



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

**4-7 SEPTEMBER 2019 | VALENCIA, SPAIN**

WWW.EFIC.ORG | #EFIC2019



*Season's Greetings*

**President's Corner**



**NEWSLETTER 04 2018**



Dear friends of the European Pain Federation EFIC®,

I am happy to present you with the last issue of our Federation's newsletter for 2018.

This has been a very busy and fruitful year, truly delivering on the objective of my presidency to professionalise our organization under the motto 'EFIC on the move'. We adopted new and more transparent ways of reporting through our Annual Report, and have brought the organization of our biennial congress closer to our Federation by taking its core organisational features in-house. We moved to a new office, closer to the heart of European policy-making in Brussels and we have implemented a system of committees that allows new volunteers and long-standing collaborators of our Federation to give their input in a more structured way to

our various activities.

Our educational committee's work is in full swing, with projects for new curricula and pain schools. In the domain of education, we continue building on our existing initiatives. The registrations for the 2019 European Diplomas in Pain Medicine [[link](#)] and Pain Physiotherapy [[link](#)] are now open and all information can be found on our website. We have confirmed the dates and programmes for two of our 2019 Pain Schools: Maribor, Slovenia (27– 31 May 2019) and Krakow, Poland (22-27 June 2019).

In the advocacy domain, our flagship initiative the Societal Impact of Pain (SIP) has delivered outstanding results both at European and national level. I'll take this opportunity to encourage all of you to play an active role in our campaign by endorsing our [SIP Joint Statement](#) that provides recommendations to policy makers to advance pain policies in Europe. Endorsement is open until the 25th January 2019. You can

learn more about our SIP 2018 achievements and our plans for the 2019 campaign in this newsletter.

We are putting the final touches to our scientific program of our 2019 congress and registration has opened on our **congress website**. You can avail of the early bird rate until 14 May 2019! We are really excited to share with you the innovative ideas that we have in the pipeline for Valencia. We offer a substantial price reduction to all members of our Federation Chapters and to all IASP's chapters members. Do not forget to submit a proof of membership of your national IASP Chapter to benefit from this discount!

Finally, I am pleased to announce that we launched our new European Pain Federation's website that has a modern look and feel with a stronger focus on constant updates about and for our community of health care professionals in Europe. The address will remain the same though, so have a look and please feel free to tell us what you think.

I hope you will enjoy our latest newsletter and I also wish you and your loved ones happy holidays!

Have a good read,

Bart Morlion

## Organization's Updates



### New EFIC's website

We launched our new European Pain Federation's website with a modern look and feel with a stronger focus on constant updated about and for our community of health care professional in Europe. The address will remain the same though, so have a look at [europeapainfederation.eu](http://europeapainfederation.eu) and let us know your thoughts!

## Examination for the European Diploma in Pain Medicine – Apply for a Bursary

- Are you interested in taking the EDPM but need financial support?
- The European Pain Federation are providing bursaries for 30 participants
- Bursaries cover the registration fee in full



The European Pain Federation EFIC is holding the third sitting of the Examination for the European Diploma in Pain Medicine. The Examination will take place on the 12<sup>th</sup> and 13<sup>th</sup> April 2019 in Leuven, Belgium.

Registration is now open.

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### European Diploma in Pain Medicine Education Support Bursary

Bursaries will be provided to 30 Examination participants.

Bursary recipients will be chosen on the basis of:

- Age and career stage, with a focus on early-to-mid career professionals
- Geographical distribution, with the aim to encourage participation from the widest range of countries possible, and to encourage participation from lower income countries. Applicants from EFIC chapters will be prioritised.

Applicants are asked to register before the 10th February and pay the full registration fee. Bursaries, covering the cost of the registration fee, will be distributed 2 months' before the date of the Examination; before the 15th February 2019.

The European Diploma in Pain Medicine Education Support Bursary is provided through the kind support of Grünenthal GmbH.

Further information on the EDPM can be found [here](#).

