

The President's Corner



Dear Friends of EFIC®!

Best wishes for a happy, prosperous and pain-free 2016. There is certainly a lot happening from the European Pain Federation perspective. We are holding two meetings - one is the SIP Platform in Brussels May 23-24 and the other will be held in Dubrovnik in September. We expect to be able to release the new Core Curriculum in April. More on both in the newsletter.

We have changed the date of the first Diploma exam, and the venue, after concern was expressed at the cost of the venue for diplomates, so this will now take place in Madrid in late March/early April 2017. This choice should provide much easier and less expensive travel options, and great hotel rates out of season, whilst still being warm. Last year we celebrated World Arthritis Day on 12th October, and I attended the EULAR meeting on EU integrated health care on 13th, and the Brain Mind and Pain meeting on 14th. All these give an opportunity to lobby MEPs about pain and provisions for treatment, and since then Bart Morlion has been busy working on a bigger and more impactful SIP in May. Whereas before we have only had support from one or two MEPs (and we greatly appreciate Marion



Harkin), this time hard work has attracted many more, and we are indebted to Bart and Norbert van Rooij from Grünenthal for their great efforts. Whilst the Scientific Programme remains under the mantle of EFIC, we have two new partners as a result of our reaching out to patient groups last year and aligning with them to lobby more effectively. It is clear to me that politicians like voters a lot more than doctors, and Mariano Votta from Active Citizens Network, and particularly Joop van Griensven from Pain Alliance Europe, have been most useful in attracting attention and MEP support.

I hope you are able to attend these EFIC events, if not the meetings; also please consider the Pain Schools, as a chance to get your knowledge up to date in order to take the Pain Diploma early next year. Until then, or the next newsletter in June, goodbye and enjoy the rest of the year.

With best wishes,
Chris Wells
President of the European Pain Federation EFIC

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CONTACT

newsletter@efic.org

IMPRESSUM

Editor: Brona Fullen
Contributors: Chris Wells, Bettina Haake-Weber, Arun Bhaskar

A Word from the Editor



Dear readership,

As it's now the month of March I can wish you all "Lá fhéile Pádraig sona dhuit!" (Happy Saint Patrick's Day). Each year, all over Ireland, parades are held reflecting a common theme. This year's parade theme is "Imagine If... Inspired by the imagination of the youth of Ireland as they look to the future...the next 100 years". No doubt a phrase we as clinicians and our patients use on a daily basis: "Imagine if we were better resourced" or "Imagine if I didn't have pain".

Many thanks for the news and updates from your national chapters. It demonstrates the significant activity in the field of pain science across Europe.

Work is ongoing on the development of a new EFIC website. Having viewed a demo of the new site I hope that you will agree that it makes navigating the site and sourcing information a lot easier. Once live, if you have any comments or suggestions please let me know.

Brona Fullen
Editor European Pain Federation EFIC Newsletter

EFIC on Social Media

Are you following of the European Pain Federation EFIC on Facebook, Twitter and 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:

www.facebook.com/EFICorg

www.twitter.com/EFIC_org

www.youtube.com/user/eficorg



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

Register now for the 1st EFIC Topical Symposium 2016



The European Pain Federation, EFIC®, is proud to announce its **First Topical Seminar**, on the theme of Acute and Chronic Joint Pain. 2016 is the European and Global Year against Joint Pain, and we meet in Dubrovnik to consider the many recent developments in the understanding and treatment of joint diseases causing Pain and the overall management of such pain.

The **scientific program** is designed to meet the aims of EFIC®, which are “to advance the understanding of mechanisms, assessment, prevention and the treatment of pain»; it will consist of plenary sessions, workshops, seminars, free paper sessions and poster presentations. We will be holding the meeting in conjunction with other global and European groups to broaden the appeal of the meeting and to extend our message.

