



EFiC
EUROPEAN PAIN FEDERATION

2020 ANNUAL REPORT

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FISCAL PERIOD: 1ST APRIL 2019 – 31ST MARCH 2020

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1 - PEOPLE

1.1 - EXECUTIVE BOARD

President	Bart Morlion
Vice President	Brona Fullen
Honorary Treasurer	Elon Eisenberg
Honorary Secretary	Silviu Brill
Member-at-Large	Magdalena Koçot Kepska
Member-at-Large	Thomas Tölle

1.2 - COUNCIL

Albania	Apostol Vaso	Lithuania	Arunas Sciupokas
Austria	Rudolf Likar	Moldova	Adrian Belii
Belgium	Olivier De Coster	Norway	Astrid Woodhouse
Bosnia-Herzegovina	Amira Karkin Tais	Poland	Andrzej Basinski
Bulgaria	Atanas Temelkov	Portugal	Ana Pedro
Croatia	Ivan Rados	Romania	Adriana Sarah Nica
Czech Republic	Richard Rokyta	Russia	Maxim Churyukanov
Denmark	Thomas Graven-Nielsen	San Marino	Daniele Battelli
Estonia	Kaire Pakkonen	Serbia	Snezana Tomasevic Todorovic
Finland	Nora Hagelberg	Slovakia	Marta Kulichova
France	Pierrick Poisbeau	Slovenia	Nevenka Krčevski Škvarč
Germany	Martin Schmelz	Spain	Victor Mayoral Rajols
Greece	Emmanuel Anastassiou	Sweden	Anna Bjarnegård
Hungary	László Vécsei	Switzerland	Marie Besson
Ireland	David Finn	The Netherlands	Michiel Reneman
Israel	Elyad Davidson	Turkey	Gül Köknel Talu
Italy	Caterina Aurilio	United Kingdom	Arun Bhaskar
Kosovo	Adem Bytyqi	Ukraine	Volodymyr Romanenko
Latvia	Mihails Arons		

1.3 - EXECUTIVE OFFICE TEAM

Executive Director	Sam Kynman
External Relations Manager	Sara Badreh
Executive Secretary	Christel Geevels
Congress Manager	Inbar Caspi
Congress Operations and Scientific Programme Manager	Jennifer Simon
Congress Industry Liaison Manager	Maya Ravinsky
Communications Officer	Melinda Borzak-Schramm
Communications Assistant	Alberto Antonacci

1.4 - INTRODUCTION


Dear colleagues,

Today, I greet you warmly during challenging and uncertain times.

The COVID-19 pandemic has caused immense damage globally and we still do not know where it will leave us.

As an organisation, we have responded to the crisis by providing a public service to the pain science community, disseminating the most important literature on the impact of the virus on pain. I would like to think of this as a testament to what our organisation aspires to be – a leader in Europe on scientific issues related to pain and an organisation with a purpose, working for the public good.

While COVID-19 is the big issue we are all facing, I will use this report to point to some other important developments from the last year, as well as to look back on my three years serving as President.



Bart Morlion
President



EFIC Council 2019, Valencia

2 - PRESIDENT'S REPORT

2.1 - 2019-2020

In spite of the difficulties caused by COVID-19, the Federation can list some important achievements this year. In response to the postponement, interruption or cancellation of many of our educational projects, we are launching this year our first Virtual Pain Education Summit. 'Going virtual' is a necessity for European organisations in the current climate, and we believe this event will help meet the learning needs of our community in 2020. Importantly, this event will be the first time our four curricula are taught simultaneously, and the first time we implement a truly interprofessional pain education approach.

This year has also been important in terms of providing a turning point for our Societal Impact of Pain project. In 2020, the European Pain Federation took full responsibility for the project, with Grünenthal shifting from a 'partner' role to a 'sponsor' role. The Federation, along with Pain Alliance Europe, will manage the campaign. Grünenthal have taken a step back, and we thank them for their generous support over the years. From 2021 onwards we expect this campaign to become 'multi-sponsored', with other companies joining Grünenthal as sponsors. Over the past year we have also seen our relationship with Pain Alliance Europe strengthen, including supporting them directly in our shared office space in Brussels. The patient voice is crucial to much of our work and we look forward to working with them more closely.

2020 has also been an important year in terms of defining the Federation's approach to one of the crucial issues of our times; the use of opioids for chronic and non-cancer pain. In order to provide leadership across the European medical and scientific community, we decided to develop a new set of recommendations on this issue, led by Winfried Hauser and in cooperation with a large number of European medical societies. This project is expected to be completed by the end of this year and should hopefully establish new European practice recommendations on the role of opioids in this context.

Perhaps most importantly, the last year saw the fruits of our labours in the success of our 2019 congress, Pain in Europe XI; Bringing the Future to the Present. With around 3,500 attendees, many amongst them younger clinicians and researchers, we felt that this congress re-established our congress as the place-to-be for the European pain community. The sense of excitement at the event and the high levels of satisfaction reported in our feedback survey were very rewarding to see. Putting our Federation's village at the centre of the venue strengthened the family feeling of our community. I thank Frank Huygen and our in-house congress team for the development of the programme.

2.2 - LOOKING BACK OVER THREE YEARS AS PRESIDENT

At the start of my term I announced that my motto would be "The European Pain Federation on the Move" relating not only to the Presidential Campaign stressing the role of movement in the prevention and management of pain, but also moving our Federation to new heights. At the end of my term I can proudly state that, with the support of the board and the executive office, we really moved forwards, while humbly recognizing that some in some areas the moves need to be intensified.

While 2019-2020 was a successful year, over the past three years I feel that the Federation has grown in many ways. Firstly, we have a fully functioning Executive Office driving the organisation forward. You may not know them all, but each member of our team plays a valuable role in professionalising our activities, managing projects and communicating their results. I hope you have noticed the difference in your interactions with us. A professional team needs a professional office. We took the bold decision to acquire an office property in the centre of Brussels, in close vicinity of the European Institutions. I thank my predecessor Chris Wells for starting this process of team expansion. My special thanks go to our executive director Sam Kynman. Managing the expanding list of projects, working with so many volunteers, is a real challenge. His diplomatic skills, patience and friendliness while respecting the historic DNA of our federation were key to the success of my presidency.

Secondly, my term was the moment when our congress became wholly owned and managed by our organisation independently. While this may seem a technical issue, it has proven crucial in the improvement of our finances but also in the delivery of a successful congress that meets the expectations of our community. Professional Congress Organisers (PCOs) play a valid role in the management of meetings but owning and managing your own congress can really improve performance. It takes significant investment and team expansion but can pay off significantly even in the short term.



2 - PRESIDENT'S REPORT

2.3 - LOOKING BACK OVER THREE YEARS AS PRESIDENT

Thirdly, I am proud to see the Federation reorganised around a new Committee structure. This has proven to be a real advantage in the development of new projects. Our Education, Research and Advocacy 3-pillar structure is clear to the outside world but also helps bring clarity to project management. I thank my colleagues Andreas Kopf, Gisele Pickering and Thomas Tölle for their chairmanship of these Committees and the delivery of many new projects.

Fourth, I am pleased to see the integration of many new volunteers into our organisation. Our open call in 2018 led to many people being recruited directly into projects from a written application, whilst we also sought out through our networks many influential educators and researchers to lead our work. The dedication of our volunteers and the many hours of work done selflessly for the benefit of the wider pain community is inspiring.

Fifth, I am happy to leave the Federation's Presidency with the organisation in a good state of financial health. While 2017 saw the Federation's accounts with a strong capital balance, our income was declining in a way that could have led to serious problems at this point. Through the new congress model, new sponsor relationships and various cost efficiencies (e.g. more virtual meetings), we are close to achieving a balanced biennial budget. I thank our Treasurer Elon Eisenberg for his stewardship of our finances and for his 6 years of service in this role.

2.3 - THANK YOU AND WELCOME TO OUR NEXT PRESIDENT

Finally, I would like to say thank you to everyone who has made the past three years a success. Our Executive Board and Committee Chairs have been fundamental to our achievements and working with them has been a real pleasure.

I would like to thank our esteemed Editor-in-Chief of the European Journal of Pain, Luis Garcia Larrea, with whom I have served as Deputy Editor. While the EJP's successes are largely independent of the Federation and are the product of our Editorial Board and contributors, it is still pleasing to see them succeed over this same period. The Impact Factor of the journal currently stands at 3.49, up from around 2.9 two years ago; a wonderful achievement.

I would like to pass on my regards to the two Presidents of IASP during my term, Judith Turner and Lars Arendt Nielsen. The EFIC-IASP relationship is important and requires regular nourishment. Our cooperation over recent years has been helpful for both organisations and long may it continue. I would also like to say a special thank you to our Executive Secretary Christel Geevels. Many of you know that Christel is the heart of the Federation and makes our engagements and meetings a smooth experience for us all. Christel recently completed ten years of service at the Federation and for that we are incredibly grateful.