[Click here to register for the EDPM](#)

## Examination for the European Diploma in Pain Physiotherapy

- Are you a physiotherapist who treats a large number of chronic pain patients?
- Do you want to improve your knowledge of chronic pain conditions and their management?
- Are you looking for qualifications to demonstrate your expertise to chronic pain patients?

The European Pain Federation EFIC is holding the second sitting of the Examination for the European Diploma in Pain Physiotherapy.

The Examination will take place on the 13<sup>th</sup> April 2019 in Leuven, Belgium.

Registration is now open.

*Physiotherapists do not have many options to bolster their qualifications past their basic training. The European Pain Federation EFIC offer a qualification for physiotherapists to demonstrate an advanced knowledge of pain conditions and how to manage them.*

*The European Diploma in Pain Physiotherapy (EDPP) will enable you to stand out from your peers and show a level of competence that goes beyond the average physiotherapist.*

Further information on the EDPP can be found [here](#).



## Behind the Scenes of EFIC 2019 Congress – updates on the Scientific Program



As you know, from September 4 to 7 2019 the 11th Congress of the European Pain Federation EFIC will take place in Valencia. The theme of the Congress is “**Bringing the Future to the Present**”.

This theme is also very fitting for the more than two years of work that goes into preparing for the Congress, which starts well before the previous congress has taken place. After agreeing on the location and date of the upcoming congress, the EFIC Board decides which topics and areas to focus on. Shortly after the congress, EFIC sends out an evaluation form to all the attendees to gather valuable insights, feedback and opinions on what worked well, what can be improved, and which sessions are the most popular. All of this is incredibly helpful when planning the following congress of course.

**Preparations for the forthcoming congress have been in full swing for a number of months.** One of the many tasks we are currently focused on is the development of an attractive and challenging scientific programme. To ensure a comprehensive approach, a broad scientific committee is formed with representatives from all stakeholders involved in pain: basic science researchers, psychologists, doctors from a range of disciplines, physiotherapists and patients.

**We also issue a call for workshops, and received almost 200 proposals.** The proposals have been carefully assessed by the scientific committee and a first choice has been made. As always, we aim to leave some space for workshops featuring late breaking news closer to the congress to ensure that we have the most up-to-date research. The range of topics vary and include basic science, general, diagnostic and treatment related categories. We also included 5 so-called young investigator workshops, giving the floor to young researchers who literally bring the future to the present under the guidance of recognised research leaders. In addition to a general programme of workshops and plenaries, we are also creating refresher courses that specifically focus on the preparation for the EFIC exam. Particular attention will also be paid to a partial Spanish language track within the programme.

**Last but not least, we are now inviting our plenary speakers.** Although we do not want to give away too much too soon, we can let you know that in addition to classic topics such as the role of the immune system and the role of genetics in chronic pain we also want to give specific attention to the role of exercise and nutrition in the treatment of pain.



Don't forget: We need your input as well! Be part of the scientific programme and submit your abstract for either oral or poster presentation.

### What are the upcoming deadlines?

- Abstract Submission Deadline: **28 February 2019**
- Registration is now open! Click [here](#) to begin. Early bird registration deadline is **Tuesday, May 14, 2019**

## Societal Impact of Pain (SIP) – Our 2019 Strategy

On 25 October 2018, the Societal Impact of Pain (SIP) Steering Committee met in Brussels to discuss the next SIP strategy for 2019 while identifying how to advance SIP.

With 54 participants from all over Europe, the Steering Committee discussed:

- SIP's activities in 2018, both on the EU level as well as the tremendous developments the national SIP platforms have achieved;
- The future EU political landscape to ensure continuity;
- The 2019 strategy.

At the Steering Committee meeting participants agreed to keep engaging at a national level, at the EU level and report on the outcomes of these efforts at the next SIP meeting in November 2019.



The SIP platform has attained great success with **significant achievements** in Brussels and at national level. During the day representatives of the **SIP national platforms** from Belgium, France, Germany, Portugal and Spain presented their astonishing progress so far, to inspire and support participants from other countries in their own national

SIP efforts and achievements. Participants also learned about best practices through the Active Citizen Network European Civic Prize on Chronic Pain. The European Brain Council shared their experience with national platform building, which provided food for thought and inspiration to the national SIP representatives.

