



11TH CONGRESS OF THE EUROPEAN PAIN FEDERATION EFIC®

4-7 SEPTEMBER 2019 | VALENCIA, SPAIN

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YEARS

EFIC NEWSLETTER 03 2018

The President's Corner



Dear friends of the European Pain Federation EFIC®,

I hope you all had a good and relaxing summer break. Let me briefly update you on some activities of our Federation for this fall 2018.

In September, we were present with a well-visited booth at the Pain Word Congress in Boston. During this global flagship meeting on pain we had many successful meetings and discussions. Moreover, we held a co-organised session with the International Association for the Study of Pain (IASP) on pain advocacy worldwide and had a small reception, celebrating the first 25th years of the European Pain Federation! Overall, we worked on strengthening the partnership with our colleagues on the other side of the pond, finding new ways to ensure synergies and collaboration in the lead up to our 2019 congress in Valencia. Further in this newsletter, you can learn more about our successful experience in Boston this year.

Following the June 2018 election of Dr Bona Fullen as our next President, a spot has opened up on the Executive Board of the European Pain Federation EFIC. Bona held the post of Honorary Secretary until she became President Elect, and therefore a new Honorary Secretary needs to be chosen. In this newsletter you can find out more about the call for nomination for the election that will take place in early December 2018

I am pleased to announce that we have confirmed the dates of our 2019 European Diplomas in Pain Medicine and Physiotherapy which will take place on 12 and 13 April 2019 at the Medical School in Leuven. We will provide all information for registration soon through all our communication channels.

In the advocacy domain, our flagship initiative, the Societal Impact of Pain (SIP) is about to reach two important milestones. On the 25th of October our SIP Steering

Committee will gather in Brussels to discuss achievements to date and our strategy for next year. In November we will present our SIP Joint Statement written with the contribution of several civil society stakeholders to the European Commission.

Further in this newsletter you will learn more about SIP projects and I encourage all of you to comment and endorse our Joint Statement by the 15th of October so that your input can be taken into account within the recommendations for improving pain policy in Europe.

Earlier in September we opened the call for abstracts for our next congress taking place in Valencia from 4-7 September 2019. We look forward to your submissions. You can find all information on how to contribute [on our congress website](#). Please, motivate also your peers, seniors and juniors to send in the abstracts in time.

In line with my promise to keep our Federation “on the move”, we are modernizing our external communication and reporting activities. We have published a 2018 Annual Report taking stock of the achievement of the European Pain Federation and paving the way for developments lying ahead. Furthermore, we are preparing for the launch of a new EFIC website with a modern look and feel to allow our community to receive even more timely insights of our activities and plans.

Finally, I am pleased to communicate that we recently completed our Executive Office move to the EU quarter of Brussels. Advocacy projects have been crucial to our Federation for some years now. Our new office is 5 minutes’ walk from the European Parliament, meaning that meetings with politicians and other political influencers will become much easier. Our executive office staff would be pleased if you pop-in whenever you visit Brussels.

I hope you will enjoy our latest newsletter!

Have a good read,

Bart Morlion

FEDERATION UPDATES



Our first Annual Report is available online

The Federation has taken another step forward by publishing an Annual Report for the first time. We celebrate our 25th anniversary in 2018 and decided to mark the occasion by entering a new era of transparency. The Annual Report covers the first year of Professor Bart Morlion’s Presidency and also presents financial information for the 2017 financial year. The Annual Report gives an insight into recent organisational changes and various projects of the Federation, including advocacy, but also education and research. Please find the report [here](#).

EFIC moves to the heart of the EU quarter

We recently completed our office move to the EU quarter of Brussels. Advocacy has been crucial to EFIC for some years now. Our new office is 5 minutes away from the European Parliament, meaning that meetings with politicians and other political influencers will become much easier. We are also involved in EU-funded Innovative Medicine Initiative (IMI) projects as well as engagement with other medical societies and institutions, which necessitate meetings in the EU quarter. The new office is a great asset to the pain medicine community, and EFIC welcomes allied stakeholders to visit and eventually to consider using the space for meetings. The building has a board room, meeting room, and a space for sublet. Contact secretary@efic.org for more details.



EFIC open election for next Honorary Secretary

Following the June 2018 election of Dr Brona Fullen as our next President, a spot has opened up on the Executive Board of the European Pain Federation EFIC. Brona held the post of Honorary Secretary until she became President Elect, and therefore a new Honorary Secretary needs to be chosen.

