post-operative care decisions, patients should be given individualised pain management regimes to improve pain relief, and patients should be provided with greater information and education on appropriate self-management of their pain.

All in all it was an intensive few days of presentations, meetings, and networking. Many thanks go to the scientific and local organizing committees, Aalborg University, Visit Aalborg and the many sponsors for making this event a success!

Megan E McPhee, Thomas Graven-Nielsen
Center for Neuroplasticity and Pain (CNAP), SMI, Dept. of Health Science and Technology, Aalborg University, Denmark



Milestones for better pain management in the Netherlands

2.2 million people live with chronic pain in the Netherlands. The care for people with chronic pain should be better. Patients, professionals and scientists join hands. This collaboration led to the achievement of 2 milestones on April 1, 2017 for better pain management in the Netherlands.

First, the Pain Alliance in the Netherlands (P.A.I.N.) was established. The P.A.I.N. Is a powerful partnership of currently 9 professional associations * and the patient associations **, aimed at improving care and quality of life for people with chronic pain. The P.A.I.N. will act as the central organ for interdisciplinary pain in the Netherlands. The PAIN is a member of the European Federation for Pain (EFIC, www.EFIC.org) and the World Pain Federation (IASP, www.IASP-pain.org).



Establishment PAIN: Directors of the 10 founding associations and the 2 starting presidents join hands.

* Nurses, psychologists, physiotherapists, exercise therapists, anaesthesiologists / pain specialists, anaesthesiology workers, neurologists, neurosurgeons, rehabilitation physicians

** Pain patients to 1 voice (www.pijnpatientennaar1stem.nl).

Secondly, the Care Standard Chronic Pain has been delivered. The care standard describes optimal pain management from a patient perspective. It is the first care standard in the Netherlands that has been developed with equal input from professionals and patients.

This Care Standard Chronic Pain is authorised by various scientific associations and can now be implemented. The care standard is already used as a guide to the care of chronic pain, e.g. in the Health Deal Chronic Pain (<https://www.rijksoverheid.nl/documenten/convenanten/2017/01/24/health-deal-chronic-pijn>).



Delivery of the Chronic Pain Care Standard



The Serbian Association of Pain Research and Treatment (SAPRT) Holds Symposium on Postsurgical Pain

The Serbian Association of Pain Research and Treatment (SAPRT) held joint symposium "Post surgical pain-Scope of the problem" in Novi Sad, Serbia, on March, 25. The meeting is dedicated to the 2017 Global Year Against Pain After Surgery. We had the pleasure of inviting a number of international lecturers, from the European Pain Federation EFIC Prof. Bart Morlion, Prof. dr F. Cervero, Prof. Dr W.Meissner.



Among the 140 participants were anaesthesiologists, surgeons, primary care physicians, oncologists, neurologists, psychiatrists, rheumatologists. They explored topics related to postsurgical pain such as epidemiology and pathophysiological aspects, mechanisms for transitions from acute to chronic pain, opioids in multimodal postsurgical pain control, nonopioid analgesics, multimodal approaches in clinical practice, techniques of regional analgesia in thoracotomy, TKA and THA.

The education sessions included workshops for a range of practicing health care workers for more disciplines. Teaching and training in Interdisciplinary PM on postoperative pain during of all day course with 3 sessions and hand workshops, case studies, interactive knowledge test, and discussions.

High attendance and mixed audience reflects strong interest in postsurgical pain. Fast developing interest in seeking to change practice, doing more pre and postoperatively to minimise postoperative pain.

The symposium highlighted the commitment of health-care professionals in Serbia to improve the management of post- surgical pain. The symposium received support from the European Pain Federation, from the Health Council of Serbia and the Faculty of Medicine of the University of Novi Sad.



A GREAT EXPERIENCE IN MARIBOR PAIN SCHOOL 2017



I am very grateful for having the opportunity to attend "School for Cancer Pain and Palliative Care" in Maribor and for that I would like to thank everyone in both European and national associations.

Professor Nevenka Krčevski Škvarč and her team were excellent hosts. They made us feel very welcome and they led us through everyday activities quite smoothly. We were provided with both, thorough theoretically background and clinically oriented approach towards patients with cancer pain and palliative care. A lot of experience and knowledge which was integrated in interactive workshops have helped us enrich our knowledge. We enjoyed a

beautiful town of Maribor. The accommodation was very good and all the people were very kind. We broadly discussed about available therapy for cancer pain as well as targets for potential new drugs.

Furthermore, we had a patient who was cancer survivor and she described her feelings, fears and other experience in details. We, also had two patients with cancer pain and we had opportunity to talk with them and to analyse their ongoing therapies.