The Symposium will be an important milestone for clinical scientists and practicing health care workers from all disciplines. Together, we will further the management and treatment of patients with joint pain. The European Pain Federation, EFIC®, really looks forward to welcoming you to beautiful Dubrovnik and to a very successful meeting. **[REGISTER HERE!](#)**

Future Arthritis Burden

With the ageing of the European Population, the prevalence of arthritis is expected to increase yearly. By the year 2030, an estimated one hundred and twenty million (25% of the projected total adult population) adults aged 18 years and older will have doctor-diagnosed arthritis. Two-thirds of those with arthritis will be women. Also by 2030, an estimated 60 million adults (37% of adults with arthritis) will report arthritis-attributable activity limitations. These estimates may be conservative, as they do not account for the current trends in obesity, which may contribute to future cases of osteoarthritis.

Topics covered in the Symposium will include animal models of joint pain, inflammatory hyperalgesia, epidemiology and assessment of joint pain, back pain and the new NICE guidelines, acute joint pain and its management including pre and postoperative pain treatment, and all aspects of treatment of chronic joint pain now and in the future.

European Journal of Pain – News & Editor's Choice Articles

By Bettina Haake-Weber



European Journal of Pain App

We are excited to announce that the new journal app for EJP has been finished and is now live in the Apple and Android App store. The app is also be free to download, making it easier for EJP readers to access the Journal wherever they are. The app can be found here:

Apple store (iOS):

<https://itunes.apple.com/us/app/european-journal-of-pain/id1068447414?ls=1&mt=8>

Google Play store (Android):

<https://play.google.com/store/apps/details?id=com.wiley.jas.ejp>

The new EJP app will give users an entirely new browsing and reading experience, providing immediate and convenient access to articles anytime, anywhere. The app is free to download and the publisher, Wiley-Blackwell, welcomes feedback! If you have ideas for new features, or want to give us feedback on the app, please visit the Ideas Portal: <https://wileyapps.ideas.aha.io/ideas/new>

Customer Support issues: <http://onlinelibrary.custhelp.com>

Wiley Online Library technical issues: onlinelibraryhelpdesk@wiley.com

EJP Editor's Choice articles March 2016

Are you a subscriber of the European Journal of Pain?

If not, you can still download the Editor's Choice articles for free on the **EJP website at** [http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1532-2149/homepage/custom_copy.htm](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1532-2149/homepage/custom_copy.htm).

Please read on to find out which articles are featured in this section in March 2016:

"What outcome measures are commonly used for Complex Regional Pain Syndrome clinical trials? A systematic review of the literature"

by S. Grieve, L. Jones, N. Walsh and C. McCabe. DOI: 10.1002/ejp.733

What does this review add?

- In this systematic review, we have identified questionnaire format outcome measures which are reported by patient or health professional, used in CRPS clinical trials since 2000 and those which have been developed specifically for a CRPS population.
- Information gained will inform an international consortium project to define a core outcome measurement set for CRPS Clinical trials.

"The relationship between the Rat Grimace Scale and mechanical hypersensitivity testing in three experimental pain models"

by De Rantere, C.J. Schuster, J.N. Reimer and D.S.J. Pang. DOI: 10.1002/ejp.742

What does this study add?

- Identifies a marked difference in duration of changes between the RGS and mechanical hypersensitivity in each of the three pain models studied.
- These findings contribute to the discussion of which experimental outcomes are relevant to the human pain experience.

“Early menarche and Chronic Widespread Musculoskeletal Complaints. Results from the HUNT Study”

by S. Kvalheim, L. Sandvik, B. Winsvold, K. Hagen and J.-A. Zwart. DOI: 10.1002/ejp.747

What does this study add?

- Early menarche (≤ 12 years) was associated with chronic WMSC later in life, but the difference in absolute risk was low (3%).

You can access all Editors’ Choice articles from past issues for free via the journal’s [website](#).

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**The Italian Society
for the Study
of Headaches**

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Enrico Greppi Award 2016

The Italian Society for the Study of Headaches (SISC) announces the competition of the Enrico Greppi Award 2016 – 18th Edition.