2.4 - THANK YOU AND WELCOME TO OUR NEXT PRESIDENT

Finally, my special thanks go to my family, who supported me in my role, and accepted me not being present on so many memorable family events.

I would like to warmly welcome our next President, Brona Fullen. In truth, we have worked together over the past years to move the Federation forward in the right direction.

I am delighted to see the Virtual Pain Education Summit come to life across our two Presidencies and for truly interprofessional education to be made a reality through this endeavour. I am confident that the Federation is being left in good hands and I will use my final year on the Executive Board to support Brona in the implementation of her vision.

Bart Morlion

President



2 - PRESIDENT'S REPORT

2.4 - ORGANIGRAMME – COMMITTEE STRUCTURE

CO RE COMM ITTEES – WORKING GROUPS & MAN DATES

CONGRESS COMMITTEES – MANDATES

OPERATIONAL

CONGRESS PLANNING, OVERSIGHT OF CONGRESS FINANCES, DEVELOPMENT OF FRAMEWORK FOR SPC

SCIENTIFIC PROGRAMME

DEVELOPMENT OF CONGRESS SCIENTIFIC PROGRAMME FRAMEWORK AND COORDINATION OF SESSION ORGANISERS

LOCAL ORGANISING

SOCIAL ACTIVITIES AND LOGISTICS ADVICE

EDUCATION COMMITTEE

WG - EDPM CURRICULUM
REVISION OF THE EDPM CURRICULUM

WG - UNDERGRADUATE CURRICULUM
REVISION OF THE UNDERGRADUATE CURRICULUM

WG - COMMON TRAINING FRAMEWORK
DEVELOPMENT OF CTF

WG - EDPM EXAM
ORGANISATION OF THE EDPM EXAM

WG - EDPP EXAM
ORGANISATION OF THE EDPP EXAM

WG - EDPN EXAM
ORGANISATION OF THE EDPN EXAM

WG - EDPPsy EXAM
ORGANISATION OF THE EDPPsy EXAM

WG - PAIN SCHOOLS
COORDINATION OF SCHOOLS PLANNING

WG - PATIENT EDUCATION
DEVELOPMENT OF EDUCATIONAL TOOLS FOR PATIENTS

WG - ONLINE EDUCATION PLATFORM
DEVELOPMENT OF PLATFORM SPECIFICATIONS

RESEARCH COMMITTEE

WG - RESEARCH STRATEGY AND PRIORITY SETTING
DEVELOPMENT OF AN OVERARCHING RESEARCH STRATEGY FOR THE FEDERATION, TO GUIDE OTHER PROJECTS

WG - RESEARCH FUNDING AND PRIZES
IDENTIFICATION OF RESEARCH FUNDING AND ADMINISTERING RESEARCH GRANTS AND PRIZES

WG - CLINICAL AFFAIRS
OVERSIGHT OF EFIC'S CLINICALLY-FOCUSED TASK FORCES

WG - TRANSLATIONAL RESEARCH
IDENTIFY GAPS AND PROPOSE BRIDGES BETWEEN BASIC RESEARCH AND CLINICAL NEEDS

ADVOCACY & LIAISON COMMITTEE

WG - SOCIAL IMPACT OF PAIN
SIP PLATFORM, COMMISSION EXPERT GROUP

WG - NETWORKING AND LIAISON
PAIN FORUM, DEVELOPMENT OF RELATIONS WITH OTHER SOCIETIES, MOUs

WG - RESEARCH PROMOTION
ADVOCACY ACTIVITIES TO PROMOTE THE FEDERATION'S RESEARCH STRATEGY

WG - EYAP
COORDINATION OF EFIC INPUT IN THE DEVELOPMENT OF EYAP MATERIALS

WG - 'HEALTH LITERACY'
DEVELOPMENT OF CAMPAIGN MATERIALS FOR PRESIDENCY CAMPAIGN

WG - 'CANCER PAIN ADVOCACY'
PROVIDING EXPERTISE INTO ONGOING EUROPEAN UNION POLICY DEVELOPMENTS ON CANCER

WG - 'ON THE MOVE'
CONTINUED POLICY AND AWARENESS RAISING ON PAIN PREVENTION, MOVEMENT AND PHYSICAL ACTIVITY

OPERATIONAL COMMITTEES – MANDATES

COMMUNICATIONS

WEBSITE, NEWSLETTER, SOCIAL MEDIA, CAMPAIGNS, PRESS

EDUCATION AND FINANCIAL SUPPORT
FELLOWSHIPS, CONGRESS FINANCIAL AID, AD HOC FUNDING REQUESTS

ELECTION NOMINATIONS
EXB ELECTIONS PROCESS

AUDIT
SIGN-OFF ON ANNUAL ACCOUNTS

SUSTAINABILITY AND FUNDRAISING
FUNDRAISING STRATEGY, FINANCIAL PLANNING CONSULTATION

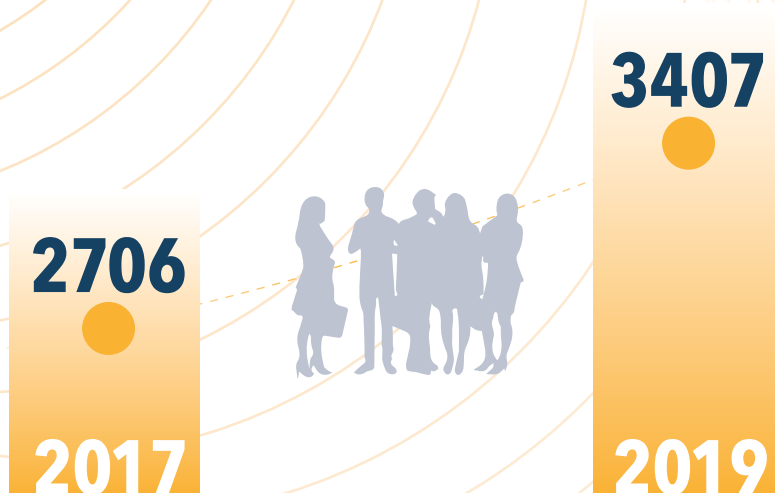
ETHICS AND TRANSPARENCY
TRANSPARENCY AND INTEGRITY POLICIES, AD HOC ADVICE

3 - MAPPING OUR PROGRESS

In order to better understand the impact EFIC has, we have decided to start including in our annual report, a series of performance metrics related to our key projects and objectives. We may expand on these as we go forward, but for now we stick to a few for which we have measurable data. Where no new data is available for 2020, we use the last available metric:

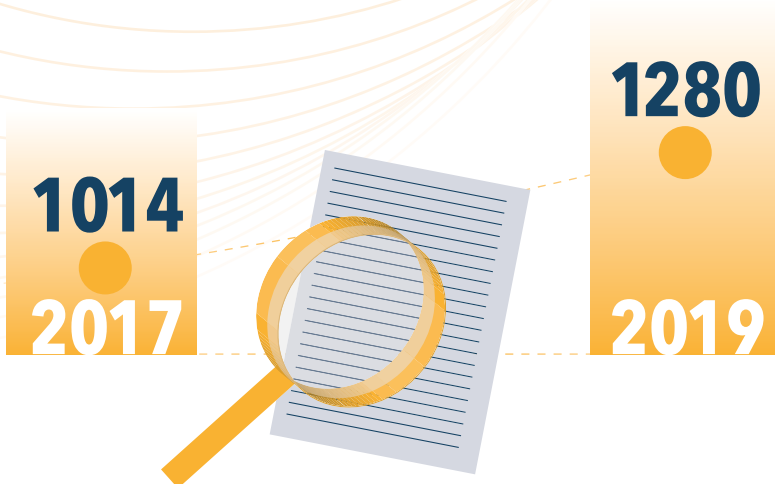
3.1 - CONGRESS ATTENDEES

Over **25%** more clinicians and researchers were able to benefit from the scientific and educational content of the EFIC congress, compared to the previous meeting.

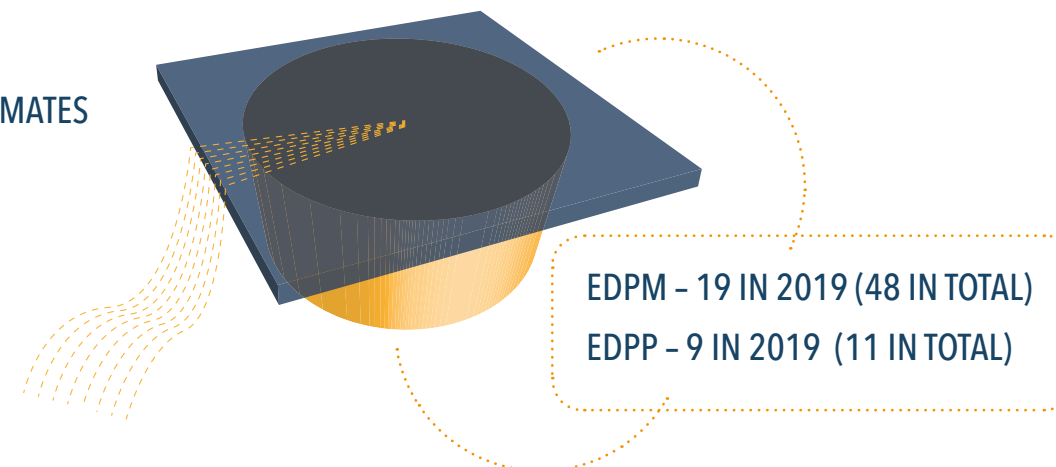


3.2 - ABSTRACTS SUBMITTED TO THE CONGRESS

There were **26%** more abstracts submitted for presentation at the 2019 congress compared to the previous meeting, suggesting a stronger interest in our meeting amongst the scientific community and a growing pain science environment.