**Looking forward – the 2019 Strategy:** in 2019, it will be essential to keep in mind the EU political changing environment with a new College of Commissioners, a newly elected European Parliament and national elections in some member states. Thus, it will be important to focus on the important and amazing work done at a national level by the individual SIP chapters. To support the national SIPs a toolkit will be developed as well as a video that highlights the societal impact and importance of

pain. Furthermore, a “buddy programme” where more experienced SIP leaders will support newer and emerging SIP platforms will be established. Thus, it is vital to get the 2019 programme started and continue the momentum to build on successes.

**ENDORSEMENT OPEN: 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 organisations 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 a very comprehensive document that we refined with the input and feedback of our community.

Vittoria Carraro, European Pain Federation External Relation Manager, presented the finalized [SIP Joint Statement](#) and [Framing Paper](#) on the 12 November 2019 at the EU Health Policy Platform at DG SANTE and had a very positive engagement with all stakeholders and EU officials on the concrete implementation of the recommendations in the document. You can find the recording of the 12 November meeting [here](#). The event was web streamed with over 100 participants from 67 organisations joining remotely!

## Join us by endorsing our SIP Joint Statement

The SIP Joint Statement obtained the endorsement of over 40 organizations in Europe so far, including the European Academy of Neurology (EAN). SIP Partners are continuing their engagement with the pain community in Europe to involve further organizations in the endorsement process.



**Endorsement is open until the 25th of January, so please join them by sending the logo of your organisation to the project leads Vittoria Carraro, European Pain Federation ([vittoria.carraro@efic.org](mailto:vittoria.carraro@efic.org))**

More information on the SIP Joint Statement Project can be found [here](#).

## **EFIC Education Committee meets in Berlin with many exciting projects**

Our Education Committee, under the chairmanship of Professor Andreas Kopf met in Berlin in October to discuss plans for upcoming projects and the improvement of existing projects like our Pain Schools and examinations.

We are developing two new curricula, one for nursing and one for clinical psychology, looking at the interdisciplinary aspects of these professions when dealing with pain management and treatment. The nursing curriculum is being led by Dr Emma Briggs, while the psychology curriculum is being led by Professor Geert Crombez. They are being assisted by a number of volunteers and experts from across the pain community and will hopefully deliver the new curricula by the time we meet in Valencia at the EFIC Congress in September 2019.



We are in the process of developing a new online education platform for our community of clinicians. This new platform will replace the existing EFIC Education Platform, which currently serves as a space to host video content from our Pain Schools and Congress. The future platform will be much more closely structured around our curricula with a much broader content. Dr Ruth Zaslansky is steering this project, which will hopefully be ready to launch in an initial phase within 18 months.

Another new project is focused around patient education. Dr Snezana Tomosevic Todorovic will be leading a group whose aim is to develop tools for patient education, aimed at improving patient self-management and presenting scientific information in patient-accessible formats. Initial ideas include patient summaries and webinars by our Congress plenary speakers and a workshop targeted at patient advocates who can act as ambassadors for other patients on self-management techniques.

Our existing curricula, examinations and Pain Schools are also being reviewed, and we hope to see results in the years to come.



## **“EFIC on the Move” in Valencia at #EFIC2019**

“If physical activity was a drug it would be classed as a wonder drug.”

Professor Dame Sue Bailey, Chair of the Academy of Royal Medical Colleges, 2015

### **Why chronic pain prevention through physical activity deserve more attention?**

Some well-known health benefits of regular physical activity include a reduced risk of cancer, cardiovascular disease, diabetes 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.



#EFIC2019 is the only large international congress focusing entirely on pain; all types of pain and their treatment. As we all know, medicine is evolving in a fast-changing world; like all other fields, pain medicine is changing. By focusing on not only treating but also preventing pain we look at pain from all sides and angles while simultaneously bearing in mind that budget challenges in Europe mean new pressures on healthcare delivery.

