



The President's Corner



Dear friends of the European Pain Federation EFIC,

It is with great pleasure that I address you after taking office as president of the European Pain Federation EFIC.

As I write this first welcome, the elections for the future leadership of EFIC still have to take place. However, by the time you read this the results will be known, and I will have already welcomed the highly motivated colleagues who join the Executive Board to continue building the future of our federation.

I would like to thank Chris Wells for his leadership over the last three years. He was very busy, flying around Europe to support the individual chapters and presenting at multiple meetings. At the same time, he has successfully expanded our network and collaboration with other scientific organisations. Furthermore, he has initiated many new projects including the European Core Curricula for the European Diplomas in Pain Medicine and Pain Physiotherapy.

He established several task forces and started to expand our office in Brussels with a talented Executive Director.

My first priority will be to consolidate all the ongoing projects. As an organisation the European Pain Federation EFIC is growing steadily in its core domains of education, research, and policy. Building a firm organisational model will guarantee continuity in a professional setting.

So, what are my goals and ambitions over the next three years?

As president of the European Pain Federation EFIC, I will, among other things, prioritise the strengthening of our educational activities and recruit more active pain physicians and allied health care professionals into the European Pain Federation EFIC's activities. In fact, we need YOU! If you could volunteer a few hours of your valuable time to help us pursue our goals, you are most welcome to contact us (secretary@efic.org). I am confident that your expertise and skills can make a valuable contribution to one or more of our projects and initiatives.

Another personal goal is to strengthen the collaboration with patient organisations. As EU liaison officer for our federation over the past three years I have learnt that teaming up with the patient is extremely important in moving forward.

Therefore, I want to keep the patient's slogan in mind: "Nothing about us, without us!"

Another ongoing debate which needs our attention is whether we need pain medicine designated as a medical specialty in its own right? I am convinced that we do! We need certified medical experts from different specialties to improve interdisciplinary approaches to pain management, working alongside our allied health professional colleagues. On the other hand, I am not convinced that a new specialty will be the ultimate solution. Remember, nobody can claim ownership of pain, apart from the patient.

For many decades, chronic pain has been considered a biopsychosocial phenomenon. However, this model is often neglected at great cost to the patient and society. We need to extend our efforts to raise awareness that chronic pain should also be considered a life-style and environmental-related disorder.

This broader view of chronic pain requires a higher profile in terms of pain education, research and policy work. Hence, I want to promote the role of primary prevention in the field of pain during my presidency.

I would like to thank all the authors in this newsletter for their contribution and I look forward to meeting many of you over the coming years.

Have a good read.

Bart Morlion

President of the European Pain Federation EFIC

Societal Impact of Pain Meeting, Malta 2017

As regular readers know, the European Pain Federation runs an advocacy campaign called the 'Societal Impact of Pain platform'. This campaign, bringing together doctors, patients (Pain Alliance Europe), and industry partners (Grünenthal), aims to improve health policies and systems in Europe by highlighting the impact of pain for society, economies, employment, as well as individual patients.

The SIP platform organised a symposium in Malta on the 7th and 8th June, in conjunction with the government of Malta, who were holding a leading role in the European Union (Presidency of the Council of the European Union). The Symposium brought together around 300 key opinion leaders, experts and academics patient advocates, politicians and civil servants. The participants came together to agree upon a series of policy recommendations to be sent to the national governments of the European Union as well as the European Commission.

A highlight of the symposium was the appearance by video link of Dr Robert Jakob, Medical Officer for the International Classification of Diseases (ICD) at the World Health Organisation. Dr Jakob set out the upcoming revision of the ICD, which is expected to include chronic pain as a disease in its own right for the first time. Participants debated the likely positive consequences of this change for health provision by governments in Europe.

The main breakthrough for the campaign this year was the announcement, made by the European Commission at the symposium, that an Expert Group on the Social Impact of Pain would be created by them as a consultative body for their policy making. The announcement was made by Martin Seychell, Deputy Director General for Health and Food Safety at the European Commission.

Bart Morlion, President Elect of the European Pain Federation, commented "SIP 2017 was a real breakthrough for us, and we expect to see further collaboration at the highest level with politicians in Europe over the coming years".

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 welcome you to 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.