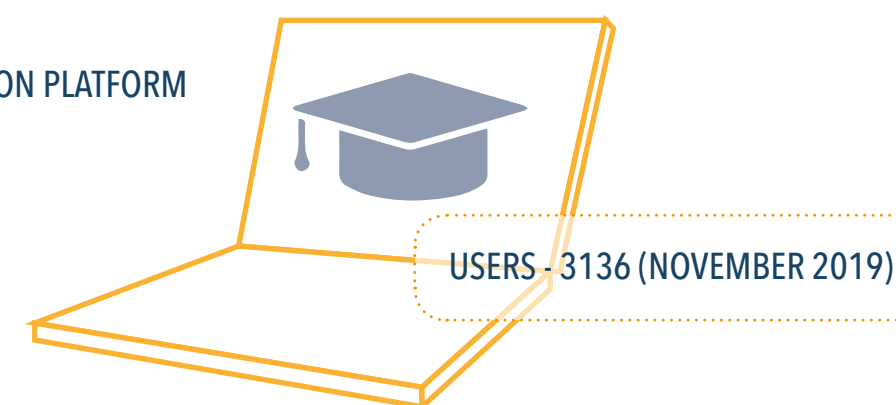


3.3 - DIPLOMATES



48 medical doctors have achieved the European Diploma in Pain Medicine, and 11 physiotherapists have achieved the European Diploma in Pain Physiotherapy meaning EFIC recognise that they have adequate training and knowledge to manage the care of patients with all types of pain. This is tested through our Examinations which cover both knowledge as well as clinical management skills.

3.4 - EDUCATION PLATFORM



Our Education Platform, featuring lectures from leading pain educators, ensuring our educational output is not limited to our congress and pain schools, has over **3,000 users**. Average viewing time is **over 50%** across almost all videos and we have plans to enhance the user experience and grow this further.

3.4 - EUROPEAN JOURNAL OF PAIN IMPACT FACTOR



While the European Journal of Pain (EJP) is editorially independent of EFIC, it is our house journal and intrinsically linked to the Federation. The impact factor rose by approximately 0.5 since 2019 and the journal is ranked in the top 10 in the anaesthesiology category, as well as in the top tiers in clinical neurology.

4 - PRESIDENT ELECT'S REPORT

4.1 - INTRODUCTION

Dear colleagues,

I address you today ahead of my Presidency of the European Pain Federation EFIC.

As someone who strongly believes in the Federation's vision and mission it is an honour to serve in this capacity. It was a bold decision for EFIC to elect a physiotherapist as President. In doing so EFIC sends out an unambiguous message that we, as an organisation are progressive, inclusive and multi-disciplinary.

I thank the Council for putting their trust in me. I will continue to serve the pain medicine members of our national chapters as well as increasing offerings to allied professionals, cognisant of the divergences across Europe in terms of multi-professional practice.

Today I would like to share an overview of my Presidency plan. These will undoubtedly be impacted by the ongoing COVID crisis. I do not include them all, rather those that are new or urgent.



4.2 - VISION

My vision for EFIC rests on these four key strands:

1. Championing EFIC's mission to provide leadership for the development of health policy at European Union (EU) and national level
2. Advancing our educational portfolio for physicians, increasing engagement with our primary care colleagues and strengthening our interprofessional pain education approach to standardise pain education and knowledge.
3. Expanding EFIC's profile as a vibrant hub for research grant collaborations and partnerships, and as a developer of position papers / recommendations across the field of pain science
4. Empowering and further engaging with chapter members so that they are appreciated and feel there is a value in being part of the broad EFIC community.

4.3 - EDUCATIONAL OBJECTIVES

The COVID crisis forces EFIC to revise how we deliver our key education initiatives. However, in the spirit of 'never letting a good crisis go to waste' I will prioritise the success of our virtual Pain Education Summit (planned to be biennial) and the creation of an impactful online Education Platform.

This will increase our reach and allow learners access to educational tracks mapped to the EFIC curricula. This can also provide a vehicle for capacity building with our primary care colleagues as well as for those living with pain. I look forward to the development of a new (interprofessional) Pain School model, as well as strengthening links between Pain School graduates to build community.

In 2022 we will hopefully launch the final two new Diploma exams (nurses and psychologists), cognisant that all exams may move to virtual modes (at least partially).

Finally, I would like to develop an infrastructure within EFIC for a buddy / mentorship system where disciplines / chapter members wishing to enhance their pain education activities could link with chapters that are further developed.

4.4 - ADVOCACY OBJECTIVES

We must be the key organisation for driving policy change at an EU level underpinned by our Education and Research initiatives; amplified through the Pain Forum.

Bringing the Societal Impact of Pain initiative 'in-house' affords us the opportunity to re-focus how we advocate for and with patients at an EU and national level to support chapter goals; building their campaigns and generating evidence to support policy change.

I will continue the President's campaign initiative instigated by Bart (On the Move), with a new campaign focusing on Health Literacy (Keep It Plain). Improving a patient's ability to seek, understand and implement what is at times complex information will improve treatment adherence and outcomes.

With our increasing use of virtual formats EFIC can also reach a broader patient audience with more patient-centred information.

4.5 - RESEARCH OBJECTIVES

There is much that EFIC can do to support the pain research community. Thankfully, we have had some recent successes in terms of placing pain on the EU research agenda, so now EFIC needs to position it-self as a key research collaborator / partner.

The further development of links with funding organisations will also strengthen our profile and allow us to set and drive the research agenda. Like Education, I also wish to develop an infrastructure through which clinicians and researchers can find, connect, and develop professional networks to foster collaborations to answer relevant questions.

This will also allow us to identify relevant experts who wish to support the various Research committee task force activities e.g. the development of expert position papers / recommendations on key health issues that will serve clinicians and inform health service needs.

Whilst not a new initiative I will of course continue to support Luis Garcia-Larrea and his team with the great work they do with the European Journal of Pain. The executive office now includes a member with a basic science research background, facilitating our activities in 2020 and beyond.

4 - PRESIDENT ELECT'S REPORT

4.6 - CHAPTER DEVELOPMENT

A consultation brain-storm session with all EFIC councillors will take place early in 2021 (in person or virtually). I am keen for an exchange of ideas for the further development of our organisation.

I will also present a series of actions that aim to implement the results of the last Council brain-storm. One key initial priority was greater support from EFIC on fundraising plans and event organisation.

As these are strengths of EFIC, we will organise a workshop on these subjects open to all interested chapters.

4.7 - CONGRESS AND FINANCES

While it is not easy to foresee a similar congress as Valencia, we have a solid congress operational model to deal with the changing landscape. Our finances are currently largely dependent on our biennial congress, but we are taking steps to diversify income streams.

One key activity is the recently launched European Pain Federation Academy where individuals can benefit from a wide variety of professional development benefits including our new offering (Virtual Summit).

Access will be promoted where needed, through tiered pricing that support participation by allied professionals as well as less economically developed countries.

These initiatives will develop and expand over time. As I accede as President, I would like to congratulate Bart on his very successful term as President of EFIC – his vision, leadership and energy have brought about many significant and positive developments which I will continue to drive.

I also thank him sincerely for his support as I transition to my new role.

I look forward to working with you all to build our Federation and to support your priorities nationally.

Go raith maith agat (Thank you)

Brona Fullen

President Elect

5 - HONORARY SECRETARY'S REPORT

5.1 - ADMINISTRATIVE CHANGES

Dear colleagues

Even before COVID-19 hit, our organisation was already moving in the direction of virtual meetings and remote working. Of course, now this has become the norm. In 2019, we held 7 Executive Board meetings, 2 of which were virtual. In 2020, we have held 5 Executive Board meeting already, all of which have been virtual. GoToMeeting is also used by our Executive Office for team calls, as well as by project leaders on an ad hoc basis. This has no doubt saved tens of thousands of euros for EFIC, though it should be used even more frequently, especially for new projects. While virtual meetings have their limitations, and indeed we cannot sit for 6-8 hours as we would often do for Executive Board meetings, they are still a great facilitator of work without travel.

In order to efficiently manage internal communications, the Executive Office team has started using Slack (a short messaging service) to simplify and speed up internal communications. Along with weekly calls, this is now the most common way of our team members communicating with each other.