### **What is EFIC on the move?**

Launched in 2017 by European Pain Federation EFIC President Bart Morlion, the campaign “EFIC on the Move” raises awareness of the importance of physical activity in preventing primary and secondary pain. A working group chaired by EFIC President Elect Brona Fullen has been working on the scientific and educational content of an international campaign that will launch shortly and run through all of 2019 along with a dedicated event at #EFIC2019 in Valencia.

The campaign’s goals are to ensure that all healthcare professionals are aware of the physical activity recommendations and that they advise patients about the significant benefits that come with increasing their activity levels in either the prevention or management of pain. To achieve this requires knowledge, motivation, a physical environment that facilitates change and a plan that helps patients to persevere.

### **“What makes you move?” Practicing what we preach at #EFIC2019**

At #EFIC2019, we plan on including an interactive section where physiotherapists, doctors and patients discuss how to better inform and motivate patients on the importance of physical activity. We also want to practice what we preach by staying active during the congress in Valencia and sharing our physical activities with our peers on social media. Increasing one’s own physical activity does not have to be difficult: simply take the stairs instead of the elevator, walk or cycle rather than taking the car/public transport can start to bring about changes.



## EFIC-GRÜNENTHAL Grant - Last Call for Applications

Important information for postdoctoral researchers in pain research:

The EFIC-GRÜNENTHAL Grant supports young scientists in their early career. Since 2004, the European Pain Federation EFIC®, in partnership with Grünenthal, has supported many research projects in the field of pain: 60 young scientists from 13 countries received up to € 1.4 million in grants for their research projects.

The 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.

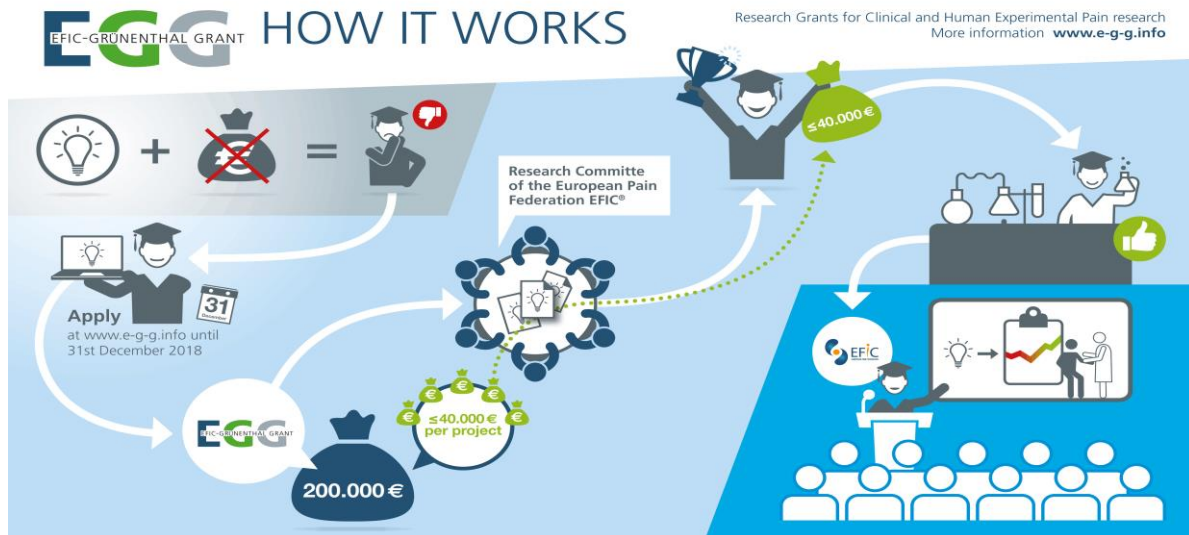
### Interested?

- Do you have a good idea which could relieve patients from pain?
- Do you want to start a research project, but you lack funds?
- You're not older than 40 years and you're a citizen of a member country of the European Pain Federation EFIC®?
- You're working at a recognized hospital, university or any institution that provides the infrastructure and the support required to carry out the proposed research?
- You have obtained a PhD, M.D. or equivalent postgraduate degree?