In keeping with the Federation's [bylaws](#), the Honorary Secretary shall be elected by the national Councillors. In the absence of a formal Council meeting, the Federation will organise a remote electronic election using a secure app. Candidates must be members of IASP and their local IASP chapter, and should be current or past EFIC Councillors or current members of their national Council. The next Honorary Secretary will serve until the 2021 Council meeting.

The call for nominations has been circulated. The deadline for nominations is the 30th November 2018. The election will take place in early December 2018. [You can find more information here.](#)

Coming soon: new EFIC website!

We are about to launch a new website for the Federation with a modern look and feel and constant updates on our activities. Stay tuned for more information on the launch in the coming weeks!

EFIC 2019 CONGRESS UPDATES

Our congress team and scientific congress committee are working hard to give our delegates and partners a wonderful experience at our 2019 Congress 'Pain in Europe XI' in Valencia next year.

Our innovative and engaging scientific program will include:

- 54 workshops (out of nearly 200 submissions received!)
- 10 refresher courses
- 13 plenaries
- 5 young investigator sessions
- 1 Spanish language track

The curricula for the European Diploma in Pain Medicine and Physiotherapy will be covered through the scientific programme including in the refresher courses.

In early September we opened our abstracts submission portal. We look forward to your proposals until the **28 February 2019 (abstract submission deadline)**. All information can be found on our congress website [here](#).



We launched a [2019 congress blog](#) too keep you updated on the developments of our program in the lead up to September 2019. Here you can read the [article of our president Bart Morlion](#) on 5 reasons why our congress will definitely be worth the trip!

And talking about trips, we invite you to have a look at the website section about our charming host city of Valencia [here](#).

Registration to our flagship event will open in **November 2018**. We look forward to meeting many of you on 4-7 September 2019 in Valencia, Spain.

For any questions and further information on 'Pain in Europe XI' please get in touch with us [here](#)!

ADVOCACY UPDATES

European Pain Federation @ IASP World Congress on Pain in Boston

The IASP (International Association for the Study of Pain) World Congress on Pain held in Boston this past September has been a wonderful opportunity for EFIC to discuss our objectives and projects in pain education, research and advocacy with stakeholders from all over the world. During this global flagship meeting on pain we also strengthened our excellent work relation with IASP and discussed, among other topics, our collaboration for the Global and European Year against pain 2019. Watch the space for exciting updates on this project!

Our booth gave us the opportunity to showcase the projects of our Federation along with the Pan-European Patient organisation Pain Alliance Europe, and confront and compare our experience with those of advocates from other regions.



IASP and EFIC co-hosted a special session devoted to the advocacy efforts to foster pain management, research and education globally.

IASP has a role to play in improving pain medicine globally via political action. One of the most important projects of IASP has been its efforts to push for the WHO International Classification of Diseases (ICD) to include 'chronic primary pain' as a disease in the next update, ICD-11. Inclusion of chronic primary pain in ICD-11 could lead to a sea-change in which healthcare systems pay more attention to pain, starting with an increase in the reporting of patients with pain as a primary indication.

At the session in Boston on the 15th September, IASP and its regions presented their advocacy work and their efforts to push for the implementation of ICD-11.

EFIC led a section of the agenda which focuses on the SIP platform and the SIP partners' efforts to draw attention to ICD-11. Speakers included Professors' Bart Morlion and Thomas Tölle who presented the achievements of SIP to date at national and European level and provided examples of how SIP has been a vehicle for advocacy of the ICD 11's uptake in Europe.



Our EFIC leadership was joined by MEP Marian Harkin, a great supporter of the SIP platform and the PAE- ENFA Brain Mind and Pain interest group. Harkin spoke about the importance of activities like ours in providing policy makers with the much-needed evidence to foster pain policies in a crowded health agenda. Finally, Dr Paul Cameron, member of our newly EFIC- SIP working group, presented his cutting-edge work on pain classification and service delivery for the Scottish government. The session sparked interest in the SIP methodology and the new ICD 11 classification as demonstrated by the very lively Q&A session that followed the speaker panel presentations.

We need your input for the Societal Impact of Pain Joint Statement!

Our Societal Impact of Pain (SIP) platform is one of only three topics selected for the prestigious Thematic Networks program in 2018! This fantastic recognition from the European Commission demonstrates the importance of our work to raise awareness about the impact of pain, share expertise and develop strategies to improve pain Management.



Thematic Networks brings together experts from a wide range of organizations to discuss key topics related to health. Together, participants create a statement that summarises their shared position on the topic – and these statements are aimed to provide recommendations on the European Union approach to health policy.

