



11<sup>TH</sup> CONGRESS OF THE EUROPEAN PAIN FEDERATION EFIC®

4-7 SEPTEMBER 2019 | VALENCIA, SPAIN

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# YEARS

**EFIC NEWSLETTER 01 2018**

## The President's Corner



Dear friends of the European Pain Federation EFIC®,

I hope you had a wonderful start of the year. It is a great pleasure for me to address you again in 2018. First of all, I want to update you on the progress we made in the reorganisation of our committees' structure. I am delighted that four extremely talented colleagues have accepted my invitation to lead our key EFIC® committees.

Please join me in welcoming:

- Prof Chris Eccleston as Chair of the Research Committee
- Prof Dr Frank Huygen as Chair of the Scientific Program Committee
- Dr Andreas Kopft as Chair of the Education Committee
- Prof Thomas Tölle as Chair of the Advocacy Committee

In appointing the members of the various working groups of our Federation, the chairs will count on the outstanding number of volunteer applications that we received between November and December from our network.

I want to take this opportunity to thank the 120 applicants from all across Europe who have offered some of their valuable time to support our activities. We will be in touch with you soon with concrete proposals for your involvement.

Secondly, the European Pain Federation EFIC® team is expanding, taking on new expertise for the management of our biennial congress. In the run up to our 2019 congress, we are making a number of changes, crucial to which is the overall management of the congress planning by the European Pain Federation. With this in mind, we are working with Inbar Caspi as our Congress Manager and Jennifer Simon as our Congress Operations & Programme Manager. As new members of the Executive Office team, Inbar and Jennifer will be responsible for in-house congress

matters. Pain in Europe XI: Bringing the Future to the Present will be our most exciting and forward-thinking congress yet, and Inbar and Jennifer will be crucial to this.

As anticipated, my presidency will be marked by the theme “On the Move”. This motto refers to the changes and improvements I envision for my three years heading the Federation. Also, quite literally, it refers to my intention to promote education on the importance of physical activity to prevent both primary and secondary pain chronification... You will find out more about this in our news section!

We believe that it is important for us, as a European Federation, to take a stand on current issues of relevance for the global pain community, and opioid prescription is one of them. Further below in this newsletter you find our statement on the use of opioids for pain management, which focuses on the specificity of the European context with regards to this topic.

Finally, I want to take this opportunity to remind you that you have few days left to apply to the next sitting of the European Diploma in Pain Medicine and the inaugural sitting of the European Diploma in Pain Physiotherapy, both scheduled for the 20-21 April 2018. Registration will close on 5 April.

Let me close my address by reminding you that 2018 marks the 25<sup>th</sup> anniversary of European Pain Federation EFIC® and we are working towards making this year a truly memorable milestone for our community of healthcare professionals... Watch the space for updates on how we will celebrate!

Have a good read,

Bart Morlion

## New to the Team

### Inbar Caspi



Inbar is working with some of the largest associations in Europe, supporting them in the transition process to organize their congresses in-house, maximizing their profit, building their future vision, training their team, and increasing their relevance to members, congress participants and sponsors.

Inbar has been deeply involved in the association industry for the past 18 years; working with over 70 associations and leading mega congresses (often above 10,000 participants). She has managed over 170 associations' congresses, corporate events and trade conventions all over the world.

In her previous position, as the Managing Director of Kenes UK, Inbar led the Kenes Group activities in the UK market. She works closely with associations, supporting them in reaching their targets

and goals in a gradual paced way, minimizing their risk while having an open view of the opportunities and challenges.

## Jennifer Simon

Jennifer has been working with major international PCO's in the last 5 years. She has an extensive experience in medical scientific programme management, including serving as the primary point of contact for conference committees and invited speakers; developing sessions; and managing abstracts. In addition, she has been managing congresses operation and logistics all over Europe.

Before moving to the conference organization field, she worked for the international advertising company called Publicis Groupe in Paris; where she took part in the launch and operation of a project targeting Publicis Groupe agencies in the EMEA region. She holds a BA degree in International Business Relations with focus on Creating Communication Campaigns from Oxford Brookes University. She also has an MA degree in Political Science and Communication from the Hebrew University of Jerusalem. She is fluent in English, Hebrew, French and Hungarian.