Don't wait any longer, apply for the E-G-G. Such opportunity is only available every other year so, do not hesitate, go online and apply at: [www.e-g-g.info](http://www.e-g-g.info)

The deadline for applications is December 31, 2018. The winners will be selected by a working group of the Research Committee and announced in May 2019. The awards ceremony will take place at the 11th Congress of the European Pain Federation EFIC® in Valencia, Spain from September 4-7, 2019.

## EGG HOW IT WORKS



## From our Pain Schools

### Liverpool Cancer Pain School : an overview

The European Pain Federation EFIC® – Winter Cancer Pain School, Liverpool was held from 16th – 19th October 2018. The course was fully booked with extended places made available due to high demand; 33 delegates in total from across Europe, the UK, Middle East, Indonesia & Mexico.



The course was organised by Dr Manohar Sharma a Trustee of the Pain Relief Foundation and a Consultant in Pain Medicine at the Walton Centre NHS Foundation Trust, Liverpool, Dr Kate Marley, Consultant in Palliative Medicine, University Hospital Aintree (Woodlands Hospice), Liverpool and Professor Bart Morlion Director of the Leuven Centre for Algology & Pain Management, University Hospitals Leuven, Belgium and current president of EFIC.

Hospitals Leuven, Belgium and current president of EFIC.

The course was outstanding and was well received by all the participants and was reflected in the fantastic feedback comments. Dr Dorota Ortenburger a Psychologist from Poland actually took the time to write a full report on the pain school which was a wonderful surprise, the content of which captures the very essence of the pain school and what we as organisers hoped to achieve through the vast knowledge and experience of the team of local, national and international speakers of the very highest standards.

The European Pain Federation would also like to thank Julie Williams for letting us use her article and picture of the event!

**Report from: Sanja Vicković, MD PhD Anaesthesiologist, Clinical Centre of Vojvodina, Novi Sad, Serbia**

It wasn't easy getting to Liverpool, but the experience is really wonderful and worth every effort!

The organisation of the event was excellent, a wide-scope and comprehensive programme was divided into several sessions - Understanding Cancer Pain, Understanding Pain and Management options, Pharmacological Management of Pain related to Cancer, Current Concepts in Pain related to Cancer, Pain Management in Hospice Settings, Pain Management in cancer survivors: live case studies, Interventions for Pain related to Cancer, Surgery for Cancer Pain, Implants for Pain related to Cancer, Therapeutic Challenges – Interactive Case Presentations. The daily schedule was quite demanding, lasting from 09.00 a.m. to 19.00 p.m., but everything was arranged in a way to enable good concentration, training and enjoying the company of our colleagues from many European countries. The atmosphere was great, the participants were able to pose questions, give their opinion, share experiences and recommendations. It was interesting to have anaesthesiologists, neurologists, oncologists, physical medicine specialists, psychologists, specialists in pain medicine and palliative medicine at the same table (even one surgeon!). We also had opportunity to speak with physicians and patients at Woodlands Hospice.

One shouldn't miss to visit the city of Beatles! Visiting of the museums The Beatles Story and buying some CD is imperative! Another very interesting thing to do in Liverpool is LFC! Believe it or not – the organizers arranged the visit to a soccer club in Liverpool to feel incredible energy of all staff, to visit the museum and enjoy the dinner. My sincere thanks to the Organizing Committee, Mrs Loraine Roberts and Mrs Julie Williams

I am deeply thankful to my professor Snežana Tomašević-Todorović, the Head of Serbian Association of Pain Research and Treatment (SAPRT) who motivated and supported me to apply for this School.

**Report from: Assistant professor dr Katarina Savić Vujović**

I attended 10th EFIC BERGAMO PAIN SCHOOL ON: "NEUROPATHIC PAIN" 8th - 11th October 2018.

First, 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 improve knowledge about pharmacology of pain.

During this School I gained direct insight and involvement in the multidisciplinary approach of pain treatment of neuropathic pain. I was introduced to a comprehensive approach of different neuropathic pain syndromes.