Together with our partners and endorsers we put together the first draft of this statement. We presented the current draft of the Joint Statement on the 4thth of October during a webinar open to all interested stakeholders and hosted by the European Commission. The webinar was very well attended, and the SIP partners received useful feedback to work on the final draft. We will present the finalised document at the European Commission premises in November 2018.

What's next?



The SIP Joint Statement is open for contribution and can be found on the [SIP Platform](#) and on the European Commission [EU Health Policy Platform](#) (you need to create a log-in to access the platform, see instructions [here](#)). Please provide your comments and endorsement **in the next two weeks** so we can include them in the

final draft for the European Commission.

For more information and any questions on this project please contact vittoria.carraro@efic.org and a.pop@pae-eu.eu.

RESEARCH UPDATES

The PAIN OUT Project

The first year of the EFIC - PAIN OUT project is complete. PAIN OUT aims to create a web-based quality improvement and research network to improve post-operative pain.

Below you can find its achievements to date and next steps for the future.

Progress in the national networks

- The networks in Spain, Netherlands and Serbia collected data from 4,661 patients across 29 hospitals, thereby completing the baseline phase of the project. They are currently preparing the quality improvement measures in form of a 'bundle'.
- The networks in France and Switzerland will complete the baseline phase in September/October and will then hold the mid-project workshops: 19th October in France and TBD in Switzerland.
- Three new members have joined the EFIC Task force on perioperative pain management: Jerónima García from Spain and Sjaak Recker from the Netherlands representing nurses and Manlio Barbarisi, MD from Italy, representing neurosurgeons.



- The PAIN OUT working group met at the IASP congress in Boston (picture below) to discuss outcomes to date and next steps.

Plans for the upcoming months

- We hope that all the networks will complete collecting the baseline data by January/February 2019, after which we can prepare the first primary article.
- We plan to hold a one- day meeting of PAIN OUT collaborators during the EFIC congress in Valencia, Spain, September 4th to 7th 2019.



We look forward to provide you with further updates from the PAIN OUT project!

For background and information on PAIN OUT please contact pain-out@med.uni-jena.de.

Vacant PhD Scholarships – FRESCO@CNAP, co-funded by Marie Skłodowska-Curie (Horizon 2020)

CNAP is a basic research Centre of Excellence established by the Danish National Research Foundation at SMI® - Department of Health Science and Technology, Faculty of Medicine, Aalborg University, Denmark.

The programme FRESCO@CNAP, which is co-funded by Marie Skłodowska-Curie Actions (Horizon 2020), aims to install early stage researchers (PhD fellows) in CNAP, conducting frontline research on novel tools for identifying and modulating human pain mechanisms. Several PhD Scholarships including a competitive salary, all university fees, health insurance, experimental running costs, and well-equipped office and laboratory facilities are available from February 2019. The successful applicants should investigate neuroplasticity and pain aiming on models for provocation, probing and modulation of such.



The candidate for a CNAP PhD Scholarship holds a master's degree in biomedical engineering, neuroscience, psychology, pharmacology, medicine or equivalent with the prospect of pursuing studies on the human pain neuroplasticity utilizing biomedical technologies (e.g. quantitative assessment) and human pain and itch biomarkers. Translational animal studies, human experimental and clinical studies are within the scope of CNAP aiming at improving the understanding of human pain neuroplasticity. Insight into fundamental pain mechanisms and their clinical impact is an advantage,

but not a requirement. A high proficiency in oral and written English is required. Good dissemination skills are important.

You may obtain further information from the CNAP Director, Professor Thomas Graven-Nielsen, DMSc, PhD: tgn@hst.aau.dk or at www.cnap.hst.aau.dk as well as on our Twitter profile: @CNAP_AAU

CNAP will also be hosting an application webinar on October 31, providing information on the application process. Please find more information [here](#).

Deadline: 27/11/2018

[Apply online](#)

EFIC position paper on appropriate use of cannabis-based medicines and medical cannabis for chronic pain management


Cannabis-based medicines are being approved for pain management in an increasing number of European countries. There are uncertainties and controversies on the role and appropriate use of cannabis-

based medicines for the management of chronic pain. EFIC convened a European group of experts, drawn from a diverse range of basic science and relevant clinical disciplines, to prepare a position paper to empower and inform specialist and non-specialist prescribers on appropriate use of cannabis-based medicines for chronic pain. The expert panel reviewed the available literature and harnessed the clinical experience to produce these series of recommendations.