The European Pain Federation EFIC Champion Awards

The European Pain Federation, EFIC, is aware that, throughout Europe, there are over 100 million people with persistent pain. Also that there are many people who constantly work hard to relieve the burden of pain in many ways, through scientific research, as health care professionals, as patient advocates, as politicians, or in other ways. The Federation appreciates all of these efforts. However, sometimes someone stands out as having made a special contribution, a true Champion in the field of pain.

The Federation has decided to recognize the work of some of these people by giving awards to selected recipients who have made outstanding contributions to the management or relief of pain, to the wider understanding of pain, or to changing government policies affecting pain. This will sometimes be through a particular effort for our Federation or even from exceptional input in their own sphere. ...

...

We have designated two awards to be given regularly over each year to recognize our Champions.

1. The Pain Champion Award
2. The Pain Policy Champion Award

The awards will be in the form of a personalised medal and plaque. Their name and achievements will be included in our Newsletter and on the Honors section which will be added to our website.

1st European Pain Federation EFIC Pain Champion



I am delighted to present Roberto Perez as our first European Pain Federation Pain Champion. The award was given to him at the meeting in Bergamo of our Complex Regional Pain Syndrome (CRPS) Task Force, on June 19th 2017 (see picture).

Roberto is Assistant Professor in Pain and Pain Therapy at the Department of Anesthesiology, VU University Medical Centre, Amsterdam. He trained as a Physical Therapist then added a PhD in Medicine in 2002. He has carried out research on, and developed guidelines for, CRPS and is also actively involved in cancer pain and palliative care (developing guidelines for diagnosis and treatment), arthritis, teaching, lecturing and editing).

We are all grateful for Roberto's tremendous efforts towards the alleviation of pain throughout Europe, and we welcome him as a Pain Champion.

Bio https://www.vumc.nl/afdelingen-themas/135012/4141331/4141344/PPR/RESUME_Roberto_Perez.pdf

European Pain Federation EFIC Diploma in Pain Medicine Award

In April 2017 the inaugural sitting of the European Pain Federation EFIC Diploma in Pain Medicine (EPDM) was held in Madrid, Spain.



Dr. Nicolas Varela, MD, PhD, EDPM, DESA, was awarded the highest marks in the inaugural Diploma exam.

Originally from France, Dr Valera has spent most of his medical studies in Spain. Currently he is completing a

Neuromodulation Fellowship at Guy's and St Thomas' Hospitals and will be taking a consultant post at the Royal National Orthopaedic Hospital in Stanmore at the end of August.

Speaking about the importance of continuous professional development (including the EDPM) Dr Valera said it was fundamental to being able to manage patients with chronic pain.

'We owe it to our patients. They come to us seeking help, and the only way we have to correspond to them is by being at the top level, keeping up to date and giving the patients the best available management option. The EDPM might simply seem like a way to prove that a doctor has a good level of knowledge, but it's much more than that, it proves that he/she has taken time to study and learn for a non-mandatory exam, which is even more valuable'

On hearing that he had been awarded the highest mark in the exam Dr Valera said that he was grateful to all the people that had taught him how to become a good pain doctor, most of whom have since then become good friends. But most of all, he was grateful to his family, especially his wife Belén, who accepted the challenge to move to a different country so that he could have a proper training and supported him while preparing the exam.

'I guess half (at least) of the qualification is her's!' he said

European Pain Federation EFIC's Book on European Pain Management

November sees the release of our long awaited book 'European Pain Management' edited by Christopher Eccleston, Chris Wells and Bart Morlion, published by Oxford University Press.

The idea for the book originated at the 2015 European Pain Federation Congress in Vienna, when the editors discussed the need to take stock of the wealth of talent, enterprise, and creativity that was on show from across all of the 37 separate IASP chapters that make up the Federation.

The book is designed in three sections. First, the purpose of the book is introduced and explained, along with some of the challenges across the nations. This is followed by an authoritative epidemiology of pain, setting out the population need for help. Second, in separate chapters, each of the 37 countries present their own summary of what matters to them. Each of these chapters starts with a brief description of the geography of their area and a demography of its people, the politics and economics of their health care system is described, and this is followed by a description of their pain workforce. Critically, this is followed by what is working well, what challenges are being tackled, and examples of innovation are then given. In a final section, there are six chapters from leaders in European pain practice who focus on critical issues that emerge across all of the chapters such as work with special populations, working as a pioneer in developing economies, opioid prescribing, and the case for and against specialty training.

In the final chapter, the editors summarise the lessons learned, celebrate the astonishing achievements, and present a call to action for a modern European pain management, including innovative models of care.'