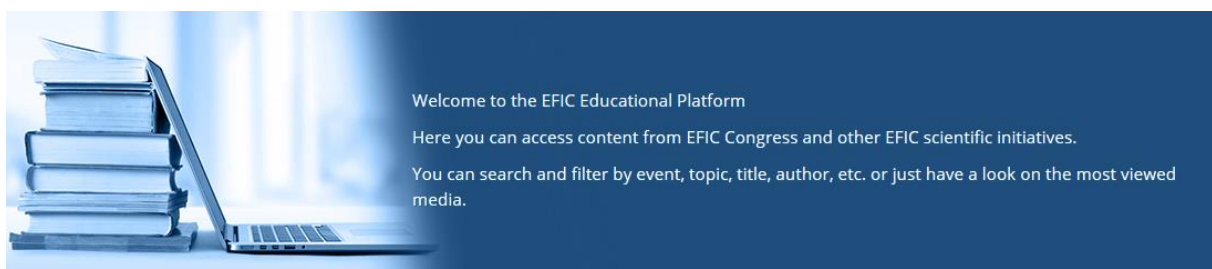


## New Tools

The European Pain Federation [EFIC Education Platform](#) will feature the most comprehensive selection of lectures and presentations recorded at congresses and pain schools hosted by the European Pain Federation EFIC. Every week it will bring you a selection of previously unavailable scientific and educational content as a learning resource.

Over the coming months the EFIC Education Platform will become your go-to source for high quality independent content, selected and delivered by thought leaders from the world of pain medicine.

[Please subscribe here to receive our E-newsletter to stay up to date with all the new content EFIC will post on the platform!](#)



## Changes to our Committees – three key priorities; Education, Research and Advocacy

Education, Research and Advocacy – these are the three priority areas where the European Pain Federation hopes to have an impact over the coming years. With this in mind, the Committees of the European Pain Federation have been reorganised around three core pillars focused on these subjects. Our Education Committee will be chaired by Professor Andreas Kopf, our Research Committee will be chaired by Professor Chris Eccleston, and our Advocacy Committee will be chaired by Professor Thomas Tölle. Each Committee will be structured via task-oriented working groups of around 10 people. We hope this new way of working will improve our productivity and the impact of our work. In addition, our operational committees have been restructured. Along with our communications, audit and election nominations committees, we will now have committee dedicated to fundraising and sustainability, as well as ethics and transparency.



**Andreas Kopf:** ‘The European Pain Federation’s educational projects have grown enormously over the past few years, not least of which is our European Diploma in Pain Medicine and accompanying exam. I also hope to bring forward a Common Training Framework, update our curriculum for medical students, and to create an online educational platform that ties together our various educational projects. ‘2018 is the European Year for Excellence in Pain Education. It is, however, our priority beyond 2018 as education is crucial to the dissemination of knowledge on pain for the benefit of patients’



**Christopher Eccleston:** ‘Research is the foundation of everything we do. We can and will do more in Europe to ensure that funding for pain research is increased. In addition, there is much we can do to help stimulate further research through our own grants and awards. In the long-term I want to create a clear role for the European Pain Federation in developing future research consortia, and we will start by establishing a clear strategy for Pain Research in Europe.’



**Thomas Tölle:** ‘Advocacy, especially via the Societal Impact of Pain platform, has been one of the strongest areas of activity for the European Pain Federation. I hope to go further, by creating a ‘pain forum’, creating common ground among all medical societies with an interest in pain. In addition, I want to help push the President’s vision of ensuring we pay more attention to the prevention of pain, via our ‘On the Move’ initiative.’



## The Future of Our Clinical Task Forces

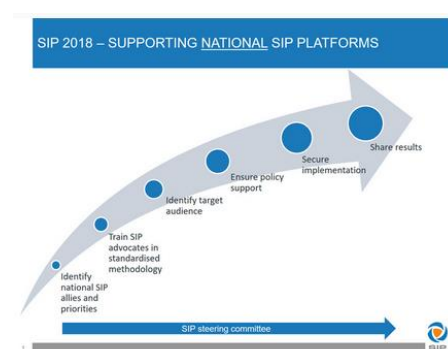
The European Pain Federation EFIC® has frequently set up ad hoc ‘task forces’ for projects designed to develop guidelines, standards documents, best practice documents or position papers to influence clinical practice in the field of pain medicine. The completed position paper on appropriate opioid use in chronic pain management (<http://www.europeanpainfederation.eu/wp-content/uploads/2018/02/EJP-Opioids.pdf>) is an example.

Other active clinical task forces we are working on include:

- a position paper on appropriate use of cannabis-based medicines and medical cannabis for chronic pain management
- a standards document on the diagnosis and management of CRPS
- a standards document on the management of cancer-related pain

As part of our reorganisation of the Federation’s Committees, all current and future Clinical Task Forces will come under the remit of the Research Committee chaired by Prof Chris Eccleston.

## What’s new with the Societal Impact of Pain?



Many exciting activities related to Societal Impact of Pain (SIP) will take place in 2018. Building on the successes in Europe, the partners of the Societal Impact of Pain, including our Federation, will focus on helping to establish **activities at a national level** this year.

Some countries have already started to identify key stakeholders representing the SIP partners who might initiate and drive **national SIP platforms**.

Based on a common strategy (see image of SIP methodology below), the international SIP partners will help them shaping up their national campaigns.

The SIP platform will continue engagement both on the European Union (EU) and national level, focusing on the following **policy hooks**:

- Pain as a healthcare indicator
- Pain as a chronic disease
- Pain education
- Pain jobs and social participation
- Pain accompanying other diseases

Depending on existing coalitions, capacities and expertise, the national SIP platforms will be set up to define activities and initiatives which will take place in 2018.