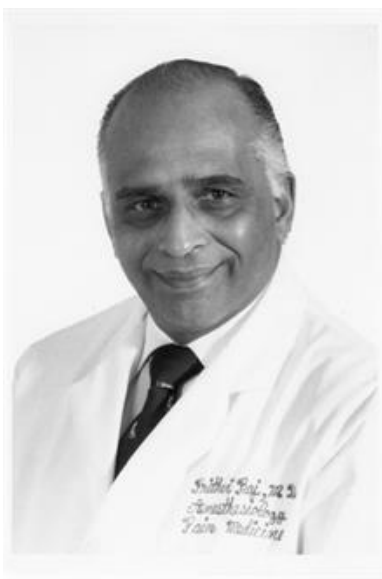
The award will be granted to the best unpublished original paper dealing with clinical, epidemiological, genetic, pathophysiological or therapeutic aspects of headache. The prize amounts to €10,000 and is open to researchers of all nationalities. The papers must be submitted in accordance with the editorial instructions of The Journal of Headache and Pain. The winning article will be published ex officio in The Journal of Headache and Pain within three months of the Award presentation. The remaining papers are considered as submitted to The Journal of Headache and Pain and may be published after undergoing the peer-reviewing process. The 2016 award is endorsed by the European Pain Federation (EFIC®) and the European Headache

Federation (EHF). The winner will be invited to present the paper at the 5th European Headache and Migraine Trust International Congress - EHMTIC, to be held in Glasgow on 15-18 September 2016. Manuscripts should be submitted to The Journal of Headache and Pain at www.editorialmanager.com/tjhp from the 1st January 2016 to the 31st May 2016.

Please view the rules for the Enrico Greppi Award 2016 here:

<http://www.sisc.it/upload/Rules%20Greppi%202016-1448630929444-9612.pdf>

In Memoriam: Dr. P. Prithvi Raj



Dr. P. Prithvi Raj passed away peacefully at home on Saturday, February 27 2016, at the age of 84, surrounded by his family. He is survived by his loving wife Susan, 3 children and 7 grandchildren. He was born in India, and began his medical training at Mysore Medical College. He worked and lived in Huddersfield and Darlington in England and also in Norway, before moving to the USA. After an illustrious career he eventually settled in Cincinnati, where he founded the University of Cincinnati Pain Clinic from 1979 to 1986.

He became a world-renowned anaesthetist and pioneer in the field of regional anaesthesia and pain medicine, setting standards for care worldwide. His research and writings placed him as an international leader in the field. He became widely known as a teacher, not only of procedures but also of the philosophy of managing pain. He was a founding member of the American Society of Regional Anesthesia (ESRA), the Texas Pain Society and the World Institute of Pain, starting this organisation in 1994 with two previous EFIC Presidents, David Niv and Serdar Erdine, and others. They worked together to create the first worldwide examination in interventional procedures, the

Fellowship of Interventional Pain Practice (FIPP).

Prithvi Raj was dedicated to advancing the education and training of the next generation of pain management physicians. Throughout his years, he spread his knowledge to countless pain physicians to fight pain and suffering. He was an incredibly hard-working and kind man, who was loved by his family, his patients and his colleagues. He always had time for everyone, and even at 84 was always full of ideas as to how and what should be done to advance the field of pain management.

News from our Chapters



News from the Croatian Pain Society



On 31st January 2016, the Croatian Pain Society organised a Symposium marking the "Global Year against Pain in the Joints" at the Croatian Academy of Art and Science in Zagreb. The multidisciplinary audience heard talks on this theme. Professor Bart Morlion, President Elect of The European Pain Federation EFIC, and Director of the Leuven Center for Algology & Pain Management University Hospitals Leuven Belgium spoke about "Joint pain: translating underlying mechanisms to the clinic" and Professor Simeon Grazio, Ph.D, Department of Rheumatology, Physical Medicine and Rehabilitation School of Medicine, University of Zagreb and University Hospital Sisters of Mercy, Zagreb reviewed "Guidelines and clinical practice in the treatment of musculoskeletal pain".

Objectives of the 2016 Global Year against Pain in the Joints include new understanding of the epidemiology, pathophysiology and treatment of joint pain. This will surely contribute to better care of patients with such diseases.



News from the Belgian Pain Society

Let us introduce to you the new EFIC Councilor of the Belgian Pain Society: Prof. Patrice Forget, M.D. Ph.D., attended medical school at the Université catholique de Louvain (UCL). He is an anesthesiologist teaching and in charge of patients being treated for cancer and chronic pain management at the Clinique universitaires Saint-Luc. He is additionally involved in clinical research, studying pain and the impact of surgery and anesthetic drugs (non-steroidal anti-inflammatory drugs) on cancer. Finally, he is the Operating Room Clinical lead. In the last ten years, he published more than 80 articles, letters and/or abstracts as the main researcher and/or national coordinator. He is the Principal Researcher at the Institute of Neuroscience (UCL), Cochrane and a REDCap consortia member.