POSITION PAPER | [Free Access](#)

European Pain Federation (EFIC) position paper on appropriate use of cannabis-based medicines and medical cannabis for chronic pain management

Winfried Häuser , David P. Finn, Eija Kalso, Nevenka Krcevski-Skvarc, Hans-Georg Kress, Bart Morlion, Serge Perrot, Michael Schäfer, Chris Wells, Silviu Brill

Please access the full text on the European Journal of Pain [here](#).

E-G-G research grants for clinical and human experimental pain research

These biennial grants totalling €200,000 from Grünenthal are supporting young scientists early in their career to carry out innovative clinical pain research in any member country of the European Pain Federation EFIC®. Individual research grants are valued at up to €40,000 per project for a duration of up to two years. Research Grants are intended for clinical and human experimental pain research including innovative educational initiatives aimed at improving diagnosis and treatment of pain.

Research proposals on animals, computer simulations, cell lines etc. will not be considered.

Applicants should be a citizen of any EFIC® member country, should have obtained a PhD, MD or equivalent postgraduate degree, and not be older than 40 years.

The decision on awarding grants is made independently by a sub-group of the Research Committee of the European Pain Federation EFIC®.

Deadline for Application: Dec. 31st 2018

Guidelines, Quality Criteria, Online Application forms: www.e-g-g.info

Contact: Anja Lehmann, Insignio

Phone: +49 241 570 75180 | e-mail: admin@e-g-g.info

www.e-g-g.info | www.europeanpainfederation.eu



EDUCATION UPDATES



European Diploma in Pain Medicine EDPM – 13- 14 April 2019, Leuven, Belgium

European Diploma in Pain Physiotherapy (EDPP) 13 April, Leuven Belgium

Both examinations will take place at the Gasthuisberg campus of the University of Leuven. For further details please contact secretary@efic.org. All information will be available on our website soon!

EFIC Pain School in Pörschach am Wörthersee

The EFIC Pain School was held from 2-7 of September 2018 in Pörschach am Wörthersee, a picturesque resort near Klagenfurt, under the auspices of the Medical Chamber of Carinthia, Division Pain and Palliative Care.



With the support of the current president of the Serbian Association of Pain Research and Treatment, Professor Dr. Snežana Tomašević-Todorović, I received an EFIC grant which allowed me to participate on this event. I was the only participant from Serbia while others were from Bulgaria, Russia, Bosnia and Herzegovina, Slovenia, Lithuania, Latvia, Spain, Italy, Romania, Germany and Greece. The participants had different areas of expertise (anaesthesia,

neurology, physical medicine, pharma-cologic research etc.), which enabled us to have a multidisciplinary approach to the topics presented.

The course was organized and hosted by Professor R. Likar from Austria and Dr. R. Sittl from Germany, who were also the moderators of the course. They excellently guided us through every topic by presenting examples from their rich experience. All of the lectures were interactive and dealt with current up-to-date topics related to acute, cancer and chronic pain, as well as numerous topics related to the multidisciplinary contemporary treatment of different types of pain. The program was very extensive, there were more than 20 lectures held. Each lecture was followed by a lively discussion in which lecturers and participants discussed topics and exchanged knowledge and experiences through a series of practical examples. The first plenary lecture was held by Dr. B. Morlion, current president of EFIC, about the current activities and goals of EFIC in the fields of education, research and advocacy in pain therapy. During the course, Dr. R. Likar and Dr. R. Sittl introduced the principles of pharmacotherapy and pathophysiology of acute pain, the treatment of cancer pain, low back pain and some other topics. An excellent lecture was held by Dr. R. Likar about patient-centered invasive methods in the treatment of cancer pain. Dr. S. Shug presented the novelties in the treatment with non-opioids and NSAIDs. Dr. R. Rosenquist spoke about the principles of regional anesthesia in adults, which he presented through ultrasonographic pictures of the relevant neural structures. Personally, as a paediatric anaesthetist, I was very happy that paediatric pain was on the agenda well. The lecture on regional anesthesia in children held by Dr. Ch. Breschan was also presented through numerous ultrasonographic depictions of the relevant blocks, as well as examples of best practice from the KABEG Clinic in Klagenfurt.

Two interesting, interactive workshop were held. The first was on the use of TENS, and the second on mindfulness techniques in pain management. Dr. S. Brill presented the principles and problems in the use of marijuana for medical purposes in Israel, but also about the role of cannabinoids in current therapy of pain. Dr. S. Nica and Dr. N. Krcevski-Skvarc gave very informative lectures on musculoskeletal and visceral pain. Dr. A. Kopf talked about the current problems of availability of opioids worldwide. Dr. A. Danilov spoke about the existing possibilities in the treatment and diagnostics of different types of chronic migraine. Cluster headaches were discussed by Dr. W. Amberger. The topic of trigeminal neuralgia was covered by Dr. A. Resch in an interesting lecture on invasive, neurosurgical treatment techniques of this disease. P.