## European Commission has selected SIP as a Thematic Network for 2018!

The Societal Impact of Pain (SIP) platform has received fantastic news from the European Commission that SIP has been selected as a Thematic Network for 2018!

### What are Thematic Networks?

These are temporary networks of stakeholder organisations created in the EU Health Policy Platform. The purpose of a Thematic Network is to prepare stakeholder-led Joint Statements on important EU health issues, summarising the common position of the co-signing organisations. The Joint Statement feeds into the Commission's preparation and implementation of health policy initiatives.

### How does this differ from the SIP Stakeholder Group?

SIP has already been active on the EU Health Policy Platform through a Stakeholder Group on pain. The SIP Stakeholder Group is an online environment for stakeholders to exchange documents, events and news on pain-related subjects. Whilst the SIP Stakeholder Group is a permanent platform that concentrates on best-practice sharing, the SIP Thematic Network will focus on drafting a Joint Statement within a one-year period. In this regard, the SIP Thematic Network will be a unique opportunity for pain advocates to inform on-going Commission health policy initiatives.

The European Pain Federation EFIC® is looking forward to work on this project in the coming months. We will share further information on opportunities to contribute to our work on the Thematic Network.



## European Pain Federation EFIC®'s works to promote Excellence in Pain Education in Europe



European Year  
for Excellence in

**Pain  
Education**

**2 0 1 8**

There continues to be a gap between what we know about effective pain management and the delivery of effective patient care. The 2018 Global Year for Excellence in Pain Education strives to address these gaps.

The European Pain Federation EFIC® supports the vision and the aims of this theme. Leveraging our ongoing commitment to foster pain education in Europe we will continue working toward bridging the knowledge gap in pain through our education and awareness activities including our pain schools, exams, fellowships and medical journal.

Please visit our website for a full list of our commitments and projects promoting excellence in pain education: [Link](#)

## What can EFIC Chapters do to help us promote Excellence in Pain Education in Europe?

- Promote subscription to our [EFIC Education Platform](#) across your members for instance, through your website and social media, newsletter and mailing list
- Promote the EDPM and EDPP exams in your chapter
  - follow us on [Facebook](#), [LinkedIn](#) and [Twitter](#), post and retweet about the exams through your channels
  - share the information on [EDPM](#) and [EDPP](#) registration with you members
  - post a short article about the exams on your website
- Promote the [EFIC fellowships](#) among the members of your chapters, all HCPs that have been members for at least one year are eligible
- Let your chapters members know that they have free access to the European Journal of Pain through the EFIC website. Guidance for subscription available at this [link](#)
- Download the nine [Fact Sheets](#) from the [Global Year website](#), where you will find useful information on ways to improve pain education for health-care professionals and educators, students, government entities, the research community, patients, and the public.
- Include the [Global Year logo](#) add the [European Year Logo](#) on your website, event flyers, announcements, social media posts, and other materials
- Check [here](#) periodically for Fact Sheets translated into various languages. We will post these as they become available. Please contact IASP at [globalyear@iasp-pain.org](mailto:globalyear@iasp-pain.org) if you would like to translate the Fact Sheets in other languages
- Your chapter can sponsor a meeting, symposium, press conference, or other event in support of the Global Year for Excellence in Pain Education. Here is a checklist to help you prepare:

<http://s3.amazonaws.com/rdcms-iasp/files/production/public/globalyear/2018%20Global%20Year%20Event%20Checklist.pdf>

- Contact the new Educational Committee for advice regarding undergraduate and postgraduate education in pain medicine. The Educational Committee will guide you on how to
  - implement pain medicine as a mandatory cross-sectional field in the medical faculties
  - establish a Common Training Framework for postgraduate specialist training (“special pain medicine”)
  - establish a Common Training Framework for postgraduate basic training (“general pain medicine”)

**Do you have any questions or ideas to promote excellence in pain education in Europe? Please reach out to us at [secretary@efic.org](mailto:secretary@efic.org).**

## **SIP position paper on inclusion of pain research in the 9th EU framework program: what's next?**

In 2018, the European Commission will make comprehensive proposals for the next generation of financial programmes for the post-2020 Multiannual Financial Framework. As part of this process, the Commission has opened [a public consultation on EU funds in the area of investment, research & innovation, SMEs and single market](#). The SIP platform took an active part by responding to the public consultation and sending a position paper to highlight the importance of strengthening pain research (basic science, clinical science, epidemiological research) as a priority in the EU 9th Framework Program (FP9) to the Commission.

### **How can you use the SIP Position Paper?**

The next EU Multiannual Financial Framework will be adopted by the new European Parliament in the summer of 2019. This means that there are still opportunities for the pain community to advocate for the prioritisation of pain in the next research agenda. We encourage you to use the data and insights of our SIP position paper [here](#) in your advocacy efforts to have pain included in the research agenda at national and EU level.