Chris Eccleston



Fellowship Report:

A GREAT EXPERIENCE at Leuven Centre for Algology & Pain Management (Algologisch Centrum) at the University Hospitals of Leuven, Campus Pellenberg 2017

I am very grateful for having the opportunity to attend Leuven Centre for Algology & Pain Management at the University Hospital of Leuven, Belgium and I would like to thank everyone in European associations who provided me with possibility of gaining once in a lifetime experience. My fellowship started on 26th June and finished on 7th July 2017.



Professor Bart Morlion and his team were excellent hosts. They made me feel at home and led me through everyday activities with dedication and effort. We agreed initially that my focus would be chronic pain management. While being there I joined different doctors who were very kind and unselfishly shared their knowledge (anesthesiologist, physical medicine and rehabilitation specialist, neurosurgeons). This was very instructive because I could see different styles and learn more about some procedures and in the end I left with many new working skills and experience. The Leuven Centre for Algology & Pain Management is professional organization with capable and renowned staff members who gives a direct insight and involment in multidisciplinary approach and pain treatment (doctors, nurses, psychologists, physiotherapists and social worker). I would wholeheartedly recommend Leuven University Hospital of Leuven, Campus Pellenberg as Center of Excellence for Pain Management for all fellows interested to pursue career in pain management.

I was introduced to the comprehensive treatment of chronic pain, including diagnosing, pharmacologic and non-pharmacologic treatment approaches, multidisciplinary approach and wide range of interventional procedures used for the treatment of chronic pain. We were provided clinically oriented approach towards patients with non-cancer pain, ...

... cancer pain and palliative care. I was also acquainted with the usage of fluoroscopy for interventional purposes. My time at Leuven Algologisch Centrum was highlighted with learning various things, approaches and techniques which I was not familiar with. I could observe new pain procedures such as: neuromodulation (implantation of Spinal Cord Stimulators), radiofrequency procedures epiduroscopy (RFT, PRF), vertebral facet joint and sacroiliac joint infiltrations, transforaminal epidural injection and Intrathecal baclofen therapy (ITB).

I was equipped with the ID and key card, username and password that I used for access to the medical facilities, libraries and to the electronic library.

During my fellowship, I attended the lectures (Campus Gathuisberg) and defense of the doctoral dissertation in the beautiful building at the University of Leuven.

I am really satisfied and my expectations have been completely fulfilled. I am very grateful to EFIC for supporting my visit to Prof. Bart Morlion and the Pain Clinic of University Leuven, Campus Pellenberg. I got in touch with great doctors and with their help enriched my medical knowledge for my future practice in the hospital where I work. Also I have seen many potential solutions for organizational problems that we face at our institution. Once again thank you very much for the opportunity to meet all these great people and promote future medical pain practice in Serbia.

Tomasevic-Todorovic

European Diploma in Pain Medicine

In April 2017 the first sitting of the European Diploma in Pain Medicine (EPDM) took place in Madrid Spain. The 17 successful candidates were:

Nicolas Varela, Spain
Liuda Brogiene, Lithuania
Bozena Jerkovic Parac, Slovenia
Carlos Nebrada, Spain
Jorge Orduna Valls, Spain
Pablo Lopez Pais, Spain
Sabina Cordoba Holt, Spain
Ashok Kumar Puttappa, UK
Magdalena Kocot-Kepska, Poland
Agustin Mendiola de la Osa, Spain
Rosana Sainz, Spain
Joke Meyns, Belgium
Isabel Brazao, Portugal
Eline Baten, Belgium
Maria Luz Padilla Del Rey, Spain
Miren Revuelta, Spain
Aleksandra Silova, Estonia

Winners of the EFIC-IBSA awards

Sponsored by IBSA Foundation for Scientific Research, Switzerland the EFIC IBSA Foundation Award is an annual prize of CHF 2,500 which goes to a young first author (under 40 years) for an excellent original article in the areas of pain science research or clinical research published in the European Journal of Pain in 2016.