Also, we had opportunity to exchange experience with participants from other countries. On the other hand, during lectures, we learned a lot of about differences in organisation, treatments or procedures in different countries. All the lecturers were very open for a discussion and we discussed about all topics, even during the lectures and every professor encouraged us to stop him during the lecture and ask if something was not clear. In this manner the majority of the lectures became a broad discussion where everyone had the opportunity to ask question, state their opinion and ...

A GREAT EXPERIENCE IN MARIBOR PAIN SCHOOL 2017 ...

... share their experiences. For such a healthy atmosphere, we can be thankful especially to prof. Nevenka Krčevski Škvarč, prof. Bart Morlion, prof. Rudolf Likar, prof. Hans Kress, dr. Manohar Sharma, dr. Mateja Lopuh, and dr. Maja Ebert Moltara.

We have seen many potential solutions for organisation problems back home. Finally, we have seen through the complexity of the chronic cancer pain therapy and more importantly, we have recognised our place as physical medicine and rehabilitation specialists in multidisciplinary team which should struggle with this overwhelming problem. This recognition will provide us with the determination and motivation for continuous studying and practicing.

Once again thank you very much for this great opportunity.

Aleksandar Knezevic

My fellowship at CHARITE UNIVERSITY HOSPITAL "CAMPUS BENJAMIN FRANKLIN" PAIN CENTRE at the Dept. of Special Anaesthesia and Pain Therapy (Klinische Abteilung für Spezielle Anästhesie und Schmerztherapie) started on 2nd May 2017 and finished on 17th May 2017.

Every regular working day begins at 8:30 a.m. with the out patients and ends at 17:30 p.m. During first day, I was introduced to the whole team of the pain clinic, and thereafter I joined one of the consultants in the pain outpatient center. During the all days I joined different doctors, what was very instructive, because I could see different styles and learn more about some procedures to enrich my own working skills and experience. The good organisation of the work and the professionalism of all doctors and nurses at this clinic is of the highest standards: History taking, physical examination, search for underlying diseases, evaluation of social and psychological status of the patient, differential diagnoses of pain, development of a therapeutic concept including systematic and/or local measures, the multidisciplinary approach (very good coordination with neurologist, physiotherapist, psychiatrist, surgeons) refreshed my knowledge and were very helpful and useful for my future work.



The treatment plan was always explained to me by all the doctors. In the clinic for interventional procedures, programming the patient-controlled analgesia (PCA) pumps for pain therapy, dosing and explanation to the patient how to use it, it was very impressive. Also to join the physicians of Pain service for post-operative and chronic pain inpatient management provided me very interesting details that I can use for my daily work at my hospital. Another important benefit from this fellowship was the access to useful treatment protocols (e.g. protocols for postoperative pain management), postoperative observation-monitoring lists, pain assessment tools, treatment plan forms and lots of other documents which are crucial for running a successful pain management clinic.

I am very grateful that during this fellowship I have refreshed lots about clinical and psychological examination tools, invasive and non-invasive pain treatment options. I must say that at the Pain Clinic in Charite University Hospital, Campus Benjamin Franklin Centre I found a very high educated and professional staff, an experienced interdisciplinary team, with extensive multidisciplinary approach.

I am really satisfied, and I am very grateful to EFIC for supporting my visit to Prof. Andreas Kopf.

Overall, my impressions were very positive; I would wholeheartedly recommend Charite University Hospital Campus Benjamin Franklin as Centre of Excellence for Pain Management for all fellows interested to pursue career in pain management.



REPORT FROM THE SYMPOSIUM “PAIN IN THE BALTICS 2017”

We are happy to announce, that this year the 6th International Pain Symposium “Pain in The Baltics 2017” was held on 28th – 29th of April in Kaunas (Lithuania). This multimodal and multidisciplinary pain management symposium is held in a different Baltic country every two years, and is devoted to health professionals who are interested or working in the field of Pain Management (diagnosis, treatments, support and clinical research). More than 250 delegates from 16 countries over 3 continents (America, Europe, Asia) participated in the symposium.

The symposium included four plenary sessions, one short communications session and 2 practical workshops with 30 oral presentations and 13 posters. The Conference material including the abstracts were printed in the journal of the Lithuanian Pain Society “Skausmo Medicina” (Pain Medicine).

Prof. B.Morlion (Belgium), Prof. T.S.Jensen (Denmark), Prof. P.Hansson (Norway), Prof. A.Kopf (Germany), and Dr.

J.V.Prunskis (USA) were among main speakers.

The main themes of their presentations included multimodal and multidisciplinary pain management approaches relating to diagnosis, treatment and social care.