Our Council is meeting in 2020 for the first time in a purely virtual meeting. While we tried out online voting for an Executive Board election in 2018, this is the first time we have organized a full meeting using virtual meeting technology. We hope that physical meetings are reinstated for such auspicious occasions, though it is helpful that technology allows us to proceed with our legal responsibilities even without travel.

A final administrative change to flag up is the change of our bylaws which is proposed for September 2020. The bylaws establish the rules for EFIC, in terms of decision making, elections, meeting rules and others. We have undergone a process taking over 4 months to ensure that our proposed changes are suitable for the future of the organisation, acceptable to the Council, and in keeping with Belgian law. We hope this proceed is concluded this year.

5.2 - COMMUNICATIONS

The Communication team of the European Pain Federation continued building on the previous year's work by successfully managing communications around the 2019 Congress. Melinda Borzsak-Schramm, who has been supporting the European Pain Federation with communication services in the past, joined the communication team in early 2020 which allowed us to increase the team's allocated responsibilities more efficiently.





5 - HONORARY SECRETARY'S REPORT

5.2 - COMMUNICATIONS

EFIC Congress 2019

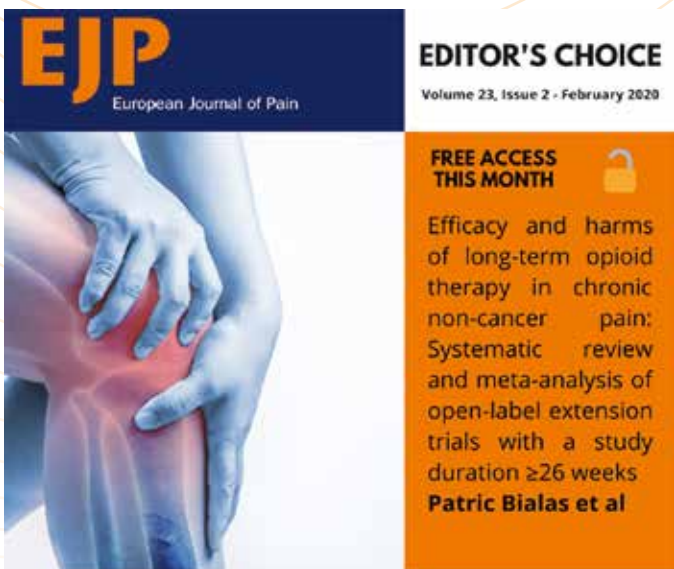
In the leadup to the congress in Valencia as well as during the congress, all communication channels were used to promote sessions, highlight activities, and engage with our audience. Video content was introduced as a new feature to capture the attention and convey promotional messages effectively in a short amount of time.

As these videos were well-received, follow-up interviews with selected speakers were recorded at the Congress with the help of Dr Morten Høgh and streamed directly onto Facebook to much success: The 16 sessions accrued approximately 900 likes and 59,000 viewed minutes. As a result, the European Pain Federation was able to attract more subscribers and followers to the Education Platform, the mailing list and our social media channels.



Social media

Our social media channels have been growing continuously, increasing the number of our followers on all channels (in total approx. 10,000). In addition to our existing channels Facebook, Twitter and LinkedIn there is now also an Instagram account to further expand our audience and reach a different demographic. Specific visual templates for social media were created to strengthen and solidify the European Pain Federation brand online. After much success with including video content in the congress promotion, an effort has been made to produce even more for certain campaigns and projects. Additionally, webinars have been launched on topics such as "Pain management during COVID-19" or the EFIC-Grünenthal-Grant.



Audience size				
	Facebook	Twitter	Instagram	Linkedin
Aug-19	2960	3232	-	323
Jul-20	4403	4501	552	764
Growth in %	49%	39%		137%

Website

The maintenance of the newly launched website in January 2019 has proved to be highly flexible and efficient with a higher level of in-house control and less need for external assistance, allowing us to implement necessary updates and news fast such as the COVID-19 Task Force page or the Virtual Pain Education Summit page.

Contribution of Mary O'Keeffe

As part of her Marie Skłodowska-Curie Global Fellowship, Mary O'Keeffe is supporting the European Pain Federation in 2020. She is a physiotherapist who is very passionate public engagement and communicating evidence-based information about pain. We were able to benefit from her expertise in many ways, from developing a series of written materials on basic pain science concepts to promoting scientific engagement with our community on our social media channels and gaining valuable input for our communication strategy. Based on the success of this collaboration, we wish to involve more scientific experts in our communications in the future.

CRM Database and Mailings

Along with the quarterly news updates to our community we are making good use of the mass mailing platform Mailchimp to curate our database of healthcare professional contacts. Our Mailchimp mailing list currently includes over 16,000 contacts who regularly receive updates ranging from the quarterly news-letter to more specific information on grants, events and major projects such as the COVID-19 task force.

With the guidance of an external online marketing specialist, a professional CRM and social media management tool has been set up to further optimize the use of contacts and communication with the audience. These tools allow us to successfully segment and target relevant sub-groups with paid social ads or mailings based on their role or practice, for example.

Silviu Brill

Honorary Secretary

5.3 - COMMUNICATION CHANNELS

- www.europeanpainfederation.eu
- www.facebook.com/EFICorg/
- twitter.com/EFIC_org
- www.linkedin.com/company/efic2021/
- www.instagram.com/efic_org/
- www.europeanpainfederation.eu/newsletter/newsletter
- www.educationplatform.europeanpainfederation.eu/





6 - SUPPORT FOR EFIC'S CHAPTERS

The beneficiaries of EFIC's educational support are young clinicians and researchers from the 37 chapters of EFIC. Funding for education is provided through the following activities:

- Places at EFIC Pain School
- EFIC Fellowships at approved pain clinics
- Speakers at national scientific meetings funded by EFIC
- Financial support bursaries for congress attendees

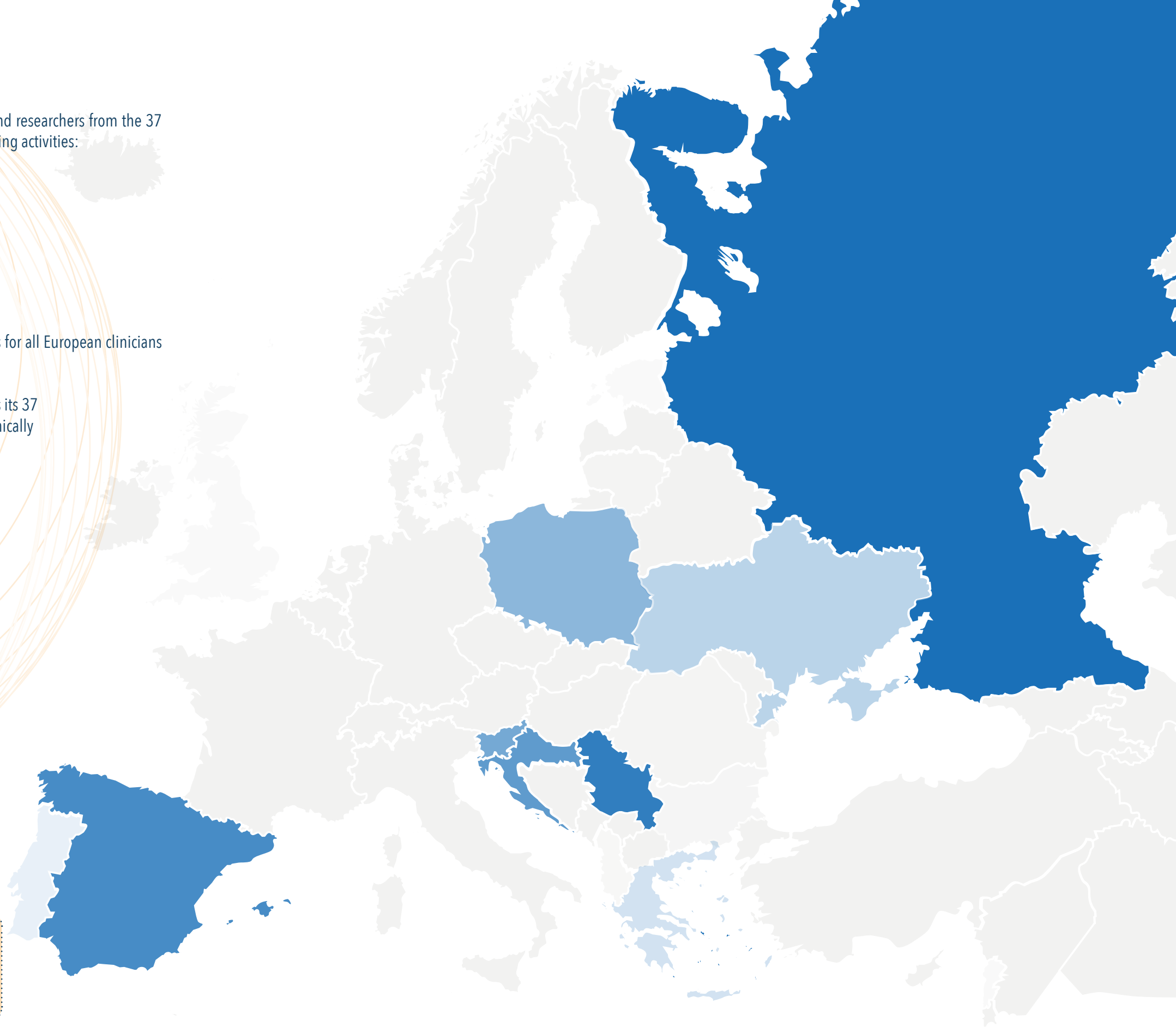
EFIC provides high quality interprofessional educational opportunities for all European clinicians and researchers working in pain medicine.