The 2016 EFIC-IBSA awards in Science Research goes to:

Kirsty Bannister, Department of Neuroscience, Physiology and Pharmacology, University College London, UK

An investigation into the inhibitory function of serotonin in diffuse noxious inhibitory controls in the neuropathic rat

K. Bannister, S. Lockwood, L. Goncalves, R. Patel, A.H. Dickenson

Abstract

Background: Following neuropathy α_2 -adrenoceptor-mediated diffuse noxious inhibitory controls (DNIC), whereby a noxious conditioning stimulus inhibits the activity of spinal wide dynamic range (WDR) neurons, are abolished, and spinal 5-HT₇ receptor densities are increased. Here, we manipulate spinal 5-HT content in spinal nerve ligated (SNL) animals and investigate which 5-HT receptor mediated actions predominate. Methods: Using in vivo electrophysiology we recorded WDR neuronal responses to von frey filaments applied to the hind paw before, and concurrent to, a noxious ear pinch (the conditioning stimulus) in isoflurane-anaesthetised rats. The expression of DNIC was quantified as a reduction in WDR neuronal firing in the presence of conditioning stimulus and was investigated in SNL rats following spinal application of (1) selective serotonin reuptake inhibitors (SSRIs) citalopram or fluoxetine, or dual application of (2) SSRI plus 5-HT₇ receptor antagonist SB269970, or (3) SSRI plus α_2 adrenoceptor antagonist atipamezole. Results: DNIC were revealed in SNL animals following spinal application of SSRI, but this effect was abolished upon joint application of SSRI plus SB269970 or atipamezole. Conclusions: We propose that in SNL animals the inhibitory actions (quantified as the presence of DNIC) of excess spinal 5-HT (presumed present following application of SSRI) were mediated via 5-HT₇ receptors. The anti-nociception depends upon an underlying tonic noradrenergic inhibitory tone via the α_2 -adrenoceptor. Significance: Following neuropathy enhanced spinal serotonin availability switches the predominant spinal 5-HT receptor-mediated actions but also alters noradrenergic signalling. We highlight the therapeutic complexity of SSRIs and monoamine modulators for the treatment of neuropathic pain.

... Winners of the EFIC-IBSA awards

The 2016 EFIC-IBSA award in Clinical Research goes to:

Gijsbrecht A.J. van Velzen, Department of Neurology, Leiden University Medical Centre, The Netherlands, and the Knowledge Consortium TREND, Leiden, The Netherlands

Is the brain of complex regional pain syndrome patients truly different?

G.A.J. van Velzen, S.A.R.B. Rombouts, M.A. van Buchem, J. Marinus, J.J. van Hilten

Abstract

Background: In recent years, changes in brain structure and function have been studied extensively in patients with complex regional pain syndrome (CRPS) following clinical observations of altered central processing of sensory stimuli and motor control. However, concerning MRI data, the evidence is complex to interpret due to heterogeneity in statistical methods and results. **Method:** The aim of this study was to determine if CRPS patients exhibit specific, clinically relevant changes in brain structure and function in rest. We do this by presenting MRI data on brain structure and function in 19 chronic, female CRPS patients and age- and sexmatched healthy controls (HCs). In addition, we analyse and report the data in multiple ways to make comparison with previous studies possible and to demonstrate the effect of different statistical methods, in particular, concerning the correction for multiple testing. **Results:** Using family-wise error (FWE) correction for multiple testing, in our group of CRPS patients, we find no specific difference in brain structure or function in rest in comparison to HCs. In addition, we argue that previously found MRI results in the literature are inconsistent in terms of localization, quantity and directionality of the reported changes in brain structure and function. **Conclusion:** Previously published MRI-based evidence for altered brain structure and function in rest in CRPS patients is not consistent and our data suggests that no such phenomenon exists. What does this study add?: This article does not replicate the previous found results. The reported evidence in MRI literature of aberrant neuroplasticity in CRPS patients is inconsistent in terms of localization, quantity and directionality of changes in brain structure and function.

European Pain Federation EFIC Pain Physiotherapy Curriculum and Diploma in Pain Physiotherapy



The European Pain Federation (EFIC®) has recently published a curriculum for Pain Physiotherapists. The 2017 curriculum articulates the learning outcomes to be

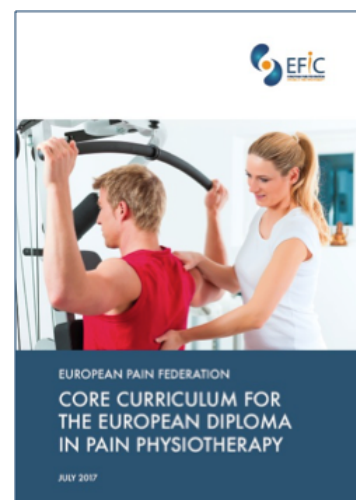
achieved through physiotherapists' self-directed learning, clinical experience, and educational experiences delivered during their training and professional lives.