Topics included the problems associated with cannabinoids, the advantages and disadvantages of opioids in Pain Medicine, the pharmacological management of neuropathic pain, and interventional pain management including stem cell implantation. The psychological and social impact of pain and the role of modern pain psychotherapy in patients with chronic pain was also discussed.

Colleges from Latvia, Estonia and Poland discussed their pain services organisation; their statistics show that we (Lithuania) are somewhat behind.

The next symposium will be held in Estonia.



*The Flag of the Symposium was passed to Estonia:
Dr. M.Arons (Latvia), Prof. K.Petrikonis (Lithuania), Dr.B.Gabowich (Estonia), and Dr.A.Sciupokas (Lithuania)*

Liuda Brogiene, MD, EDPM

The Vice-President of Lithuanian Pain Society



Prof.Bart Morlion, President-Elect of EFIC presented during the Symposium



Prof. A.Kopf, the Chairman of EFIC Education Committee presented at the Symposium

Dear Friends

I hope you are enjoying the warm weather of spring and I hope this finds you all well and in good spirits. Here in the southeast of England, except for the odd cold snap and frost in April, spring is in full bloom with gardens filled with birds singing their songs feasting on the nectars and seeds, whilst the pear and apple orchards are filled with blossoms in all its glory, with its menagerie of rabbits truly is a sight to behold. The move down south to Kent, the Garden of England, from the grey and wet weather of Manchester seems like moving to another country, and I am thoroughly enjoying it. The conference season also got off to a great start with some good regional meetings in the north of England as well as international meetings both home and abroad. It seems to a nice run-up to the three major meetings on pain medicine in Europe –the International Neuromodulation Society meeting in Edinburgh, the NeuPSIG meeting in Gothenburg, and our own EFIC ASM 2017 in Copenhagen later in the autumn.

The 6th International Symposium “Pain in the Baltics” was held in the beautiful city of Kaunas, Lithuania (28-29 April 2017). The scientific committee under the chairmanship of Prof Arunas Sciupokas and supported by colleagues Dr Kestutis Petrikonis (Lithuania), Dr Kaire Pakkonen, Dr Mihails Arons (Latvia) ensured a rich and diverse scientific programme that featured some of the leading figures in the field of pain medicine. Dr Linda Brogiene has already given a comprehensive report of the meeting earlier in the newsletter. It is a testament to the organisers that there were no less than seven EFIC Councillors and other senior colleagues led by the President-elect Prof Bart Morlion attended as Faculty contributing to the content of the programme. This was my first visit to Lithuania and it was humbling to visit the town that epitomised the die-hard spirit of the Lithuanian people during the harsh years of the First and Second World Wars.

Soon after my return from Kaunas, it was all about the 50th Anniversary Annual Scientific Meeting of the British Pain Society held in Birmingham, United Kingdom. This meeting was also a celebration of fifty years of being probably the oldest Pain Society in the world. The British Pain Society brought out a special edition Pain News publication to commemorate the event and some of the former Presidents have shared their memories of the early days of the society. Some of these reminiscences can be found on the Wikipedia page of the British Pain Society on https://en.m.wikipedia.org/wiki/British_Pain_Society.

The meeting itself was well attended by professionals from the various disciplines involved in pain medicine. The meeting was kicked off by Prof Frank Porreca, Arizona, USA delivering the Pat Wall Lecture on *Reward and Motivation in Pain and Pain Relief*. Dr Jane Ballantyne, Seattle USA in her plenary lecture shared the *Lessons learned from US opioid prescribing*. Prof Stephan Schug from Perth, Australia gave an interesting plenary on acute post-operative pain *The continuum of acute to Chronic Pain after Surgery*. Prof Sam Eldabe, Middlesbrough UK gave an excellent update on *Progress and Controversies in Neuromodulation* and Prof Sir Muir Gray gave a passionate lecture on *Population Pain Care*. Prof Lance McCracken and Prof Nicole Tang were other plenary speakers and the British Pain Society Lecture was delivered by Prof Liesbet Goubert, Ghent Belgium *A resilience approach to chronic pain - challenges for pain research and practice*. There were several interesting workshops covering most aspects of pain medicine, which stimulated several discussions. The meeting gave me an opportunity not only to rub shoulders with some of the giants in Pain Medicine who were involved right from the inception of the Society like Prof Sir Michael Bond and Dr Tim Nash, but also to meet up and share a drink or two with some of my dear friends around the UK and across the globe. The feedbacks from the networking sessions were excellent, so the feeling of camaraderie was shared by many who attended the congress. There were some excellent trainees and non-trainee presentations and I thank Prof Kate Seers, Chair of the Scientific Committee for arranging the best posters as plenary presentations. Prof Seers has handed over the duties of ASM chair to Prof David Walsh and we look forward to further exciting programmes in the future.