Moore from Great Britain spoke about the importance of active participation of patients in the entire therapeutic process, but also about the difficulties that these patients face during the treatment process and in everyday life. The last lecture on the third day of the course was delivered by Dr. R. Lackner, who demonstrated the basic principles of manual therapy through numerous practical examples. Current information on neuropathic pain and complex regional pain syndrome was discussed in two very detailed lectures (by Dr. A. Danilov and Dr. Ch. Maihofner). On the fourth day of the course, a visit was organised to the Klagenfurt KABEG Clinic, where Professor Dr. R. Likar and his associates spoke about the work and organization of the interdisciplinary pain therapy team.

It was a great pleasure indeed to participate and to listen to the lectures of the leading experts in this field and to discuss dilemmas and burning issues with other colleagues with similar interests. During this course the participants set the base for future cooperation and communication. Personally I was very glad to be able to engage in informal communication with our lecturers, who were open and willing to talk and share their opinions and experiences with me.

Dr. Izabella Fabri Galambos, MD PhD Department of anesthesia and perioperative medicine Medical Faculty, University of Novi Sad
Institute for the healthcare of children and youth of Vojvodina, Division for pediatric anesthesia, pain therapy and intensive care

EFIC Fellowship, Nijmegen Radboudumc, Department of Anesthesiology, Pain and Palliative Medicine

September 3th- 21th, 2018
EFIC Fellow: Aida Kinderyte

I am very pleased that I had the opportunity to attend the Radboudumc Multidisciplinary Pain Center in Nijmegen, Netherlands. This fellowship extended my knowledge of pain patients treatment possibilities.

Prof. Kris Vissers is very collegial. He did everything so that I could learn as much as possible. During this fellowship I had many opportunities to acquire new knowledge and experience.

Consultations of patients who experience chronic and oncological pain as well as their treatment options - both non-invasive and invasive. Also I had a chance to take part in multidisciplinary team meetings, during which every patient would receive an individual pain treatment plan. It was very interesting to see invasive procedures - both complicated (neuromodulation, epiduroscopy, Gasserien ganglion block), and daily (sympathetic blocks, selective DRG, peripheral nerve blocks, radiofrequency and cryoneurolysis procedures by using ultrasound, C arm fluoroscopy).

My colleagues were always available to answer my questions and share their knowledge and experience. I felt like being part of a team. Finally, I would like to emphasize that my fellowship in Radboudumc was one of the best professional experiences I ever had. I acquired a lot of valuable experience there and I would

recommend the pain center to every colleague who is planning a fellowship in the pain medicine.

Aida Kinderyte, MD
EFIC Pain Fellow

NEWS FROM OUR CHAPTERS

Societal Impact of Pain (SIP) in France presents at the French Ministry of Health

On May 31st, the EFIC French chapter, the French Society for the Study and Management of Pain (SFETD), and the pharmaceutical company Grünenthal have launched the national Societal Impact of Pain (SIP) platform in France. The stakeholders involved will present their position paper and call to action to foster pain policies in France on the 24th October at the French Ministry of Health. Our French EFIC councillor Dr Giselle Pickering will provide us with hot off the press updates on this important meeting at our SIP steering committee on 25th October.



4th Croatian Congress on Pain Therapy



Taking place in Osijek, Croatia from 17-19 May 2018, the 4th Croatian Congress on Pain Therapy with international participation, provided attendants with access to the latest knowledge from pain medicine through its interest sessions and practical courses. The Croatian Pain Society – Croatian Medical Association (the National Chapter of the European Pain Federation (EFIC) and the International Association for

the Study of Pain (IASP), organized Congress in Osijek, city that has been known for leadership in the Croatian pain medicine. A truly multidisciplinary audience of total 250 healthcare professionals including pain medicine, anesthesiology, neurology, rheumatology, oncology, physiotherapy, psychology and nursing, had opportunity to listen 39 invited speakers from five European countries and United States of America. Fascinating sessions gave participants unmatched access to the latest knowledge in pain medicine. Bart Morlion (President of the European Pain Federation EFIC Executive Board 2017-2019) and Lars Arendt-Nielsen (President-elect for the International Association for the Study of Pain (IASP) in 2017), opened Congress with excellent plenary lectures: "Excellence in pain education: an overview of the curricula and examinations of the European Pain Federation EFIC" and "Musculoskeletal pain: basic mechanisms and clinical implications". With 27 accepted abstracts in form of poster presentations, participants also contributed to the scientific programme of Congress. Many of the attendants have participated in interventional pain treatment courses (cadaver's workshops and ultrasound workshops on models) or in workshops for non-pharmacological treatment of pain (Bowen and Emmett methods; cognitive