The first sitting of the European Pain Federation EFIC Pain Physiotherapy Diploma will be held October / November 2017 (date to be confirmed). Knowledge of the curriculum, pain assessment and treatment skills will be evaluated by a three part examination: a multiple choice examination (MCQ), a practical examination and a viva.

The Diploma is for all physiotherapists / physical therapists across Europe (and beyond, for those interested) whose national organisation is a member of the World Confederation of Physical Therapists (<http://www.wcpt.org/members>). The Diploma aims to show that the Fellow has a firm grounding in the skills and knowledge needed to assess and manage the many patients whose pain requires attention in all types of clinical scenario.

Speaking about the pain physiotherapy curriculum and Diploma the new president of the European Pain Federation EFIC Bart Morlion said:

'I am delighted with this excellent educational initiative that will promote physiotherapy education in pain across Europe. I hope that it will serve as an exemplar to stimulate other health care professionals, such as psychologists and nurses to create specific curricula'. The Pain Physiotherapy curriculum and details of the Diploma in Pain Physiotherapy exam can be found at <http://www.europeanpainfederation.eu/core-curriculum>.



Join the European Commission Expert Group on the Social Impact of Pain

The European Pain Federation has been offered the chance to participate in a European Commission platform and influence the thinking of European policy makers. The Expert Group on the Social Impact of Pain was launched by Martin Seychell, Deputy Director General for Health and Food Safety at the European Commission at June's SIP Symposium.

The Expert Group will be a forum for sharing evidence, ideas, and best practices on pain policy. There will be the opportunity to contribute to consultations and position papers which will be developed over the coming months.

The Expert Group is moderated by the European Pain Federation and Pain Alliance Europe. Together we invite you to join the Expert Group and help contribute to our work. The more experts collaborate, the more productive the Group is, the more likely our work will be taken on board by policy makers.

To join the Expert Group, please click on the link below and follow these steps:

<https://webgate.ec.europa.eu/hpf/>

- First, you need to register to the EU Health Policy Platform.
- Create an account in the European Commission Authentication System (ECAS) using a personalised email address related to the organisation you represent. If you already have an ECAS account, please proceed to step 3. Once you created the account, you will receive an email with further instructions.
- Log in with your EU Login (ECAS) username and password. This will take you to the home page of the Platform where you can request access to various networks.
- Once you are logged in, you need to request access to Agora network and to your Expert Group on the Social Impact of Pain; the moderator will grant you access as soon as possible.
- You will receive a confirmation email once your profile is approved.
- Explore the Expert Group. There is space for you to write posts and upload documents in the 'Library' section. You will also find updates from the moderators on the home page.

European Pain Federation EFIC Pain School reports

Krakow Pain School

The EU Pain Therapy School with the main topic: *TRANSLATIONAL PAIN RESEARCH: FROM LAB TO CLINIC* was held 25-29 Jun, 2017 in Krakow, Poland. The moderators were Andreas Kopf (EFIC Education Committee, Berlin), Luis Villanueva (Paris), and Barbara Przewlocka (Krakow).



The School was really internationally oriented with participants from a number of European countries, such as Poland, Denmark, France, Spain, Russia, Serbia. This was really great experience for me. Krakow is an amazing city of unique beauty and a lot of historical sites to enjoy. The participants were housed in a Galaxy hotel situated over the river, which is an excellent location and ideal place for relaxing moments. Of course, we had really busy schedule with the lectures starting from 9.00 a.m. until 19-20.00 p.m. The lectures were highly interactive, keeping the participants active all the time, with a lot of questions and discussions. Still, most lecturers were ...



... European Pain Federation EFIC Pain School reports

... interesting and the class time went really fast. For me, the first day spent at the Institute of Pharmacology was particularly interesting. We got acquainted with basic research using experimental animals, which was new experience for most of us. Besides the lectures, we participated in workshops enabling us to pose questions, discuss the topics and express our own opinions. The coffee/ lunch breaks were ideal for social moments with delicious sandwiches and cookies.

The topics addressed included: Nociception and pain, Neuropathic pain, The importance of basic research for understanding mechanisms of chronic pain, Experimental design and interpretation of basic research, Peripheral and central sensitization, Exploration of pain matrix. The lecturers were really prominent professional in this field: Anthony Dickenson (London), Per Hansson (Oslo), Alain Eschalier (Clermont-Ferrand), Halina Machelska (Berlin), Eija Kalso (Helsinki), Luis Villanueva (Paris), Stephen McMahon (London), and Michaela Kress (Innsbruck).