The Bergamo EFIC School assisted pain clinicians and basic researchers to refine basic and clinical diagnostics and assessment. First of all, we remembered about anatomy and physiology of pain process. We discussed about definitions and different aspects of neuropathic pain. Also, we took history of patients, examined



patients and had practical exercise on them. We also learned how to collect a pain history in practice and how to use the interview to address physical examination as well as to establish instrumental diagnostic procedures. Also, we practiced how to make a proper diagnosis based on history taking, thorough clinical examination and instrumental testing.

We had lectures about neurophysiology (clinical indications and limitations), EMG, ENG, Reflex responses (blink, Ralll).

Also, part of the school was about guidelines on the pharmacological treatment of neuropathic pain. It was defined terminology from a pain medicine perspective, about nociceptive and neuropathic pain. 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. We talked about pain questionnaires, diaries, pain mapping, quality of life and ADL questionnaires: when and how to use them. We were introduced with the skin biopsy: the intra epidermal nerve fibres density (IENFD).

Lectures covered a lot of mechanisms of neuropathic pain. We discussed about pharmacological and non-pharmacological treatment of neuropathic pain according to the diagnostic findings, further improving my knowledge about the indications and effectiveness of different painful conditions. We talked about drug classification, drugs which act on the all pain pathway: transduction, transmission, perception, modulation and about drugs acting on nociceptor activation and peripheral sensitization. We had lectures about pain without nociception and nociception without pain. Positive (allodynia, hyperalgesia, hyperpathia) and/or negative sensory symptoms with other (motor, vegetative) symptoms and how to identify neuropathic pain as a player in those conditions. We had lecture about topical treatments with ketamine, baclofen, lidocaine, capsaicin, benzodiazepine, phenytoin. Also, we talked about non invasive physical treatments: TENS (and non invasive electrotherapy in general), heat and cold.

Once again, I would like to thank the whole team of 10th EFIC BERGAMO PAIN SCHOOL, prof. Roberto Casale on the great experience and opportunity to attend this kind of school and prof. Snezana Tomasević-Todorović President of SAPRT (chapter of IASP) who recommended me.

Katarina Savić Vujović, PhD,

Assistant professor,

Department of Pharmacology, Clinical

**Report from: Aleksandar Klasnja University of Novi Sad, Serbia Faculty of Medicine in Novi Sad**

This year I have attended EFIC Pain School in Bergamo from 8th-11th October 2018 and I want to thank everyone in European and National associations for that opportunity.

Bergamo is a wonderful place I enjoyed beautiful nature and architecture of Old and New Bergamo a lot. It is a great place to learn new things. All participants were warmly welcome in Pain School by great host Professor Casale. The accommodation and classroom were very pleasant. Participants of the School were from all parts of Europe and there was even a participant from Filipinas, so we had a nice opportunity to hear how Pain clinics are organised all over the world.



Professor Casale, with all other lecturers tried and succeeded in making neuropathic pain problem in medicine very clear. Every professor generously shared their experience with us, and we haven't hesitated to ask questions. They have integrated knowledge in interactive workshops and helped me fulfill my knowledge without huge effort. I am interested in especially in testing somatosensory system and autonomic nervous system and lectures and workshops about that were very useful for me. I was also provided with new information incorporated in practical advices related to the use of medications. Furthermore, examination of the two chronic pain patient showed me how chronic pain could be devastating, but also showed me that there is a way to treat it.

I also had an opportunity to exchange experience with participants from other countries. During Pain School, I learned about differences in organization, treatments or procedures in different countries.

Once again thank you very much for the great experience.

Aleksandar Klasnja

University of Novi Sad, Serbia

Faculty of Medicine in Novi Sad

## EFIC Fellowships

A great experience at Universitätsklinikum Erlangen – Schmerzzentrum (Pain Clinic), Germany

I am very honored and grateful for the opportunity to attend the EFIC Fellowship at Schmerzzentrum at Universitätsklinikum Erlangen.

My fellowship at Pain Clinic lasted from October 1st till October 12th, 2018. Dr. Norbert Griessinger and his team were excellent hosts. They made me feel at home and led me through everyday activities with dedication and effort. I was equipped with the ID card, username, and password for the hospital Wi-Fi, which all made my fellowship even more comfortable.