EFIC aims to distribute these opportunities as widely as possible across its 37 chapters, noting the need for stronger financial support in less economically developed countries.

The top 10 recipient countries in 2019 were the following:

Country	Value of support (euros)
Russia	11,682.55
Serbia	11,613.00
Spain	7,799.00
Croatia	7,000.00
Slovenia	7,000.00
Poland	6,106.42
Kosovo	4,940.00
Ukraine	3,639.14
Greece	3,000.00
Portugal	2,758.00

EFIC encourages all young clinicians and researchers in its 37 chapter countries to contact their local pain society and inquire about educational support opportunities available through the European Pain Federation EFIC.



7 - PATIENT INCLUSIVITY

7.1 - OVERVIEW

The European Pain Federation EFIC strives to be as patient inclusive as possible. We do this through various actions:

- By taking into account the patient voice when putting together our projects
- By building relations with patients' organisations
- By providing tools for patients to spread knowledge of pain science

These actions are under development, and we intend to provide updates on these on an annual basis.

7.2 - TAKING INTO ACCOUNT THE PATIENT VOICE

The patient representatives on our 2019 congress scientific programme provided valuable input on the development a specific 'patient track'. Their input contributed to the sessions:

- How can patients be helped in their patient doctor relationship?
- The patient's perspective: how to live and work with chronic pain
- Patient encounters and compliance with treatment recommendations
- Communicating pain science, with patients and for patients (organised with the kind support of TEVA)

These sessions proved very popular with the audience. We were proud to increase the input of patients in our scientific programme and hope to go further in the future.

7.3 - RELATIONS WITH PATIENTS' ORGANISATIONS

Our main partner in this field is Pain Alliance Europe (PAE), the main umbrella organisation of 41 national and regional associations in 18 European countries, concerned with chronic pain, regardless of the underlying condition. Since November 2019, PAE have joined EFIC by establishing their office in the same building, bringing both organisations closer together under one roof. EFIC provides secretarial support services to PAE and hope to work together on more common projects going forward.



EFIC is planning to expand its patient liaison work, establishing a network of patient representatives relevant to pain but who may not be part of the existing Pain Alliance Europe network. We hope to create a group that can contribute on subject specific issues and who can bring new expertise on patient-HCP collaboration.

7.4 - TOOLS FOR PATIENTS

Our first major project in this area has been the creation of various 'patient plenaries', interviews with high level speakers at our congress where they explain their lectures and basic pain science concepts in language that is suitable for a patient audience.

These videos were viewed over 30,000 times and the concept proved to be a big success. We hope to build on the idea in the coming years.



Patient webinars, EFIC Congress 2019 Valencia

8 - COMMITTEES

8.1 - EDUCATION COMMITTEE – CHAIR: ANDREAS KOPF

8.1.1 - STRUCTURE

Vice Chair:	Morten Høgh
Working Groups	Chair
EDPM Curriculum	Bart Morlion
Undergraduate Curriculum.....	Andreas Kopf
Common Training Framework	Andreas Kopf
EDPM Exam	Bart Morlion
EDPP Exam	Harriet Wittink
Nursing Curriculum.....	Emma Briggs
Clinical Psychology Curriculum	Geert Crombez
Pain Schools	Bart Morlion
Patient Education	Snezana Tomasevic Todorovic
E-learning Education Platform	Ruth Zaslansky

8.1.2 - EDUCATION COMMITTEE CHAIR'S REPORT

Dear Colleagues

COVID-19 has fundamentally transformed how education is provided, both in a formal academic sense but also with regards to continuous professional development and the types of activities provided by EFIC. The biggest change for us has been the impossibility of face-to-face meetings and the need to move in new directions virtually. Our Virtual Pain Education Summit, planned for November 2020, is the main response of EFIC to these challenges, and our offering to learners affected by the crisis. The Virtual Summit is actually a brilliant motivator in terms of various ongoing projects:

EFIC Core Curricula



- For the first time we are teaching all four postgraduate curricula of EFIC simultaneously, reaching physicians, physiotherapists, psychologists and nurses.
- We are able to practice what we preach in terms of interprofessionalism and learning approaches that bring together all professionals.
- We are trialling new blended learning approaches, which may have consequences for Pain School models and congress refresher courses.

While COVID-19 will have many troubling affects, it will undoubtedly force some evolutions in the way we work, and I am happy to see EFIC move forward with the times.

Apart from the Virtual Summit, unfortunately 2020 has been disappointing in terms of the cancellation or postponement of many education activities. Pain Schools and Fellowship have been postponed, though we look forward to starting work on a new Pain School, hopefully to be launched in early 2021 with a multimodal and interprofessional approach and a likely focus on musculoskeletal diseases. In addition, our existing Pain Schools will hopefully get the chance to sit in-person in 2021.

Our Exams have also been affected by COVID-19, with an initial postponement from April 2020 but with the likely solution that we launch a virtual part 1 examination for both the European Diploma in Pain Medicine and the European Diploma in Pain Physiotherapy. This is planned for November 2020 with virtual MCQs as a possible option.

Another consequence of the Virtual Summit is the likelihood that we launch our new Education Platform either later this year or in early 2021. The materials produced for the Virtual Summit are being prepared with an online learning-orientation, meaning that the Platform will have a good starting point in terms of content. The specifications of this Platform are under discussion, though crucially we have the support of Prof. Harm Peters, a medical education specialist, who is guiding us on the right approach to online learning. Prof. Peters will also support the Committee on other projects such as the rewriting of our curricula in formats that promote competence-based learning.

In terms of Patient Education, our 2019 Congress was a big occasion, particularly with the launch of our 'Patient Plenary' interviews. These interviews were filmed with plenary speakers and other key researchers, who were asked to explain their talks or key pain concepts in a format that would be understandable to a lay audience. I thank my Vice Chair Morten Hoegh for leading these interviews and for the significant amount of prep work required.

Andreas Kopf

Chair, Education Committee

8.1.3. - EFIC EDUCATION STRATEGY



8 - COMMITTEES

8.2 - RESEARCH COMMITTEE – CHAIR: GISÈLE PICKERING

8.2.1 -STRUCTURE

Working Groups	Chair
Research Strategy	Gisele Pickering
Grants and Prizes	Andre Mouraux
Clinical Affairs	Tony O'Brien
Translational Research	Thomas Graven Nielsen (vice-chair)
Collaborations and Partnerships	<i>Vacant</i>
Paediatric Pain	<i>Vacant</i>
Geriatrics, Elderly & Communication Impairment....	Gisele Pickering

8.2.2 - RESEARCH COMMITTEE CHAIR'S REPORT

Dear Colleagues

The COVID-19 pandemic has affected us all this year, both privately and professionally. It is an issue on which the world's attention is focused, and the research community are likewise focusing on the creation of a vaccine and how to manage patients with different pre-existing conditions during this COVID-19 pandemic. Our priorities at EFIC have also been shifted towards creating a task force for COVID-19 related issues and to make sure that our pain community are aware of the relevant news and latest scientific publications that are being published on the subject. We have done this to support our community of clinicians in the management of patients in their clinics, recognising the specific challenges that COVID-19 has caused for pain patients and pain management.

Therefore, in terms of defining our long-term research strategy and establishing research priorities, this have been put on hold during the pandemic in order to first attend to some critical issues we are facing today. However, the strategy and priorities are much clearer now and more defined for the coming year

Another critical issue on which we have made progress is the new set of clinical practice recommendations on the use of opioids for chronic non-cancer pain. This work has been undertaken by Prof. Winfried Häuser with the cooperation of a large multidisciplinary task force. The paper is expected to be submitted for publication in Q4 2020.

The work of our clinical task forces is going to be managed by Prof. Tony O'Brien, who has worked with me to establish a set of guidelines on how EFIC will organise task forces in the future. We look forward to new projects from 2020 onwards.

Prof. Thomas Graven Nielsen's working group on translational research has created a position paper on translational research needs in relation to pain prevention (the theme of the 2020 European Year Against Pain) and has sent the manuscript in for review. This is a project that started during last year and has been expertly managed by Thomas.