One afternoon session was dedicated to the visiting of Jewish district of Kazimierz. We really got to know each other and became real friends who will stay in touch in the future. My impressions are really great, useful and unforgettable. I am deeply thankful to my professor Snežana Tomašević-Todorović, the Head of *Serbian Association of Pain Research and Treatment (SAPRT)* who motivated and supported me to apply for this School.

My sincere thanks go also to our Polish colleagues and hosts who organized this school. Author: Sanja Vicković, anesthesiologist, Assistant Professor, Clinical Center of Vojvodina, Novi Sad, Serbia

Cancer Pain and Palliative Care School, Maribor

The European Pain Federation EFIC Cancer Pain and Palliative Care School took place in Maribor from May 21-25 2017. The timetable for the School was quite extensive and was included lectures, workshops and case studies on hospital patients and real cancer survivor. The programme content was based on the European Pain Federation EFIC Core Curriculum for Pain Medicine.

In total, 18 students attended the School. All the European Pain Federation EFIC sponsored candidates were present, and students represented 9 separate European Pain Federation EFIC Chapters.



Lectures were held in the Faculty of Medicine of University of Maribor, which gave the attendees a real feeling of schooling. The School timetable was adhered to without any cancellations or lecture changes.

The case studies were presented with real patients from the Oncology ward of the University Medical Centre Maribor. This way the attendants were confronted with the reality of the pain and palliative care management issues that cancer patients face.

At the end of each day attendees had a small exam on the days lectures. The answers are satisfactory. The School evaluation form was completed by 15 of the 18 attendees. They assessed the quality of the programme as 2 (good) / 3 (excellent), and the relevance for their own practice as 2 (good) / 3 (excellent). In feedback they noted that ...

... European Pain Federation EFIC Pain School reports

... the School is very important and useful, and should be a part of specialty programmes for various specialisations as well as for the residents in pain medicine and palliative care. Their suggestions for improvement was to extend the length of the School and include more workshops and case studies.

The social aspect of the School included a daily evening dinner as well as discussions over the daily coffee and lunch

breaks in the dining room of the UCC Maribor. The students also had guided city tour using the small city train.

The organiser had few sponsors, but with support from the European Pain Federation EFIC, the Faculty of Medicine and UCC Maribor, and additional funds was able to cover the cost of organising the School.

Altogether, everybody enjoyed their stay in Maribor and left satisfied and enriched with knowledge of cancer pain management and palliative care.

Nevenka Krčevski Škvarč

Maribor, 25. 7. 2017

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 research and pain medicine sector.



[Facebook](#)



[Twitter](#)



[Youtube](#)

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

European Pain Journal News and Editor's Choice

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

September 2017 (issue 21-08):

Toward a science and practice of resilience in the face of pain.

L. Goubert and H. Trompetter. 2017, DOI: 10.1002/ejp.1062

Significance

The resilience approach put forward in this review spotlights sustainability of positive outcomes (e.g. engagement in meaningful activities) in the presence of pain as an outcome to pursue beyond recovery of negative outcomes. We illuminate the evidence-base and practical application of promising resilience mechanisms (positive emotions, psychological flexibility, needs satisfaction).

Analgesic effect of clobazam in chronic low-back pain but not in experimentally induced pain,

J. Schliessbach, P.H. Vuilleumier, A. Siegenthaler, L. Bütikofer, A. Limacher, P. Juni, H.U. Zeilhofer, L. Arendt-Nielsen and M. Curatolo. 2017, DOI: 10.1002/ejp.103

Significance

Modulation of GABAergic pain-inhibitory pathways may be a potential future therapeutic target.

Placebo-like analgesia via response imagery

K.J. Peerdeman, A.I.M. van Laarhoven, D.J.P. Bartels, M.L. Peters and A.W.M. Evers. 2017, DOI: 10.1002/ejp.1035

Significance

The reported studies extend research on placebo effects by demonstrating that mental imagery of reduced pain can induce placebo-like expectancy effects on pain.

By Luis Garcia-Larrea and Bettina Haake-Weber

Dear Friends

I hope you are in the midst of enjoying the summer holidays with your loved ones. I am pleased to inform that I am back in the thick of action after the health scare, which I mentioned in my previous post.