At the very beginning of my fellowship Dr. Griessinger showed me how Pain Clinic is organised. I learned more about multimodal pain therapy which is implemented in this pain Clinic. All of the staff (doctors, physiotherapists, occupational therapists, psychologists, psychotherapists, and people from secretariat) were excellent hosts and all were always available to answer a plenty of questions I had.

I had the opportunity to observe patient assessment by pain specialists, psychologists, psychotherapists, physical and occupational therapists, developing of the treatment plan and reassessment after treatment. This Pain Clinic offers both, inpatient and outpatient treatment, depending on patients' medical condition. For those patients who underwent outpatient treatment, therapy usually lasts for five weeks, while for those who underwent inpatient treatment, it lasted for three weeks. All team members showed great commitment and patience with patients during this very well organized multimodal program.

In summary, after this experience, my knowledge of the concept and the goals of the multimodal therapy and the biopsychosocial model has substantially improved. Many of the solutions and ideas for the multimodal pain therapy I saw in Erlangen could be implemented and adapted in the Clinic where I work.

Finally, I can say that I am really satisfied and my expectations have been completely fulfilled. I want to thank the EFIC for supporting my visit to Schmerzzentrum at Universitätsklinikum Erlangen.

I hope I will stay in contact with many people from Erlangen so we could exchange experiences and possibly collaborate on some future projects.

I can warmly recommend Schmerzzentrum at Universitätsklinikum Erlangen to all fellows interested in chronic pain management.

Aleksandar Knezevic, MD, PhD

Serbian Association of Pain Research and Treatment

SAPRT/UITBS



## Save the Date

### **The Belgian Pain Society has to important upcoming meetings**

- 21th Feb: Thematic symposium: Belgian Pain Society - Médecins Sans Frontières: "Pain in victims of torture, conflict and refugees". Location: MSF Brussels HQ. Time: 19:00-21:00. Free but reserved to the BPS members, MSF staff, MSF organization members, Handicap staff/members.
- 18th May: Annual congress of the Belgian Pain Society: "Pain in vulnerable populations". Location: Brussels, BluePoint.

## News from our Chapters

### **Successful meeting of SIP Spain!**



The Spanish Society of Pain (Sociedad Española del Dolor, SED), chapter of the European Pain Federation (EFIC), the Spanish Society of Health Managers (Sociedad Española de Directivos de la Salud, SEDISA) and Pain Alliance Europe (PAE) organized the SOCIAL IMPACT OF PAIN IN SPAIN FORUM (SIP SPAIN) in Madrid on December 11 in collaboration of the pharmaceutical company Grünenthal.

The Forum addressed the main challenges that attention to pain is currently facing, both acute and chronic, and includes the participation of health professionals and specialists, representatives of the health authorities, opinion leaders in pain, politicians and health decision makers from all over Spain, as well as patients and patient representatives. The parnters of SIP Spain will provide further informaiton on this initiative in the future.

### **Irish Pain Society (IPS) 'Global Year of Excellence in Pain Education Meeting'**



The Irish Pain Society (IPS) held their 18th Annual Scientific Meeting 'Global Year of Excellence in Pain Education' in University College Dublin on October 20th 2018. The multidisciplinary conference was opened by Ms Joanne O'Brien (President IPS) who welcomed delegates and outlined current IPS initiatives.

Dr Ipek Yalcin (Neuroscience, University of Strasbourg France) described recent studies using murine models aimed at characterising affective consequences of neuropathic pain.



Ms Felicia Cox (Nursing, Royal Brompton and Harefield NHS Foundation Trust, London) elaborated on IASP goals and aims to make a difference in the four domains of Public and Government Education, Patient Education, Professional Education and Research.

Prof Hans Georg Kress (Anaesthesia, Medical University/AKH Vienna, Austria) described the opioid crisis in the USA, and how preventing this experience from being repeated in Europe will require continuing and improving pain education, good prescribing practices, controls and critical follow up of all opioid users.