### **What's next? Contribute to the SIP Discussion Paper to inform our Pain Research Roadmap**

In order to strengthen pain research in FP9 the scientific experts of the European Pain Federation EFIC® with the support of Pain Alliance Europe are working on the development of a roadmap to define the current gaps and challenges in pain research within the identified priority areas as well as offering possible solutions to address these gaps.



To inform this roadmap, we are launching an open discussion on the SIP stakeholder group on the EU health platform, and **we would value your input**.

- Register on the SIP stakeholder group on the EU health platform [here](#). (If you are having difficulty registering please get further information here: [link](#))
- Each month we will focus on one aspect of the discussion paper in particular, and we will share other initiatives and related documents that can help inform our decision
- Review and give us your input on our discussion paper.

### Any Questions?

If you have any questions on how to register on the SIP stakeholder group and contribute to the discussion paper, please contact Vittoria Carraro at [vittoria.carraro@efic.org](mailto:vittoria.carraro@efic.org) and Anca Pop at [info@pae-eu.eu](mailto:info@pae-eu.eu).

## EFIC joins an exciting IMI2 project on improving the care of patients living with acute or chronic pain



We are delighted to announce that the European Pain Federation EFIC® is part of the consortium 'IMI Pain Care'. The consortium will deliver on the project "Improving the care of patients suffering from acute or chronic pain". Funded through IMI 2, the call for this project has been put

forward by the Pain Group of IMI2, which includes the pharmaceutical companies Bayer, Novartis, Lilly and TEVA, co-led by Grünenthal and Esteve.

The project will address three specific scientific challenges:

- Use of Patient Reported Outcome Measures for patient – health care professional contacts in acute and chronic pain management
- Improving translatability of functional biomarkers in pain pathways
- Improving translation in chronic pelvic pain.

The 'IMI Pain Care' consortium will start its activities in June. The European Pain Federation EFIC® is one of the organizations responsible for communication and dissemination of its results. As such, we look forward to provide you with updates on the project development!

## Statement from the European Pain Federation EFIC® on the use of opioids for pain management

While opioid prescription and use for pain management is a major concern in some parts of the world, the context of opioid use clearly differs between countries. Many countries in Europe have in place significant barriers to optimal pain management due to inappropriate restrictions on supply and use. Opioids are an important part of a modern approach to pain management and palliative care, and misplaced barriers to access can lead to unnecessary suffering.

Opioids are not a panacea for all types of pain, and must only be used in selected and supervised pain patients as part of a comprehensive, multi-modal, multi-disciplinary approach to treatment. In this context alone, opioid therapy is an essential and indispensable tool in achieving and maintaining an optimal level of pain control in selected patients.

The European Pain Federation calls for continuous medical education on the correct use of opioids in multi-professional and multi-modal therapeutic approaches. We also call for enhancing access to comprehensive pain assessment clinics and therapies and increasing funds for robust research on pain management.

Please find the full European Pain Federation EFIC® position paper on appropriate opioid use in chronic pain management [here](#).

## The European Pain Federation EFIC® Launches the Presidential Campaign EFIC ‘On the Move’



150 minutes of moderate-intensity aerobic physical activity a week: this is what the World Health Organisation recommends that we all do – do you reach this target?

Physical activity is incredibly important. Its well known health benefits include a reduced risk of cardiovascular disease, diabetes, certain forms of cancers and improved

mental health.

What is less well known is that greater levels of physical activity and exercise are also associated with a lower risk of developing chronic pain. Chronic pain is a significant health issue affecting between 12-30% Europeans, and accounting for extensive healthcare use, work absence and disability.

The European Pain Federation EFIC® is launching an ‘*On the Move*’ campaign chaired by Prof Brona Fullen to raise awareness of the importance of physical activity in the prevention of chronic pain.

In June 2018 we will discuss how we can raise awareness of the benefits of physical activity in preventing chronic pain across Europe during a working lunch in the European Parliament kindly hosted by the MEPs Hilde Vautmans and Ms Lieve Wierinck.

In the upcoming months we will unveil our further plans for this campaign and we hope you will join us to raise awareness of this important issue.

## Call for Application for an EFIC – Grünenthal – Grant 2018

The European Pain Federation EFIC®, together with Grünenthal, has fostered the projects of young scientists in the field of pain research since 2004.

Since the beginning of the grant program in 2004, sixty young scientists from fourteen countries have each received up to Euro 40,000 in grants for their research projects. Good scientists have a choice. We want them to choose a career in pain research. As a result, the European Pain Federation EFIC® and Grünenthal have created value in investing, through this collaboration. Our goal is to create a culture of success from which patients with pain from around Europe will ultimately benefit.