Our working group on grants and prizes managed a few projects last year which came to fruition during the 2019 EFIC congress. These included the EFIC Grunenthal Grant (E-G-G) provided to young researchers, The EJP Prize, a prize given to the best papers published in the European Journal of Pain in a given year, as well as the mammoth task of selecting the of the Congress Abstract Prizes. I thank Prof. Barbara Przewlocka for her tireless work last year in coordinating these three projects. Barbara will be replaced by Prof. Andre Mouraux but she'll stay in charge of the prizes.

During 2020, Mary O'Keefe, a researcher whose proposal for an EU Marie Curie Fellowship was supported by EFIC, has joined the team with her expertise. Mary will join the office for a secondment and will help support our actions in different areas, especially with regards to communicating pain science and pain research.

Gisèle Pickering

Chair, Research Committee



8 - COMMITTEES

8.3 - ADVOCACY COMMITTEE – CHAIR: THOMAS TÖLLE

7.3.1 - STRUCTURE

Working Groups

Chair

Social Impact of Pain.....	Bart Morlion
Networking and Liaison.....	Thomas Tölle
'On the Move'.....	Brona Fullen
European Year Against Pain 2020.: Prevention.....	Brona Fullen
European Year Against Pain 2021.: Low Back Pain..	Paul Cameron (vice chair)
Research Promotion.....	Rolf-Detlef Treede
Cancer Pain.....	Mike Bennett

8.3.2 - ADVOCACY COMMITTEE CHAIR'S REPORT

Dear Colleagues,

As you are aware of, this year has been a somewhat difficult year due to the COVID19 pandemic. Priorities have been shifted as well as projects having to be put on hold. When it comes to advocacy and liaison, for example in the European Parliament or staying connected with the European Commission, the face-to-face meetings as well as priorities of meetings have been shifted. It has been a year which have been mostly focused on survival both professionally and privately and making sure we all have a safe environment around us.

The Societal Impact of Pain platform has this year had a lot of changes in terms of governance. As of July 2020, EFIC will lead the project under a new model. Grünenthal, one of the founding partners of the SIP project, has decided to step down as a partner and take on a sponsoring role. We at EFIC, together with Pain Alliance Europe (PAE), have decided to step up as equal partners to lead the project. EFIC have hired a project manager dedicated to the day-to-day management of the European platform and the interactions with the national platforms. In 2021, we expect SIP to have multiple sponsors. We see this as a beneficial step forward, which will build trust in SIP with all stakeholders.



This year, the big policy priority of the European Commission (besides COVID-19) was cancer. This has been a focus of SIP, naturally, though we have also done a lot of work as EFIC individually to influence these discussions. Pain is an important component of integrated cancer care, and we have taken part in various consultations to ensure the European Commission's new Beating Cancer Plan takes this into account. EFIC is now a member of the European CanCer Organisation (ECCO), but has also built relations directly with the European Commission on the subject. Prof. Mike Bennett has done a great job in building on the work of our Standards for the Management of Cancer-related Pain and turning our standards into policy asks.

The European Pain Forum brings together European medical societies and patients' organisation relevant to pain, to work together and promote cooperation on issues where we share a common scientific understanding. The Forum took on its first major project this year, via cooperation on a new set of clinical practice recommendations on opioids for chronic non-cancer pain. This was a priority of EFIC individually, though the Forum allowed us to build consensus with a large network of European medical societies on a scientifically and socially important subject.

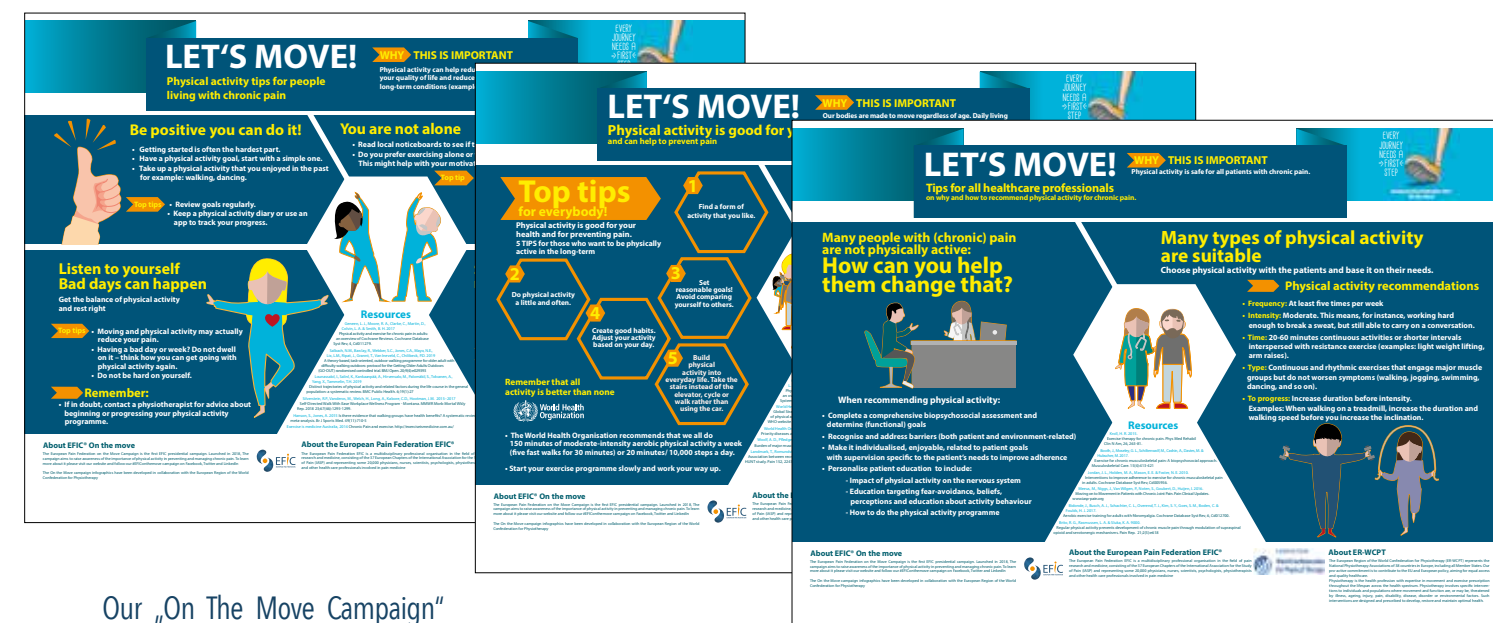
A face-to-face meeting was planned for this summer but due to the coronavirus and the restrictions on flying and meetings, we will plan for a virtual meeting later this year.

The European Year Against Pain (EYAP) has been a collaborative project with our partners at IASP, with co-chairs from each organisation leading a group in developing campaign materials. This year has seen the roll



out of the Prevention topic, where materials were developed in 2019. This year we are also planning for the 2021 campaign which will focus on Low Back Pain.

Research Promotion is a big priority at European level, with the European Union being one of the biggest funders of research globally. We received news of a success recently, with the inclusion of pain within the European Commission's strategic planning document for the next research and innovation programme (Horizon Europe). While we wait to see what emerges in terms of future calls, we are happy to see pain specifically referenced.



Our „On The Move Campaign“ was notable in its presence at the 2019 EFIC Congress. Along with „On The Move“-focused sessions, we also encouraged physical activity in various ways on site. We are now reaching for the next stage where we hope that our „On The Move“-materials reach a national audience. We have prepared various translations of the material to be shared by our National Chapters. These will be circulated in September 2020.

It has been a challenging year for us all and understandably a lot of projects had to step aside due to the crisis management of the coronavirus pandemic. It is with hopeful eyes that I look at our next year and the continuation of our advocacy work.

Thomas Tölle

Chair, Advocacy Committee

9 - CONGRESS – PAIN IN EUROPE

9.1 - PAIN IN EUROPE XI – SCIENTIFIC PROGRAMME COMMITTEE CHAIR’S SUMMARY REPORT

Dear Colleagues

It is a pleasure to address you after a successful congress.

In 2019 we organized the Pain in Europe XI in Valencia. The theme of the congress was: "bringing the future to the present".

Together with the scientific committee we developed a wonderful program filled with excellent speakers. We had a significant rejuvenation in the scientific committee and in the faculty without letting go of the experience of seniors. The idea was to bring through a fresh group of scientists to present their cutting-edge work, with their more experienced colleagues leading workshops. I believe this concept worked well.

Below you will find an overview of our distinguished plenary speakers:

Dirk de Ridder	Neuromodulation - where are we going to? A view in the future of stimulation therapies
Luda Diatchenko	The role of genetics in pain
Lucien Engelen	Bringing the future to the present - the evolution of digital health(care)(pain)medicine
Michel Ferrari	Exploring migraine, from bench to bedside
Gordon Guyatt	Grading the evidence – new developments in estimating the quality of evidence and consequences for the treatment of pain
Per Hansson	Neuropathic pain - what went wrong?
Eva Kosek	Overlapping Pathophysiology fibromyalgia (and rheumatoid arthritis)
Candy McCabe	Interdisciplinary approaches to chronic pain patients
Stephen McMahon	The role of the immune system in pain
Lorimer Moseley	What is the role of „explain pain“ in the treatment algorithm of pain
Judy Paice	Pain and opioids in cancer care: benefits, risks, and alternatives
Dick Tibboel	Pain during ageing, from birth till death
Luis Villanueva	Central origins of pain sensitisation: translational studies
Thomas Voets	Peripheral sensitisation is what matters

We organized a refresher course running through the program and available for all attendants. The content of the refresher was developed in a way that followed the curricula of the European Pain Federation EFIC.