The 12th International BISOP Conference organised by the Serbian Pain Society was held at the Concert Hall of Kolorac Foundation in Belgrade from 13-14 May 2017. Prof Nebojsa Ladjevic and the scientific committee had invited an excellent faculty comprising of internationally renowned speakers as well as national leaders in pain medicine. It was also pleasing to note that several of the Serbs that are practising pain medicine in other parts of the world coming back to their roots and helping their fellow professionals with their experience and expertise. Most importantly the meeting brings together the pain professionals around the Balkan states and serves as a useful annual forum for networking and exchanging ideas. The meeting has been growing from strength to strength over the years and you will be hearing more about the next edition in the forthcoming issues.

At the time of finishing this piece, the 13th World Congress of the International Neuromodulation Society is being held in Edinburgh, Scotland (27th May – 01st June 2017). I was planning to go to this meeting and send you my report of the meeting, but unfortunately due to an event that created a serious health scare, I am currently an inpatient in hospital for investigations; so far so good and hopefully I would be home in a day or so. I am told that the meeting was very well...

...received and I would invite a dear colleague or two to help me write a piece on the INS World Congress in my column in the next issue.

Future Meetings

The 6th International Congress on Neuropathic Pain organised by the NeuPSIG is held in Gothenburg, Sweden during 15-18 June 2017. Prof Srinivasa Raja, chair of NeuPSIG and Prof Aki Hietehargi, chair of the scientific committee would be bringing all the recent research on the mechanism and management of neuropathic pain. The details of the meeting can be accessed via the following link.

<http://neupsig2017.kenes.com>

The Spinal Intervention Society held a successful European Congress in Lisbon, Portugal (21-23 October 2016). The 25th Annual Scientific will be held in San Francisco, California, USA from 19-22nd July. Prof Tim Maus and colleagues have put together a programme covering the various aspects of interventional management of spinal pain outlining rigorous evidence and validated techniques. Furthermore the Spinal Intervention Society is having an international meeting in London on 23-25 March 2018 - European Congress 2018 with the theme "*Management of Spine Pain: Integrating the Evidence-base and Skills of Multiple Specialties*". The meeting is aimed at professionals involved in interventional practice and attracts a multidisciplinary delegate group from various specialties including anaesthesiologists, radiologists, spinal surgeons, rehabilitation medicine and neurosurgeons. The details of this meeting can be obtained on the following link given below. <http://spineintervention.org>

The 5th World Congress on Controversies, Debates & Consensus in Bone, Muscle & Joint Diseases (BMJD) will be held at The Marriott Hotel, Surfers Paradise, Gold Coast, Queensland, Australia on 31 August - 3 September 2017. Further details of this meeting can be obtained following the link below. <http://bmjd-congress.org/>

Soon after the EFIC Congress, the 36th Annual ESRA Congress will be held in Lugano, Switzerland on 13-16 September 2017. This meeting promises to have sessions on regional anaesthesia and pain medicine and would cater to all specialists, be it a novice to an experienced clinician. You can find more about this meeting following the link below. <http://www.esra2017.com>

The Annual Scientific Meeting of the Neuromodulation Society of the UK & Ireland is scheduled for Oxford, United Kingdom on 11-12 November 2017. This will be a joint meeting with the Neuromodulation SIG of IASP. Further details of the meeting can be obtained from the following link. <http://www.nsukiasmoxford2017.com>

Those of you who have an interest in acute pain, there is a Satellite Symposium on 05 September on "Pain after Surgery" in line with IASP initiative for 2017, Global Year Against Pain After Surgery. <http://www.iasp-pain.org/SIG/AcutePain>

Friends who haven't made arrangements to attend the 10th Congress of the European Pain Federation (EFIC 2017) in Copenhagen from 06-09 September 2017, it is time to get going as hotels are getting booked up. The beautiful city of Copenhagen and the scientific committee under Prof Thomas Tolle aim to provide a fantastic setting and an excellent congress that would provide a forum for learning, discussions and networking. I am looking forward to meet most of you there. I am sure some of you have submitted posters and workshops and I urge the rest of you to come and support the meeting. <http://www.efic2017.kenes.com>.

Please continue to use the platform of the European Pain Federation EFIC website and newsletter to share the developments happening in your area so that we can keep in touch with each other and formulate future collaborations. I wish all of you great times in the summer and I hope to meet at least some of you at the oncoming meetings.

Best wishes

Arun.

How did you enjoy the EFIC Newsletter 02/2017? Let us know at newsletter@efic.org. We look forward to receiving your feedback on this issue.

The next EFIC Newsletter will be published in September 2017. The deadline for contributions is September 1, 2017. All contributions must be emailed to Bróna Fullen at brona.fullen@ucd.ie.

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