Please support the E-G-G Award and forward the following information to suitable candidates:

- These biennial grants totaling € 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 the European Pain Federation EFIC® (see [www.europeanpainfederation.eu/](http://www.europeanpainfederation.eu/))
- Individual research grants are valued at up to Euro 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.
- The decision of the awards is made independently by the Scientific Research Committee of the European Pain Federation EFIC®.

Please note the following application requirements:

- Applicants have to be a citizen of any member country of the European Pain Federation EFIC®.
- Applicants must have a position at a recognized hospital, university or other institution that provides the infrastructure and other support necessary for carrying out the proposed research.
- Applicants have obtained a PhD, M.D. or equivalent postgraduate degree.
- Applicants are not older than **40 years**.

Applications will be accepted until December 31, 2018. The winners will be named in May 2019 and the awards ceremony will take place at the 11th Congress of the European Pain Federation EFIC® in Valencia, Spain from September 4-7, 2019.

Please support in creating awareness about this grant in all 37 countries of the European Pain Federation EFIC®.

Further information regarding application requirements and promotional materials can be found at [www.e-g-g.info](http://www.e-g-g.info).



## News from the European Pain Federation EFIC® Educational Initiatives

### EFIC Fellowship Report: Dr. Bozena Jerkovic Parac

I chose KABEG-Klinikum Klagenfurt am Worthersee- for my fellowship, more specifically the ZISOP – Interdisciplinary Pain Clinic at the Clinical Hospital in Klagenfurt, Austria.

First and foremost, I would like to thank EFIC for the exceptional opportunity that I was given - to increase my knowledge of pain therapy, to gain practical experience and to learn about the organisational working of a pain health centre. ZISOP KABEG Klagenfurt has enabled me to achieve all of these goals.

Professor Likar and his teams warm welcome further encouraged me to learn new methods in pain, in pain diagnostics and treatment of chronic pain as a complete pain syndrome all within a multidisciplinary pain hospital setting. Treatment of such patients must be handled with care. I also decided to take the European exam - EFIC-EDPM, which I successfully passed. The working day at ZISOP started with a multidisciplinary team meeting to review the daily schedule of work in the Centre. Most of my fellowship days were dedicated to the therapy of acute and chronic pain.

I have come to know new aspects of acute and chronic pain pharmacotherapy, use and combinations of various drugs, cannabinoid use, pain syndromes diagnostics and of work organization in the clinic, as well as the organization of managing acute and chronic postoperative pain.

I became familiar with the following therapeutic procedures: nerve blockages under ultrasound and neurostimulatory control, CT and RTG blockage control, neurolytic procedures (RF, chemistry), radiofrequency therapy, cryotherapy in neurosurgery,

subcutaneous and intravenous administration of opioid therapy, implantation of medical pumps for intracellular baclofen administration in spasticity, implantation of volume - flow controlled gas - pressure pumps, electronically programmable pumps, neuromodulation - implantation of spinal cord stimulation electrodes in cooperation with neurosurgery department, multimodal pain therapy approach, psychotherapy support - coping therapy, behavioral therapy and learning of relaxation methods (biofeedback, Jacobson).

During my fellowship I participated a course on the use of ultrasound in the therapy of chronic pain and undertook additional modules on acute and chronic pain therapy, for which I am immensely grateful to Professor R. Likar. Direct access to the Internet and professional journals were also additional privileges so that at any moment I could quiz my theoretical knowledge. The involvement in the treatment of individual patients showed my initiative; my opinion was also respected by colleagues and by multidisciplinary team members so I felt well received and accepted by the whole team.

Professor Likar and his team, work and knowledge have given me a whole new look at the treatment of many pain syndromes, the organization of the work of such a pain centre and the possibilities of implementing such a treatment in the domestic environment.

Participation in the work of the day hospital - from admitting the patient to therapy was an excellent way of learning some approaches to the treatment of pain syndromes - primarily spinal pain. I have learned proper diagnostics and therapy for neuropathic pain, the use of the disease questionnaires, and the approach to the treatment of acute pain states, the preservation of the above-mentioned illnesses and the multimodal therapy of chronic pain.

Once again, I would like to thank the whole team of ZISOP KABEG Klagenfurt am Worthersee for excellent reception and learning opportunities and new knowledge. The experience I gained was of great importance to my professional advancement, gave me a new work drive as well as new professional achievements.

**Bozena Jerkovic Parac dr.med**

## **EFIC Fellowship Report: Dr. Zaira Symeonidou**

I wish to thank EFIC for giving me the opportunity to attend this 10-week Fellowship program in the Pain Units of 'Habilita Care and Research Hospitals' in Bergamo and Zingonia, Italy, as it proved to be an extraordinary educative experience. My Fellowship started on 15<sup>th</sup> January until the 23<sup>rd</sup> March and during my time I had the opportunity to follow Professor Casale Roberto's team and attend the clinical and the research activities of the Department.