We had a record number of almost 3500 visitors. We have succeeded in attracting young people in particular. With the young investigator sessions, we gave young talent a stage.

The use of social media broadened the attention for the conference outside the venue.

The walking tours for poster presentations made the poster sessions much more interactive.

The choice to work with our own organization team from the EFIC office to organize the congress went very well and went smoothly

Of course, there are always things which need improvement. We learned during the development of the congress program that gender balance must be a continuous point of attention. The lower representation of speakers from the eastern part of Europe remains a continuous point of concern during next congresses. There is a need for more interactive sessions, but this is still a challenge. The scientific quality of the submitted abstracts for poster (presentations) is partly lagging behind. We will have to think how we can improve these submissions. There remains a need for submitters of abstracts for some form of publication of their work.

But overall, and looking at evaluation forms, we can conclude that Pain in Europe XI, EFIC 2019 congress in Valencia was a great success.

Frank Huygen

Chair, Scientific Programme Committee, Pain in Europe XII

9.2 - PAIN IN EUROPE XII - SCIENTIFIC PROGRAMME COMMITTEE PREVIEW REPORT

Dear Colleagues

It is my pleasure to provide you with an update of the program for the 12th congress of the European Pain Federation EFIC.

The title for the congress is 'Targeting pain and its comorbidities in the digital age'.

The congress will take place in Dublin in April 2022. Due to COVID-19 we have taken the decision to move the congress back by several months, and to prepare for all eventualities by making the congress a hybrid format, allowing participation remotely.

Digitalised health care is one of the main topics. The COVID-19 pandemic has shown the importance of digitalised health care in extraordinary circumstances when human contacts are restricted. We should consider encouraging submissions of presentations based on "lessons learned during the COVID-19 pandemic."

The goal is to discuss the two main topics throughout the sessions in the congress, e.g. in education and prevention of persistent pain, internet-based programmes incorporated to pain management in pain clinics and primary care, virtual reality in the rehabilitation of e.g. patients with CRPS. Science, healthcare, patients and society will meet in discussions about lessons learned and the way forward regarding the used opioids and cannabinoids in pain management.

Below is a summary of the programme plenaries to give you a preview of what to expect. You should expect some changes between now and 2022 owing to the extraordinary circumstances.

9 - CONGRESS – PAIN IN EUROPE

9.2 - PAIN IN EUROPE XII - SCIENTIFIC PROGRAMME COMMITTEE PREVIEW REPORT

SLEEP AND PAIN

Why do we sleep?

The lymphatic system

Treating and monitoring sleep in patients with pain, including digital systems

DEPRESSION AND PAIN

Depression and pain – basic science

Depression and pain – clinical

Treating the comorbidity of pain and depression

Drugs, ketamine, TMS

Emotion-focused exposure treatment for the comorbidity of pain and depression

DIGITALISED SERVICES IN HEALTH CARE

Digitalised services in health care

Digitalised services in the management of pain and comorbidities

Stress, pain, somatic illness, and e-health

NEW RESEARCH METHODOLOGIES IN PAIN MANAGEMENT

Single case studies

Artificial intelligence in pain research

The challenge and limitations of big data in health

NOVEL TOOLS FOR PAIN RELIEF IN THE 2020s

Stem cells for drug discovery

Systemic neurotransmitter responses to CNS drugs

Biologics (anti-NGF, anti-TNF, anti-CGRP, anti-GDNF) in pain relief –

From basic research to clinical evidence

Eija Kalso

Chair, Scientific Programme Committee, Pain in Europe XII

9.3 - CONGRESS STRATEGY

The COVID-19 pandemic has hugely affected association congresses and educational activities. The immediate effects on EFIC were both direct: cancelling our Pain Schools and our April EDPM and EDPP Examinations, as well as indirect: with IASP changing their congress date we have had to change our EFIC 2021 dates to 2022. Congresses and educational activities are traditionally 60-80% of the association income and The pandemic and its consequences are very challenging for associations in making future financial prediction while not knowing when large international gatherings will be allowed again and the behavioural pattern of travel and physical participation in congresses. We decided not to wait for the day after and are constantly looking for opportunities to give value and service to the pain community, keep them loyal and engaged with EFIC and provide them with high quality education, sense of belonging and higher purpose.

EFIC Academy Membership

We are currently working on creating the EFIC Academy to set the roots for building the sense of community-belonging and placing EFIC as the leader in pain education.

We have outlined a set of benefits that will be introduced gradually, to give a full package of support to pain scientists and clinicians through the career cycle. By end of 2020, we intend to provide the pain management community with online education platform; virtual Pain Summit; mentoring opportunities; discounted exam fees; discounted rate for EFIC Congress; and open access to educational materials

By June 2021, we aim at extending our EFIC Academy membership benefits to extended network of support in daily practice and patient consultation; career mentorship of younger professionals; a members only platform within the education platform to exchange ideas; and online job market to match between employers and scientists / pain related young professionals.

EFIC Virtual Pain

Education Summit

We will be organising the EFIC Virtual Pain Education Summit on 6-8 November 2020 to answer the needs of our audience: on one hand, discipline-specific educational tracks and on the other hand, Interprofessional learning sessions on a range of topics.

Beside giving valuable education, the Summit aims at strengthening EFIC's position in the pain education environment and introduce a new activity in the gap that was left this year. Many ongoing projects will benefit from this initiative.

The theme of the Virtual Summit is "High quality pain education for all medical professionals".

The scientific programme consists of specific tracks for physicians, physiotherapists, psychologists and nurses, as well as topical lectures and interprofessional learning sessions that intend to bring all participants together in a form of educational plenary.

The courses modelled specifically around the European Pain Federation curricula and are exam preparations.

The objectives of the Virtual Summit are:

- Provide a high-quality accredited pain education experience for learners in Europe and beyond
- Implement the four post-graduate curricula of EFIC, launching the two new curricula (EDPN and EDPPsy) via online teaching modules
- Provide a template for teaching the curricula that can be utilised and adapted for the Pain Schools and (future) Education Platform
- Provide refresher-type courses for Exam participants, and provide explicit guidance and mentoring for potential Exam participants
- Road-test new online teaching modalities and blended learning ideas for future congresses and the (future) Education Platform

VIRTUAL PAIN EDUCATION SUMMIT:

PRESENTED BY
THE EUROPEAN PAIN FEDERATION
6-8 November 2020

www.europeanpainfederation.eu
#eficvirtualpainsummit



9 - CONGRESS – PAIN IN EUROPE

9.3 - CONGRESS STRATEGY

Online education platform

Once the congress was the main arena to get educated and be updated with all the novelties of the profession; however, today the situation is the complete opposite. Too much information is available everywhere. If we look at the congress programme alone, there is no way a professional can get even a fraction of the knowledge that is shared in parallel by 300 speakers. Even more online, there is an infinite amount of knowledge, validated and not validated.

Our community wants knowledge to be curated, edited, accessible and validated, as well as searchable. There is importance for learning pathways according to curricula guidelines. Therefore, we have decided that by the end of 2020 we prepare to re-launch an improved EFIC online education platform, where the EFIC community can follow personalised learning pathways.

The evolution of the platform would give a real course experience for example:

1. weekly assignments, grades, deadlines.
2. Breaking the lessons, into short and modular units, each representing a coherent concept.
3. The users will be able to navigate through the modules in different ways and can define their own speed of learning, depending on their background, their skills or their interests.
4. Users will be able to choose to study specific and relevant areas of the learning material without focusing on each and every area. Some users might benefit from basic hands-on knowledge while others may be interested in a knowledge-based course.

The platform would provide free access with single sign on to interactive and multimedia modules covering pain related post-graduate training, built in self-assessments, teaching courses virtual cases and patients.

As a start of launching the work on the online education platform, we plan to create a dedicated committee consisting of key opinion leaders, EFIC's volunteers and working group members. The committee will be divided into sub-groups based on members' expertise: pain medicine, physiotherapy, nursing, psychology.

The committee will have three-fold responsibilities:

CONTENT	ASSESSMENT	ENGAGEMENT
<ul style="list-style-type: none"> Decide what content to generate and post on the platform, in accordance with the European Pain Federation curricula Monitor new publishing, research and contents that can be used in the platform Assess, screen, review and validate content 	<ul style="list-style-type: none"> Assist in creating assessment tools Develop exams Develop accreditation tools Define learning paths 	<ul style="list-style-type: none"> Answer incoming questions from users Review commentary fields Review evaluations and surveys about users' experience

EFIC 2022 congress

The dates we are holding for the 2022 congress at the CCD Dublin are 27-30 of April 2022 + set up on 25-26/4. We are firmly holding these dates but have not yet signed the contract of the congress centre.