I was unable to attend the 13th World Congress of the International Neuromodulation Society held in Edinburgh, Scotland (27th May – 01st June 2017). However a dear friend, Dr Ganesan Baranidaran, a renowned pain specialist based in Leeds and is also the current Hon. Secretary of the Neuromodulation Society of UK & Ireland has summarised it for you.

The 13th World Congress of the International Neuromodulation Society was one of the successful Congresses of the year showcasing the rapid advances made in the field. Prof. Gregoire Courtine presented an overview on the role of spinal cord stimulation for spinal cord injury whilst Dr Andre Machado spoke on the subject of stroke and neuromodulation. There have been exciting developments on Brain Computer Interfaces mapping out thought processes to enable function in tetraplegics and Drs Ali Rezai and Jaimie Henderson had been in the forefront of these researches. They presented what have been the latest developments and the role of optogenetics in furthering the research and practical applications. Dr Kim Burchiel presented about the role of Deep Brain Stimulation in the management of obesity. Dr Jan Vesper and Dr Tim Deer also led an interesting discussion on the potential of Evoked Compound Action Potentials and Neuromodulation. One of the most popular events of the Congress “Giants of Neuromodulation” was led by Dr Tim Deer, President of INS involving the insights of some of the pioneers of Neuromodulation – Dr Mike DeJongste, Dr Elliott Krames and Prof Michael Stanton-Hicks. The next edition of the INS World Congress is being held in Sydney, Australia in May 2019.

The Fifth International Conference on Interventional Pain Medicine & Neuromodulation was held at the Medical University of Warsaw, Poland on 30 June and 01 July 2017. The meeting was jointly organised by Dr Teo Goroszeniuk on behalf of the London Pain Forum and the Polish Neuromodulation Society represented by Dr Andzej Krol and Dr Piotr Buczkowski. It was great to see many colleagues including Prof Jan Dobrogowski, Dr Przemyslaw Strulak and Dr Robert Rapcan. The meeting commenced with a talk by yours truly on Observational and Evidence-based Interventional Pain Management and this was followed by an excellent outline on Neuromodulation Research and Evidence by Mr Roger Strachan, Immediate Past-President of NSUKI. There were excellent talks by Dr Raja Reddy (Sonoanatomy for Pain Interventions), Dr Andrzej Krol (Ultrasound-guided Pulsed Radiofrequency), Dr Robert Rapcan (Epiduroscopy) and Dr Wojciech Nierodzinski (Racz Catheter Epiduroplasty). There was excellent session on the various examinations conducted by EFIC, ESRA and WIP to benefit the trainees and junior colleagues in pain medicine. The final session was delivered by Dr Ashish Shetty on the clinical indications and referral for Spinal Cord Stimulation and Prof Keyoumars Ashkan on Surgical Management of Chronic Pain. The meeting also conducted the 10th Hands-on Cadaver Workshop at the Zakład Medycyny Sadowej Warszawskiego Uniwersytetu Medycznego, Warsaw, Poland, where candidates had first-hand experience in carrying out various pain interventional procedures. One of my ever-lasting memories of the meeting was Mr Strachan and Prof Keyoumars, two neurosurgeons taking turns at the restaurant piano and entertaining us with various compositions ranging from jazz to classical pieces.

Future Meetings

It is less than a month for the 10th Congress of the European Pain Federation (EFIC 2017) in Copenhagen from 06-09 September 2017 and everything is set for one of the largest pain Congresses. Prof Bart Morlion and Prof Thomas Tolle joins Dr Chris Wells and the organising committee in welcoming you the wonderful city Copenhagen and I look forward to meet you there.

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

The Satellite Symposium on 05 September on "Pain after Surgery" is in line with IASP initiative for 2017, Global Year Against Pain After Surgery.

<http://www.iasp-pain.org/SIG/AcutePain>

The 10th World Congress on Myofascial Pain Syndrome and Fibromyalgia Syndrome is being held in Bengaluru, India from 04-08 October 2017. This meeting attracts researchers, educators and other healthcare professionals. This is the first time the Myopain meeting is being held outside USA or Europe. Further information on this meeting can be obtained following the link given below.

<https://www.myopain2017.com>

The 3rd World Congress on Abdominal & Pelvic Pain is being held at Washington DC, USA on 11-15 October 2017. Dr Amy Stein and colleagues have put together a comprehensive programme with some exciting plenary speakers and workshops. Details of the meeting can be found through the following link given below.