During this Fellowship I gained direct insight and involvement in the multidisciplinary approach and pain treatment. Being in the Pain Unit, I was introduced to a comprehensive approach of different chronic pain syndromes. I was taught how to make a proper diagnosis based on history taking, thorough clinical examination and instrumental testing when necessary. An outstanding benefit for me was the



opportunity to become familiar with the Quantitative Sensory Testing and its utility on the diagnosis of painful conditions. I was also instructed how to apply the most suitable source-oriented pharmacological and non-pharmacological treatments according to the diagnostic findings, further improving my knowledge about the indications and effectiveness of each physical modality in different painful conditions.

Taking part in the research activities of the Department was also a very beneficial experience. Only with my real-time participation in study designs and protocols did I realise the significant contribution of research on pain management and this motivated me not only to improve my pain medicine practice, but also to increase my research activity.

I can describe this Fellowship as a highly educative experience, as I came across various diagnostic, treatment and rehabilitation approaches for pain that I was not familiar with. It enriched both my scientific and clinical knowledge and I already feel more confident in diagnosing and treating patients with chronic pain. I am also very enthusiastic to apply this expertise in the Dept. of Physical and Rehabilitation Medicine of the Hospital I work.

I am very grateful to EFIC for supporting my visit to the Pain Unit of 'Habita Care and Research Hospitals'. I owe exceptional gratitude to Prof. Casale R. for offering me high quality scientific knowledge.

Wish to thank you very much for the opportunity to broaden my knowledge on pain field and promote future pain medical practice in Greece.

**Zaira Symeonidou, MD**

## News from our National Chapters



### A great conference of the Lithuanian Pain Society

The Lithuanian Pain Society's conference 'Head and neck pain: recommendations for practice' took place in Kaunas on 2nd of February, 2018. As this extraordinary meeting was held just two weeks ahead of centenary anniversary of Lithuanian Independence it was not surprising that the conference opened with the State Anthem '*Lietuva Tėvynė mūsų...*'.



Over 300 delegates listened to 14 lecturers by the Lithuanian University for Medical Sciences. One section of the conference was devoted to pain management principles and recommendations for practice issued by the Lithuanian Pain Society.

The scientific programme began with a lecture '*Pain medicine – multimodal challenges and solutions*' delivered by Dr. Liuda Brogienė, an anesthesiologist who was one of the first recipients of the European Pain Medicine Diploma issued last year. Her lecture described the complexity and multidisciplinary issues of pain as a disease in its own right. Neurologist Dr Arūnas Ščiupokas then spoke on '*Specialised and non-specialised pain services*'. This issue is on the agenda of the Ministry of Health's working group and we are close to it being issued as a decree. It also underpins the need for the audience to learn about the role of all health professionals' involvement in pain management. Anaesthetist Dr. Egidijus Gaučas (President of Pain clinics Association) spoke about the indications for referrals to pain clinics and the requirements that need to be completed by referring general practitioners. Skaistė Kasciuškevičiutė (clinical pharmacologist and PhD fellow) presented on the Lithuanian Pain Society' recently developed recommendations for the use of non-steroidal anti-inflammatory (NSAIDs) drugs in Lithuania. This document follows EMA's policy and WHO guidelines on NSAID's policy and aims to rationalize the use of non-opioid analgesics nationally. Dr. Dalia Skorupskiene (oncologist) spoke about '*recently updated cancer pain treatment recommendations*', with particular emphasis on treatment options for breakthrough pain. Dr Agnė Slapšinskaitė (physiotherapist) delivered a lecture on '*the psychobiological model and pain: recommendations for clinicians*'. The management of the emotional component of pain as well as the importance of motivation in coping with pain were the main themes of this talk. During the panel discussion that followed Prof. E.Kaduševičius (clinical pharmacologist) summarised the presentations of the first part conference and once again focused on NSAID's treatment recommendations.

Dr. Aušrinė Kontrimienė (general practitioner and PhD fellow) opened the second part of the conference with '*Headache's puzzles for general practitioners*'. This focused on pain history taking issues and the differentiation between primary and secondary headaches. Prof. Antanas Vaitkus (neurologist) had the task of explaining to the audience '*what is a migraine – disease or lifestyle reality?*' This ongoing question was not answered at this time! Neurologist Prof. Kęstutis Petrikonis, (Vice-rector of the Lithuanian University of Health Sciences) spoke on '*the neurological varieties of musculoskeletal pain*'. Central to this talk was the importance of knowing that head and neck pain frequently mimics signs and symptoms that really cannot be diagnosed as neurological disorders. Dr Kazys Ambrozaitis (neurosurgeon) gave a very interesting presentation on '*the sagittal balance of the cervical spine and its clinical value*'. He outlined the measurement of the cervical spine curves and stressed the importance in defining the aetiology of spinal pain at all levels. Dr Andrius Radžiūnas (neurosurgeon and PhD fellow) spoke about pain neurosurgery and summarised options for invasive neuromodulation (spinal cord stimulation, deep brain stimulation, neurovascular conflict surgery etc). Dr. Aida Kinderytė (anesthesiologist) shared opportunities of invasive treatment and blocks for head and neck pain. The conference concluded with the presentation on '*Individual physiotherapy – everyone can help themselves*'