behavioral techniques; occupational therapy). Several networking events gave participants the opportunity to meet up with some of the world's leading pain expert, such as Bart Morlion, Lars Arendt-Nielsen, Luis Villanueva, Dragan Primorac, Leonardo Kapural and Gabor B. Racz. There was enough time for meeting many old friends, make new ones, and exchange ideas on areas of common interest in pain medicine. We hope that we succeed to "Bridge the gap between knowledge and practice".

Asst. Prof. Ivan Rados, M.D., Ph.D. President of the Croatian Pain Society – Croatian Medical Association

Ivan Omrcen, M.D Secretary of the Croatian Pain Society - Croatian Medical Association

EVENTS, MEETINGS AND COURSES UPDATES

Dear Friends,



I trust this finds you all in the best of health and spirits. It was indeed great to meet some of you at the various meetings particularly in Boston at the IASP World Congress. We had an unusually hot spell in the south of England this year and many friends told me that most parts of continental Europe also experienced the heat wave. This has scorched the grass brown, but also has given us a bumper crop of apples in our orchard. It was interesting to listen to the fruit farmers debating

on the impact of Brexit, but my belief is that it should not affect us involved in Pain Medicine as we all come under the umbrella of the European Pain Federation.

The 17th World Congress on Pain under the auspices of IASP was held on 12-16 September 2018 in Boston, USA. There are several reasons to believe that it was one of the most successful of congresses and in addition to the scientific programme, it was great to catch up with friends around the globe. Due to various issues I could only arrive on the evening and hence sadly missed the opening ceremony; however, meeting up with old friends certainly made up for it at least in part. Prof Fiona Blyth (Australia) started the events on Thursday with her plenary on the global burden of disease – Impact of Pain; this was followed by several workshops and I found the talk on Nociceptive pain: The Mechanistic Descriptor by Prof. Eva Kosek (Sweden) very interesting. Prof Camilla Svensson (Sweden) gave a great talk on the mechanisms of Articular and Non-articular arthritis pain and this was followed by an equally riveting plenary on Psychological Treatments for Pain by our own Prof Chris Eccleston. Another interesting session was on Painful Diabetic Neuropathy by Prof David Bennett (UK), Prof Roy Freeman (USA) and Prof Troels Jensen (Denmark). Plenaries by Prof Arne May (Germany) on Orofacial pain and Dr Daniel Carr (USA) on Pain Education kicked off the Friday, followed by an interesting session on Neuromodulation which showcased the developments over the past fifty years as well as what is in store for the future. Dr Robert W Gereau (USA) gave an exciting talk on Optogenetics and its potential future applications in Pain Medicine. I also found the plenaries from Dr

Christine Chambers (Canada) and Prof Howard L Fields (USA) also quite engaging. I was also very pleased to sit in on the session by Mr Pete Moore educating patients, care-givers and health professionals on the importance of self-management of pain and the role of a Pain tool-kit. I am sure you will read about the 25th Anniversary celebrations of the European Pain Federation on Saturday evening; I had to apologise to Prof Morlion and Dr Fullen as I had to leave early for my flight. I am very disappointed that I missed the landmark event.

The First Joint Congress of the International Neuromodulation Society European Chapters - Neuromodulation: Technology to improve patients' lives was held on September 19-22, 2018 in Nijmegen, The Netherlands. Dr Mike de Jongste and Dr Monique Steegers hosted the event at the Van der Valk hotel in the picturesque town of Nijmegen, which was attended by around 500 delegates and this was the first time the various European Chapters of the International Neuromodulation Society met as a European Congress. The main body of the meeting was preceded by cadaver workshops and also workshops for nurses in neuromodulation. There were several interesting sessions— in a session titled “What’s new in Neuromodulation?”, Prof Frank Huygen (The Netherlands) spoke about spinal cord stimulation as a target for immunomodulation, Prof Robert Levy (USA) on closed loop systems and Prof Dirk de Ridder (Belgium) on the future of neuromodulation. There were interesting discussions on Motor Cortex Stimulation for pain management (Dr Erkan Kurt, The Netherlands) and Destructive therapies for pain (Dr Ido Strauss, Israel). Prof Jean-Pierre van Buyten (Belgium) and Dr Richard Sullivan (Australia) led a debate on the current opioid issues in pain management and the role of neuromodulation as a potential solution. In a very interesting session Dr Tim Deer (USA), Dr Simon Thomson (UK) and Dr Sam Eldabe (UK) presented the latest guidelines and developments in neuromodulation for pain management. The other interesting lectures were on intrathecal therapies for pain and spasticity (Dr Christophe Perruchoud), Peripheral nerve stimulation and Headache (Dr Claudio Reverberi, Italy), Headache and Sphenopalatine Ganglion neuromodulation (Dr Mads Barlese, Denmark) and Deep Brain Stimulation for idiopathic atypical facial pain (Dr Christina Virginia Torres, Spain). This meeting also had the NSUKI Chapter meeting on 22 September where the current research activities in the UK were discussed.