<http://pelvicpain.org/meetings/annual-meeting/conference-pricing.aspx>

The Annual Scientific Meeting of the Neuromodulation Society of the UK & Ireland is scheduled to be in Oxford, United Kingdom on 11-12 November 2017. This will be a joint meeting with the Neuromodulation SIG of IASP. Miss Stana Bojanic, President of NSUKI and the board invites all of you to attend this meeting and there is a pre-meeting neuromodulation workshop run by very experienced faculty. Further details of the meeting can be obtained from the following link.

<http://www.nsukiasmoxford2017.com>

Continuing with the theme of neuromodulation, one of the first meetings of 2018 would be the 21st Annual Meeting of the North American Neuromodulation Society to be held at the Caesars Palace Convention Centre, Las Vegas, Nevada, USA on 11-14 January 2018. NANS meetings have always been one of the annual events where new developments in the field of neuromodulation are presented. The details of the meeting can be found through the link given below.

<http://www.neuromodulation.org/Meetings/2018AnnualMeeting.aspx>

The "Advances in Pain Medicine" International Winter Symposium would be held at Hotel Village Montana, Tignes le Lac, France in 21-26 January 2018. This meeting is attended by delegates from across Europe and over the globe and gives a unique opportunity to closely interact with each other to share ideas and experiences. You shall be able to get further information from the link given below.

<http://www.winterpainsymposium.com/>

The Spinal Intervention Society international meeting is being hosted 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. Further details of this meeting can be obtained on the following link given below.

<http://spineintervention.org>

The British Pain Society ASM 2018 is being held at the Hilton Brighton Metropole at the popular seaside town of Brighton on 01-02 May 2018. I shall be bringing you the details in the coming issues and could be followed on the link given below.

<https://www.britishpainsociety.org/mediacentre/events/annual-scientific-meeting-12-may-2018-brighton/>

The 9th World Congress of the World Institute of Pain (WIP 2018) is being held in Dublin, Ireland on 09-12 May 2018. The President of WIP, Dr Craig Hattrick and the Executive Board joins the Organising Committee chaired by Dr Dominic Heggarty in inviting you to submit your presentations and attend the meeting in Dublin. Further details on the programme shall be shared in the coming issues and details about the meeting can be obtained following the link given below.

<http://wip2018.kenes.com>

The 3rd Eastern-European Pain Congress will take place in Kiev, Ukraine on June 7-9, 2018 and is jointly hosted by Ukrainian Association for the Study of Pain (UASP) alongside the Latvian and Romanian Associations for the Study of Pain and is endorsed by European Pain Federation. Participants will have the opportunity to exchange ideas and expertise in the multidisciplinary management of most aspects in pain management. Dr Vladimir Romanenko, Secretary of UASP and EFIC Councilor, extends a warm welcome to Kiev on behalf of the UASP Executive Board and the International Scientific Program Committee.

Further details are available at the link given below.

<http://www.paincongress.com>

The 17th World Congress on Pain under the auspices of IASP is being held on 12-16 September 2018 in Boston, USA. Further details will be furnished here in the following issues. Details about submitting abstracts and workshop proposals can be found on the link given below.

<https://www.iasp-pain.org/boston>

Finally, a quick reminder of the meetings happening in September soon after the EFIC Congress. The 36th Annual ESRA Congress is being held in Lugano, Switzerland on 13-16 September 2017. You can find more about this meeting following the link below.

<http://www.esra2017.com>

The British Pain Society has two meetings in September. The 16th Biennial National Conference of the Pain Management Programme SIG titled "Gonnae No Dae That" – Exploring Patient and Clinician Fears is being held at the Glasgow Caledonian University, Glasgow, Scotland on 14-15 September 2017. The Joint Interventional Pain Medicine and Neuropathic Pain SIG Conference is being held at the BMA House, Tavistock Square London on 20 September. The details of the above-mentioned meetings could be found following the link given below.

<https://www.britishpainsociety.org/mediacentre/events/>

I wish you have great time for the remainder of the summer holidays and I look forward to seeing you in Copenhagen at the EFIC Congress.

Best wishes

Arun.

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



► PROGRAMME

How did you enjoy the EFIC Newsletter 03/2017? 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 December 2017. The deadline for contributions is November 1st 2017. All contributions must be emailed to Brona Fullen at brona.fullen@ucd.ie.

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