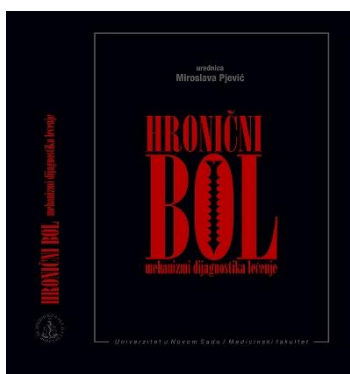
delivered by physiotherapist and PhD fellow Vidmantas Zaveckas. Simple exercises and training programmes applicable to everybody were outlined in the presentation.

The conference '**Head and neck pain: recommendations for practice**' marked a good beginning for this year's Global Year against Pain theme of excellence in education. The Lithuanian Pain Society is planning more events and initiatives on the topic of pain education during 2018.

**Dr Arunas Sciupokas, Chairman of the conference**  
**The President of Lithuanian Pain Society**



## **The Book on Chronic Pain from the Serbian Association of Pain Research and Treatment- SAPRT/UITBS**



In December 2017, the book **CHRONIC PAIN - MECHANISMS, DIAGNOSIS AND TREATMENT** edited by Professor Miroslava Pjevic was launched. The first textbook published in Serbia dedicated to chronic pain is an edition of the Serbian Association of Pain Research and Treatment (SAPRT) and Faculty of Medicine, University of Novi Sad.

A passionate multidisciplinary team of authors from Serbia and its surrounding region (Croatia, Slovenia), Italy and UK wrote this book in order to translate their knowledge and skills into clinical practice for the benefit of patients suffering from chronic pain. Pjevic et al. provided a great deal of important and up-to-date information to understand the mechanisms, diagnosis and management of chronic pain conditions and to fill a gap in the education of general practitioners and all clinicians. The book is also intended for and recommended to physicians working in a subspecialty of Pain Medicine.

The book consists of three sections: **Section I, Basic aspects**, contains eight chapters dedicated to the evolution of pain medicine, neuroanatomy, neurophysiology, mechanisms of pain chronification, epidemiology, ethics, psychological aspects, assessment and measurement of pain. **Section II, Chronic pain conditions**, contains a series of eighteen chapters focused on mechanisms, diagnosis and treatment (pain associated with arthritis, low back pain, headaches, chronic orofacial pain, postherpetic neuralgia, painful diabetic polyneuropathy, cancer pain etc.). **Section III, Therapeutic aspects**, consists of fourteen chapters providing pharmacotherapy and other therapeutic approaches emphasizing the need for interdisciplinary collaboration. The rest of the book summarizes the literature and contains the list of pain term definitions and the list of abbreviations.

**Prof. Dr. Snezana Tomasevic-Todorovic**



## **An Extraordinary Symposium of the Serbian National Chapter – the Serbian Association for Pain Research and Treatment (SAPRT)**

The symposium of the Serbian Association for Pain Research and Treatment (SAPRT) „EXCELLENCE IN PAIN EDUCATION “ took place in the city of Novi Sad on the 24th of March, 2018. The Symposium was an excellent opportunity for physicians, physical therapists, occupational therapists, psychologists, nurses, and other members of the Serbian National Chapter of IASP to exchange their experience and dilemmas with other colleagues with similar interests. More than 200 participants took part in this extraordinary Symposium which took place in beautiful new building of the Rectorry of University of Novi Sad.

At the beginning of the program, the President of the IASP Serbian National Chapter, Serbian Association for Pain Research and Treatment (SAPRT) Prof. Dr. S. Tomasevic-Todorovic welcomed all attendees and guests and talked about the SAPRT. The State Secretary of the Serbian Ministry of Health Assist. Prof. Dr. Ferenc Vicko also welcomed all participants of the Symposium and announced the support of the Ministry of Health of the Republic of Serbia to the further work of the association. After the State Secretary, the Vice-Dean of the Medical Faculty of the University of Novi Sad for International Cooperation Prof. Dr. G. Stoiljković spoke at the conference. Prof. Stoiljkovic passed on the Dean's support for the organization of this event and expressed his satisfaction that such a great conference took place under the auspices of the University of Novi Sad.