There were three other meetings I was planning to attend, but couldn't make it due to other professional commitments or last minute issues that were truly unavoidable.

The British Pain Society Philosophy and Ethics Special Interest Group annual meeting: Language and burnout was held on July 2–5, 2018 at Launde Abbey in Leicestershire, England. Dr Mike Platt, who chairs the group, reported back saying that the meeting had many stimulating debates around the key topics the problems of the language we and our patients use in the interface between us as well as Stress and burnout in the medical profession. I was really looking forward to attending The International Neuromodulation Society Second Interim Meeting in 2018, held on August 8-11, in Rio de Janeiro, Brazil as I never been to Rio. Subsequent conversations with colleagues who had attended the meeting and Tia Sofatis, it was a good meeting with predominant number of attendees from the Americas. The International Neuromodulation Society is planning the next interim event in Mumbai, India in 2020. The Spine Intervention Society (SIS) Annual Meeting Controversies and Challenges of Spine Intervention was

held on August 15-18, 2018 at the Hilton Chicago, Chicago, Illinois, USA. My colleague, Dr Sunny Nayee who attended the meeting reported back saying that the meeting provided a comprehensive review of the literature and evidence supporting the risks, efficacy and techniques used in the interventional management of pain.

I am attaching a list of meetings and courses below and I would give out the details of these in the coming issues. I look forward to seeing you at some of these meetings.

Upcoming Meetings

Unmet Needs in Neuropathic Pain is a meeting organised by the EFIC Pain School in Bergamo and is held on 06-07 October at the Papa Giovanni XXIII Congress Centre, Bergamo, Italy. Further details can be obtained from the links given below.

<http://www.painschool.eu>

<http://www.defoe.it>

The First Mediterranean Symposium of Comprehensive Joint Care, will be held from the 5th to the 7th of October 2018 in Split, Croazia. Further details can be obtained from the link below.

<http://www.pain.com.hr/>

16^a Reunião Iberoamericana de Dor e VI Congresso APED. The XVI Ibero-American Meeting of Pain and Congress of the Portuguese Association for the Study of Pain will take place from 11 to 13 October 2018. More information can be found at the link below.

<http://www.riad-aped-2018.com/>

The 6th World Congress on Controversies, Debates & Consensus in Bone, Muscle & Joint Diseases (BMJD) is held on November 8-10, 2018, Bangkok, Thailand. These meetings are voted in the list of top 25 medical congresses in the world to attend. Further information is available on the link given below.

<http://bmjd-congress.org/>

The 24th Schleswiger Pain Conference: Scientific symposium on cannabinoids “Cannabinoids - A drug is ennobled” is held on November 10, 2018 in Schleswig, Germany as part of the Annual meeting within the German Chapter of IASP. Further information is available on the link given below.

<https://www.helios-gesundheit.de/kliniken/schleswig/>

VII Central American and Caribbean Congress of Pain and Palliative Care & III Dominican Congress of Pain and Palliative Care will take place from the 15th to the 19th of November 2018 in Punta Cana, Dominican Republic. It will be a multidisciplinary congress aimed at providing the best update on all those relevant realities as well as inform and train on the new pharmacological and technological advances, both in acute pain as chronic in interventionism and palliative care that contribute to achieving the

highest quality in patient care, taking advantage of potential synergies among all actors who see Pain Medicine as a priority for the patient and society.

Location: Punta Cana, Dominican Republic

More information can be found at the link below.

<https://congresodolorpuntacana2018.com/informacion-general/>

The annual National Pain Conference of the Norwegian Pain Society is being held on 03-04 January in the capital city of Oslo. This could possibly be the first pain meeting of 2019. Further details of this meeting can be obtained on the following link given below. **<https://www.norsksmerteforening.no2q>**

The 2019 North American Neuromodulation Society Annual Meeting is held on January 17-20, 2019 in Las Vegas, Nevada, USA. Further information is available on the link given below.