News from the Irish Pain Society



Let us introduce to you Raymond A Victory DABAPM, FFPMCAI, the new Irish councillor to the European Pain Federation EFIC®. He has been a Consultant in Pain Medicine at St. Luke's and St. Vincent's Hospitals, Dublin since 1997. He received his medical degree from Trinity College Dublin in 1983 and trained in Anaesthesia in Dublin. He later worked as a Pain Fellow at University of Texas Southwestern Medical Center 1994, and became Board Certified in Pain Medicine from the American Board of Anesthesiology in 1995. He is a past President of Irish Pain Society. Dr. Victory's research interests include cancer pain and intrathecal infusions, postmastectomy pain syndrome.

European Pain Federation Pain Schools 2016

What are the European Pain Federation Pain Schools?

The European Pain Federation Pain Schools are courses aimed at young (preferably less than 45 years) European medical doctors and paramedical personnel who are interested in the field of pain and want to gain more experience. These are at least 4-5 days regarding basic treatment of pain patients and all aspects of pain development. To be eligible for the school you need to be an European Pain Federation Chapter Member.

How can I attend an European Pain Federation Pain School?

EFIC Council Members can appoint maximum two candidates for each school to attend. The applicants presented by the European Pain Federation Councillors have to fill in the application form which has to be sent to the European Pain Federation Office (secretary@efic.org) before the application deadlines. All the applicants will be evaluated by the European Pain Federation Committee on Education and approved by the European Pain Federation Executive Board, who will decide following the guidelines set by European Pain Federation which applicants will receive the European Pain Federation grant. **There is a maximum of 15 EFIC applicants per school. [Click here to fill in the application form](#).** Note: Applications sent to the European Pain Federation office directly are not being accepted, all applications have to go through the national European Pain Federation Councillors. Please note that when an applicant is not able to attend the Pain School for any reason, the applicant or the European Pain Federation Councilor representing the applicant have to inform the EFIC Office, the Pain School and the respective EFIC Councilor in writing minimum 30 working days before the actual start of the Pain School. In case no information is received in this time period the respective national Chapter will be held responsible to pay 20% of the grant (1000€ per applicant).

EFIC Pain Schools 2016:

EFIC Pain School Klagenfurt 2016, 4-9 September

EFIC Pain School Bergamo 2016, 10-13 October (*previously known as Montescano*)

EFIC Winter Cancer Pain School Liverpool 2016, 10-14 October

****** APPLICATION DEADLINE: 1 May 2016 *****

More information on the European Pain Federation Pain Schools can be found [on our website](#).

"Societal Impact of Pain" (SIP) 2016: "Time for action"



The 6th event on the Societal Impact of Pain (SIP) will take place in the European Parliament in Brussels/Belgium on 23-24 May. The event addresses anyone involved in pain policy e.g. health care professionals, politicians, representatives of pain advocacy groups, insurances, health authorities, regulators and budget holders.

Topics for discussion:

- Pain as a quality indicator for health care
- Chronic Pain: a disease or multi-morbidity?
- The relevance of pain in cancer care and rehabilitation
- Pain, rehabilitation and reintegration of workers in the working force

Due to the limited space available and restriction on number of external visitors to the European Parliament, participation at SIP 2016 will be confirmed by the organisers after registration. Seats will be assigned to active participants (e.g. speakers, working group members) first, the remaining seats will be assigned on a "first come, first served" base. Participation is free, although participants will need to cover their own travel costs. For registration: <http://www.regonline.co.uk/sip-2016>. After receipt of application for registration you will be notified on the status of your registration.

The scientific framework of the "Societal Impact of Pain" (SIP) platform is under the responsibility of the European Pain Federation EFIC®. Cooperation partners for SIP 2016 are Pain Alliance Europe (PAE) and Active Citizenship Network (ACN). The pharmaceutical company Grünenthal GmbH is responsible for funding and non-financial support (e.g. logistical support). The scientific aims of the SIP symposia have been endorsed by a large number of international and national pain advocacy groups, scientific organisations and authorities.