Dr Cormac Ryan (Physiotherapy, Teesside University, UK) discussed the importance Pain Neurophysiology Education (PNE) and how recent qualitative studies demonstrated their efficacy in self-management through counselling and video demonstrations.

Dr Jeff Breckon (Psychology, Sheffield Hallam University, UK) described how Motivational Interviewing supports the initiation and maintenance of behaviour change interventions across clinical and community settings by building client autonomy toward change.

Five researchers competed for the Irish Pain Research Network Oral Data Blitz Award which was won by Josh Moran (NUI Galway) with his presentation 'The role of perceived injustice in adjusting to pain: a cross-sectional study'.

Prof David Finn (Pharmacology and Therapeutics, NUI Galway) and co-author of EFIC's position paper (Häuser et al., 2018) gave an overview of the position paper on appropriate use of cannabis-based medicines and medical cannabis for chronic pain management.

Short presentation were delivered by early career researchers: Dr Brian Slattery presented on 'eHealth interventions for chronic pain: current status, methodological considerations and future research,' while Dr Dearbhla Burke presented her research on 'SPIRE: an internet delivered cognitive behavioural pain management programme for spinal cord injury pain.'

During the practical Ultrasound Guided Pain Procedure workshop Dr Alex Mudrakouski, Dr David Moore and Dr Tadhg Lynch demonstrated cervical lumbar spine and major joint injection techniques.

**The Irish Society** of Chartered Physiotherapists with a Special Interest in Pain Group also held their inaugural meeting as one of the three Masterclass sessions.

This highly interactive and enjoyable meeting concluded with the presentations of awards and medals.

### **Irish Pain Society Award winners**

Irish Pain Society Nurse Education Medal 2018: Ms S. Moras, Staff Nurse St Vincent's Hospital; for achieving Distinction in the UCD Diploma in Pain Management in Partnership with the Department Pain Medicine, Mater Misericordiae University Hospital Dublin.

**Pre-clinical Research Medal:** O. Mannion (NUI Galway) Investigation of the effects of post-operative administration of a peripherally restricted FAAH inhibitor in a rat model of post operative pain following inguinal repair surgery.

**Runner-up Clinical Research Medal:** AM Kiernan (UHL) Health needs assessment and chronic pain.

**Clinical Research Medal:** S. Walsh (UHL) Patient rated physician empathy: does it contribute to patient satisfaction during pain clinic consultations?

**SAGE with IASP Book Royalties Award 2018:** (S.Wright) E. Clear, CNS Pain Management. St. Vincent's University Hospital, Dublin.

### **Russian Association for the Study of Pain (RASP) 25th anniversary research-to-practice conference**

Russian Association for the Study of Pain (RASP) is holding the 25th anniversary research-to-practice conference with international sharing "Pain medicine – from understanding to intervention". The conference will take place on the 23-25th May 2019 in Kazan, Russia.

The aim of the conference is widening the latest knowledge associated with pain medicine, improvement of multidisciplinary interactions concerning complex pain treatment and sharing experiences according organization of specialized pain treatment service.

The conference program involves participation of leading authorities in pain medicine.

The Organizing Committee welcomes students, residents, Ph.D. students and scientists under 33 y.o. to take part in Contest for Young Scientists. The authors of best projects will get a chance to perform their study on scientific session of conference and achieve the Organizing Committee awards.

Further information can be found on the official site of RASP – [www.painrussia.ru](http://www.painrussia.ru).

Registration form and abstracts should be sent on the following e-mail: [rusbolinet@yandex.ru](mailto:rusbolinet@yandex.ru)

Abstracts will be printed in Russian Journal of Pain.

Abstract Submission Deadline – 10th February 2019.



We look forward to meeting many of you on 23-25th May 2019 in Kazan, Russia.

How did you enjoy the EFIC Newsletter 04/2018? 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 late September 2018. The deadline for contributions is 28 February 2019. Please email your contributions to Vittoria Carraro at [Vittoria.carraro@efic.org](mailto:Vittoria.carraro@efic.org).

### **EFIC Newsletter 04/2018 Contributors**

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