<http://www.neuromodulation.org/Meetings/2019AnnualMeeting.aspx>

The "Advances in Pain Medicine" International Winter Symposium will be held at the usual venue of Hotel Village Montana, Tignes Le Lac on 20-25 January 2019 with a six-day programme of lectures and panel discussions with experts in the field against the background of picturesque Alpine vistas. There has been several discussions that have triggered innovations and research ideas as the small group discussions enable us to explore topics with great depth and detail. Those of you who have attended this meeting are aware that there is also plenty of opportunity to enjoy skiing on some of the most popular pistes in Europe in the Espace Killy area. Further information is available on the link given below.

<http://www.winterpainsymposium.com/p/online-registration.html>

The 30th Congress of the German Pain Association is being held on 07-09 March 2019, in Frankfurt, Germany. The motto of the conference is *"individualisation instead of standardisation"*. Further information is available on the link given below.

<http://www.schmerz-und-palliativag.de/>

The British Pain Society ASM 2019 is being held at the Tower Bridge Hilton in London on 01-03 May 2019. The Scientific Committee under Prof. David Walsh is putting together a varied and interesting programme that would cater to all the multidisciplinary team members of Pain Medicine. For me, it gives me an opportunity to personally invite you to my city and extend our hospitality to all of you. You shall find more information about the meeting in the coming issues. This meeting falls on the week before the NeupSIG meeting and would certainly be a case of maximising your CPD activities in one trip. Further details of this meeting can be obtained on the following link given below.

<https://www.britishpainsociety.org/mediacentre/events/annual-scientific-meeting-2019>

The 7th International Congress on Neuropathic Pain (NeuPSIG 2019 of IASP) has its meeting on 09-11 May 2019 in London, United Kingdom. Prof Andrew Rice and Prof Blair Smith extends a warm welcome to one of the greatest cities in the world and has put together a great programme which showcases the recent developments in the field of neuropathic pain, from the understanding of the mechanisms to novel treatment options and prevention. Further details of this meeting can be obtained on the following link given below. <https://www.iasp-pain.org/NeuPSIG2019/home>

The 16th World Congress of the European Association for Palliative Care (EAPC) meeting is being held on 23-25 May, 2019 in Berlin, Germany. This is probably one of the largest meetings of palliative care specialists with more than 3000 attendees. Prof Sebastien Moine (Chair of the Scientific Committee) and Prof Anne Letsch (Chair of the Organising Committee) welcome you to the meeting. Further details of this meeting can be obtained on the following link given below. <http://www.eapc-2019.org/home.html>

The European Congress of the Spine Intervention Society (SIS) is being held on 24-26 May 2019 in Munich, Germany. Dr Stephan Klessinger and colleagues have put together an exciting programme; more information would be available soon once it has been finalised. Further details of the meeting can be obtained on the following link given below. <https://www.spineintervention.org/>

14th World Congress of the International Neuromodulation Society is having its on 25-30 May, 2019 in Sydney, Australia. The past couple of years have brought out several interesting developments in the field and this has stimulated exciting debates about the future of pain management as well as functional restoration in patients with severe neurological impairments. This meeting would bring together the key opinion leaders and world leading innovators along with leading researchers and technology developers in the field of neuromodulation and would be a window to the exciting developments ahead. Dr Marc Russo and his colleagues are working hard to ensure that along with a great scientific programme, we would be enjoying the great hospitality Down Under. Further details of this meeting can be obtained on the following link given below. <https://www.neuromodulation.com/ins-congress>

The 12th International Symposium on Paediatric Pain under the Special Interest Group on Pain Childhood, ISSP 2019, is being held on 16-20 June in Basel, Switzerland with the theme "Children and families as partners in pain management". Further details of this meeting can be obtained on the following link given below. <http://www.ispp2019.org>

Courses

The EFIC® Winter Cancer Pain School 2018 is held on October 16-19, 2018, Liverpool, United Kingdom. Further information is available on the link given below.

<http://www.painrelieffoundation.org.uk/events/efic-winter-cancer-pain-school-liverpool-october-16th-19th-2018/>

Intervention Pain and Cadaver workshops, University of Birmingham is held on 24 - 26 October 2018 at the Education and Conference Centre at the City Hospital, Nottingham, UK. Further information is available on the link given below.

<http://www.interventionalpain.co.uk/> - services

How did you enjoy the EFIC Newsletter 03/2018? 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 late December 2018. The deadline for contributions is December 1, 2018. Please email your contributions to Vittoria Carraro at Vittoria.carraro@efic.org.

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