For further information please visit the SIP website at: <https://www.sip-platform.eu> or contact: sip-platform@grunenthal.com.

Meetings: Past and Future

By Arun Bhaskar



Past Meetings

Happy New Year Greetings for 2016 and I hope this finds you all well. In my previous post I mentioned that the summer of 2015 has been one of the hottest summer on record. Interestingly, this winter UK was indeed one of the warmest over the past twenty years; I am still waiting for the day when I have to scrape the frost off the car windshield. After seeing daffodils in bloom during early January, there were blizzard conditions south of Manchester last week. The weather may be playing up in a bizarre fashion, but hopefully 2016 will bring goodwill and success to all of you. There are several interesting meetings this year in Europe and of course 2016 see the 16th IASP World Congress on Pain in Yokohama, Japan after being postponed from 2012 following the earthquake and tsunami tragedy of 2011.

The meetings calendar kicked off with The Fourth Winter Symposium organised by the London Pain Forum from 17-22 January 2016, in the lovely resort of Tignes, high up in the French Alps. Dr. Chris Wells, President of the European Pain Federation, inaugurated the meeting with a session on neuropathic pain – Dr. Wells spoke about the recent developments in neuropathic pain guidelines and Dr. Teo Goroszenuik spoke about

neuromodulation in managing neuropathic pain and yours truly spoke on neuropathic pain in cancer. The delegates particularly enjoyed an interesting talk laced with humour on the Industry-bias in Pharmacological management of pain. Opioid Analgesic Dependence was discussed at length with yours truly outlining the emerging situation and Dr. Yakov Perper giving the perspective of a US pain clinician of their current situation. Prof. Maurice Dematteis, professor of addiction medicine at University of Grenoble, gave an excellent talk on the pathophysiology of dependence and addiction and how to institute management plans in challenging patients.

There were several interesting topics covering the recent advances in pain medicine and neuromodulation – long-term objective data on daily activities in patients with FBSS treated with SCS (Dr. Gatzinsky), minimally invasive treatment for FBSS (Prof. Riogard), gene therapy in pain management (Dr. Roman Cregg) and management of spasticity (Dr. Carayannopoulos). Other topics that generated interest for discussion were post-herpetic neuralgia, erythromelalgia, paediatric pain management, ethics of pain management and medicolegal perspectives in pain management. The meeting as usual had delegates from all over Europe and further afield like USA, Australia and South Korea. The 5th Winter Symposium is to be held again in Tignes, France in January 2017.

The Neuromodulation Society of UK & Ireland and the Faculty of Pain Medicine held a meeting on Neuropathic pain and Neuromodulation at the Royal College of Anaesthetists in London on 09 February 2016. Prof. Tony Dickenson eloquently delivered the opening lecture on the pathophysiology of neuropathic pain in his usual inimitable style and there were interesting lectures on phantom limb pain, pathophysiology and management of complex regional pain syndrome (CRPS) as well as chronic post-surgical pain.

Future Meetings

There are quite a few meetings coming up in the next few months and I shall be bringing you the details in the coming issues.

The 16th World Congress on Pain to be held at the Pacifico Convention Center in Yokohama, Japan on 26-30 September 2016 under the auspices of the IASP promises to be a jamboree where you get to see the latest researches happening in the field of pain medicine. Prof. Claudia Sommer and the Scientific Programme Committee have put together fifteen plenary sessions and seventy topical workshops, making this the largest pain meeting in 2016. Japan has a rich cultural heritage and there are several exciting options for sightseeing as well. Having a ride on the Shinkansen “bullet train” is on my to-do list and Tokyo is a bustling city with something to offer for everyone. I am looking forward to be at the meeting and am hoping to see many of you there. The details of the meeting can be obtained from the link below.