The scientific program started with the lecture „Excellence in Pain Education: tell the truth and expose collective ignorance! “ presented by Prof. Per Hansson (Professor of Neurology and Pain Medicine, Oslo University Hospital, Norway and Karolinska Institute, Sweden). In his lecture, the professor spoke about central sensitization and pointed out how little we know about pain in general. The next lecture



“Subcutaneous peripheral nerve field stimulation“ was held by Prof. Rudolf Likar (Professor of Anaesthesiology and Pain Medicine, Klagenfurt Clinic, Department of Anesthesiology, Austria). The professor spoke about this method and pointed out its advantages. The following lecture „The educational programs of IASP in Europe and across the world“ was held by Prof. Fernando Cervero (McGill University, Montreal, QC, Canada, Past President of International Association for the Study of Pain (IASP)) who presented the history of IASP. The final lecture in the first session was held by Prof. Dejan Nesic (PM&R and Pain specialist, Institute for Physiology, Faculty of Medicine University of Belgrade, Serbia) who talked about the history of pain medicine in Serbia and among other things emphasized the importance of the Serbian National



Chapter of the IASP during the past 12 years in the development of the pain medicine in Serbia.

Between first and second session the first book about chronic pain in Serbian language, edited by Prof. Miroslava Pjevic, was presented. We can proudly say that this book was long awaited and will be the cornerstone for pain medicine education in Serbia. We cannot be happier that this edition saw the light of the day just in 2018, which was proclaimed as a year of excellence in pain education.

In the second session four very informative and educational lectures were presented by: Prof. Miroslava Pjevic (Anaesthesiologist, Faculty of Medicine, University of Novi Sad, vice president of SAPRT) – „Epigenetics in chronic pain: good to know?“, Prof. Ljubica Konstantinović (PM&R specialist, Faculty of Medicine, University of Belgrade) „Chronic noncancer pain“, Mr sci. med. Erzebet Patarica Huber (anaesthesiologist and pain specialist, Oncology Institute of Vojvodina. Sremska Kamenica, Serbia) „Chronic cancer pain“, Dr sci. med. Mirka Lukic Sarkanovic (anesthesiologist and pain specialist, Clinic for anesthesiology and intensive care Clinical Centre of Vojvodina) „Chronic postsurgical pain“. All lectures were followed by in-depth discussions which significantly increased the quality of the Symposium.

Finally, third session consisted of case reports where Assist. Prof. Aleksandar Knezevic (PM&R and Pain specialist, Faculty of Medicine, University of Novi Sad, Medical Rehabilitation Clinic, Clinical Centre of Vojvodina, Novi Sad, Serbia), Mr sci. med. Erzebet Patarica Huber (anesthesiologist and pain specialist, Oncology Institute of Vojvodina, Sremska Kamenica, Serbia) and Mr sci. med. Aleksandra Plećaš Đurić (anesthesiologist, Clinic for anesthesiology and intensive care, Clinical Centre of Vojvodina) presented cases from their everyday practice. Each case report was followed by an extensive discussion where many dilemmas were resolved.

The Symposium and published new textbook about chronic pain represent a great start of the year devoted to excellence in education in Serbia. Furthermore, SAPRT plans more events and initiatives for pain education during 2018.

**Prof. Dr. Snezana Tomasevic-Todorovic**

## Announcements

### **European Pain Federation EFIC® Fellowship is open for application!**

The European Pain Federation EFIC® Fellowship is an individual grant for medical doctors to support training in the diagnosis, treatment and management of pain related conditions. The training takes place for an agreed period of time in an approved centre of excellence (listed on the European Pain Federation EFIC® website). The purpose of the Fellowship is to allow the trainee to introduce the knowledge acquired during their training into their everyday clinical pain practice. It is expected that applicant is already



involved in the field of pain medicine, or has a clear pathway to become specialist in pain medicine. The Fellowship is not intended to supplement or extend applicant's current training.

The applicant must have been a member of a European Pain Federation EFIC® Chapter for at least one year before applying. Each European Pain Federation EFIC® Chapter can have a maximum of two grants approved annually. The maximum length of a Fellowship is 10 weeks.

### **Deadline for Fellowships in 2019: 1 June 2018**

Further information can be found here: <http://www.europeanpainfederation.eu/efic-pain-schools/fellowships/> or contact us at [secretary@efic.org](mailto:secretary@efic.org)

### **Last Call for Applicants: European Pain Federation EFIC Pain Exams**

You have a few days left to apply to the next sitting of the European Diploma in Pain Medicine and the inaugural sitting of the European Diploma in Pain Physiotherapy, both scheduled for the 20-21 April 2018. Registration will close on 5 April.



Members of the European Pain Federation Diploma in Pain Physiotherapy (EDPP) Committee met in Dublin to finalise the exam.

*L-R Prof Catherine Doody, Dr An De Groef, Prof Catherine Blake, Mr Morton Hogh, Prof Brona Fullen, Prof Harriet Wittink (Chair), Mr Sam Kyman*

How did you enjoy the EFIC Newsletter 01/2018? Let us know at [newsletter@efic.org](mailto:newsletter@efic.org). We look forward to receiving your feedback on this issue. The next EFIC Newsletter will be published in June 2018. The deadline for contributions is June 1, 2018. Please email your contributions to Vittoria Carraro at [vittoria.carraro@efic.org](mailto:vittoria.carraro@efic.org).

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