<http://www.iasp-pain.org/Yokohama16/>

The First EFIC Topical Seminar is to be held in Dubrovnik, Croatia from September 21-23, 2016. The theme for European Year Against Pain for 2016 joint pain and the programme reflects the recent developments in managing back pain and radicular pain as well as musculoskeletal medicine. Dr. Chris Wells and Prof. Serge Perrot, the co-chairs for this meeting, have put together a scientific programme that covers all aspects of joint pain and its management. The details of the meeting can be obtained from the link below.

<http://www.efic-topicalsymposium2016.org>

It is with a heavy heart that we received the news of the sad demise of Prof. Prithvi Raj recently, who passed away on 27 February 2016. Prof. Raj has been one of the founding fathers of the World Institute of Pain who pioneered and promoted the safe practice of interventional pain medicine. The 8th World Congress of the World Institute of Pain (WIP) is being held on 20-23 May 2016, at the Hilton NYC, New York, USA. The Scientific Programme Committee has put together a great programme for this meeting in the Big Apple and encompasses the vision of Prof. Raj. The meeting is highly recommended for clinicians who have a desire to seek higher training in interventional pain medicine, as there are specialised hands-on workshops that would train towards the FIPP examination. The details of the meeting can be obtained from the link below.

<http://wip2016.kenes.com>

Improving Outcomes in Opioid Dependence (IOTOD 2016) is being held in Bristol, UK on 21-23 June 2016. This unique meeting brings together around 400 experts in the field of addiction medicine and psychiatry looking at optimising care for ageing patients, preventing drug overdose and managing different addictions, dependence and substance abuse. Prof. Sharon Walsh and Prof. John Marsden, co-chairs of the meeting and the scientific committee have put together a varied programme and there are dedicated sessions looking at opioid usage and management of opioid abuse and opioid analgesic dependence. The details of the meeting can be obtained from the link below.

<http://www.iotodmeeting.com/iotod-2016/welcome>

I had mentioned about the following two meetings in my previous posting, but am adding here as a reminder. The 2016 Annual Scientific Meeting of the British Pain Society is being held at the Harrogate International Centre in the spa town of Harrogate in Yorkshire on 10-12 May 2016. The meeting reflects the multidisciplinary composition of the British Pain Society and it would be a personal privilege to host you there. Details of the meeting can be found on the British Pain Society website.

<http://www.britishpainsociety.org>

The 11th Belgrade International Symposium on Pain (BISOP) is being held at the Crowne Plaza in Belgrade, Serbia on 13-14 May 2016 attracting more than four hundred delegates. Dr. Nebojsa Ladjevic and the Scientific Programme Committee are striving to make this as one of the largest pain meeting in the Balkans. The details of the meeting can be obtained from the link below.

<http://www.pain-belgrade.info>

Meetings and scientific conferences are one of the best ways to learn about the latest developments and also to network with your peers to exchange ideas and collaborate on research and new projects. I sincerely hope that you would find time to attend and support some of these meetings and I look forward to see you there.

How did you enjoy the EFIC Newsletter 01/2016? 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 June 2016. The deadline for contributions is May 20, 2016. All contributions must be emailed to Brona Fullen at brona.fullen@ucd.ie.

EFIC Newsletter 01/2016 Contributors

Dr. Chris Wells, Consultant in Pain Relief
Liverpool, United Kingdom

Dr. Brona Fullen
UCD School of Public Health, Physiotherapy and
Population Science
Belfield Campus
Dublin

Dr. Bettina Haake-Weber
Managing Editor
European Journal of Pain

Arun Bhaskar
Consultant in Pain Medicine, Anaesthesia &
Critical Care
Manchester, UK

Inner Circle Company Members of EFIC 2016:



1st EFIC Topical Symposium

Acute and Chronic Joint Pain

SAVE THE DATE

**21 - 23
September
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Dubrovnik Palace Hotel

www.efic.org

First Announcement

CALL FOR APPLICATIONS

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- These biennial grants totalling € 200,000 from Grünenthal GmbH are supporting young scientists early in their career to carry out innovative clinical pain research in any member country of EFIC® (see www.EFIC.org).
- 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. 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 of the awards is made independently by the EFIC® Committee on Scientific Research.

DEADLINE FOR APPLICATIONS: 31st December 2016
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CONTACT Mrs Gaby Erkens - E-G-G administration, c/o Grünenthal GmbH,
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