We do not know how the "world" of international congresses will look post the COVID-19.

In the "day after" COVID-19, congresses will not be the same. Remote + physical participation can be a huge opportunity for EFIC, however we have to consider that the motivation to physically participate in a congress will be different and we cannot just assume that our audience will physically attend when they can get the same value on line. We need to reinvent the benefits of physical vs. online participation: what can a participant get in a physical participation that will motivate him to attend. We need to reinvent the hybrid model (which we already know, will not be just a camera in the back of the hall).



SEE YOU IN **DUBLIN 2022**
PAIN IN EUROPE XII
 TARGETING PAIN AND ITS COMORBIDITIES
 IN THE DIGITAL AGE

DUBLIN

**12th CONGRESS OF THE
 EUROPEAN PAIN FEDERATION EFIC®**
27-30 APRIL 2022
DUBLIN, IRELAND

WWW.EFIC.ORG #EFIC2022

We have to look at our attendees needs in a wholistic way and give them value whether they choose to "consume" our congress from home and on site.

This new hybrid model brings forward many questions: how to build a financial forecast or budget in this unknown environment, how much money to charge for registration (physical or virtual) what is the value we give to industry when part of their audience are attending on site and some are attending from afar. How much money can we charge for sponsorship and exhibition in a hybrid model, what expenses should we plan for, how to work with future congress centre contracts what are the risks and what are the opportunities.

These are the challenges we are now facing when thinking of our future congresses.

10 - EUROPEAN JOURNAL OF PAIN

10.1 - EDITOR-IN-CHIEF'S REPORT

10.1.1 - CONTENT

- Submission figures, rejection rates, Impact Factor
- Editorial Board –Section and Managing Editors
- Advisory Board
- New features implemented (2019-20)
- Position papers, Virtual Issues
- Summary and Conclusions

10.1.2 - SUBMISSION FIGURES, REJECTION RATES, IMPACT FACTOR

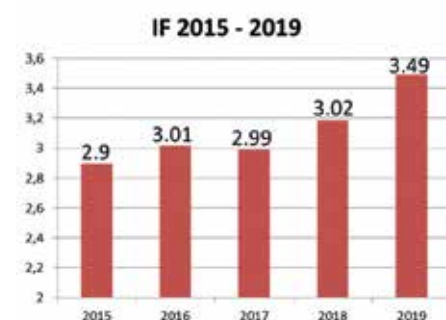


The number of papers submitted to the European Journal of Pain increased from 630 manuscripts in 2017 to 680 in 2018, then 735 in 2019. Such figure should still increase in 2020, since the number of Ms submitted by August 10 is already $n=614$ ($n=472$ at similar date in 2019). The average response time from reception to first decision

letter was 37 days in 2019; it is of 35 days so far in the January-August 2020 period, but likely to increase until the end of the year.

The rate of rejections remains stable at ~80%, hence we are accepting one paper on five. Up to 60% of rejections are proposed directly by the Section Editors or Editor-in-Chief before sending out the paper for external review; these "Editorial rejections" correspond to manuscripts that are judged not to have reasonable chances to pass successfully external refereeing, or are considered of too small added value to existing literature. Editorial rejections are meant to save time to authors and spare time and energy to external experts. We do our best to notify Editorial rejections to the authors in less than 10 days. Importantly, at a difference relative to most other Journals, the letter of Editorial reject is always accompanied by a short comment indicating the reasons of such rapid decision, the possible ways to overcome them, and offering when possible alternative Journals that can be better targets for the manuscript.

The Journal's Impact Factor increased by ~0.5 points relative to the last year and reached $IF=3.49$. The European Journal of Pain is now one of the top 10 journals in the Anesthesiology category and is in the top tiers (60/204) in Clinical Neurology.



10.1.3 - EDITORIAL BOARD – SECTION AND MANAGING EDITORS

The Editorial Board last changes were implemented in 2019-20: Bart Morlion who was Section Editor of the Journal became President of the European Pain Federation and therefore Deputy Editor ex officio. Professors Frank Birklein (Mainz, Germany) and Christine Chambers (Halifax, Canada) stepped down as Section Editors respectively in January and July 2020, and Professors Petra Schweinhardt (Zurich, Switzerland) and Tine Verboort (Ghent, Belgium) were appointed to take over their editorial tasks. Both have been doing a great job as Section Editors since.

Managing editor Dr Bettina Haake-Weber and Assistant Editor Dr Koichi Hagiwara keep working as pillars of the EJP day-to-day logistics. Their proficiency should be underscored in this report: their continual interaction with Chief and Section Editors, Authors and Publisher, including responses to multiple (and often repetitive) author queries ensure a smooth editorial process under a continuous increase in number of papers to handle.

The panel of Section Editors as of August 2020:

- Ulf Baumgärtner, Hamburg, Germany
- Didier Bouhassira, Paris, France
- Daniel Ciampi de Andrade, São Paulo, Brazil
- Michele Curatolo, Seattle, USA
- Kate M Dunn, Staffordshire, UK
- Jörn Lötsch, Frankfurt, Germany
- Rafael Maldonado, Barcelona, Spain
- Lance McCracken, London (UK) – Uppsala (Sweden)
- Bart Morlion, Leuven, Belgium, (Deputy Editor)
- Michael Schäfer, Berlin, Germany
- Petra Schweinhardt, Zurich, Switzerland
- Luis Villanueva, Paris, France
- Tine Vervoort, Ghent, Belgium

10.1.4 - EJP ADVISORY BOARD

The EJP Advisory Board (AB) is composed of 70 members, who represent a first line of high-quality potential reviewers for submitted papers. We have pursued the policy of replacing long-standing AB members with little or no late activity, who are being progressively substituted by young colleagues:

18 positions were thereby exchanged between 2017-19, and 5-7 other changes will operate in 2020. Decisions to update the Advisory Board are taken collegially, during the annual Editorial Board meeting, by the Board of Section Editors and the Editor-in-Chief. Managing and Assistant Editors (Drs Haake-Weber and Hagiwara) keep statistics of the relative contribution of AB members each year, and give useful advice to take such decisions.

The 2020 Advisory Board can be consulted at

<https://onlinelibrary.wiley.com/page/journal/15322149/homepage/editorialboard.html>



10.1.5 - NEW FEATURES IMPLEMENTED

Dissemination of Table of Contents: Uncontrolled channels of scientific information are continuously appearing, with increasing pressure from 'pay-for-publish' predatory journals more interested in the authors' money than in scientific ideas. These journals cleverly camouflage themselves by closely approximating the forms and titles of existing credible journals¹. They tap into well-intentioned enthusiasm for the 'open access' publishing movement, including from the EU recent directives. While most of the manuscripts submitted to these journals would have been readily rejected in EJP, we are probably missing a small but significant number of potentially interesting pieces of work, which get trapped in such expensive holes. Dissemination of the EJP Table of Contents is one of a number of strategic moves we have implemented to enhance the visibility of the Journal and counteract the continuous publicity of these predator journals.

Since 2018, the Table of contents of EJP has been circulated via e-mail among EFIC members, authors and participants to EFIC congresses. This represents >1200 colleagues, who are regularly made aware of EJP contents and can, with a simple click, open the Journal's Web page containing the articles. Such painstaking dissemination is likely to have contributed to the increase in IF in recent years, and was processed manually by Chief and Managing editors. We will discontinue doing so after this year, and are asking the EFIC Executive Board to have the Table of Contents distributed as a clickable link via the EFIC Newsletter.

Rapid PubMed access of accepted manuscripts: All accepted articles are now posted online in PubMed / Medline within 7 days of acceptance and release to Wiley's. This posted version is a PDF of the accepted files, before typesetting. The PDF of the accepted article has a DOI number, and hence becomes fully citable.

Access of EFIC members to full text: The ergonomics and response times to get full text access of EJP papers via the EFIC or Wiley Web sites was significantly improved by the end 2018. Any EFIC member can now go from the EJP Table of Contents to the Full text in only 5 consecutive clicks.

The EJP translated: Cooperation between EJP-EFIC with our Publisher Wiley and the Grünenthal Company was put forward to have selected papers from the EJP translated in Portuguese/Brazilian. Papers are selected with special attention to their didactic value, under the supervision of Pr Daniel Ciampi de Andrade, Section Editor of the Journal, who acts as Chief Editor of its Portuguese version. The possibility of implementing translation of selected EJP papers to Polish, to be incorporated to the Polish Pain Journal, is now being discussed between EFIC, Wiley's and The Polish Pain Society (Pr Barbara Przewlocka).

Novelties in instructions for authors: After including specific standards for studies in neonates, whereby the EJP explicitly excludes from eligibility papers on neonatal/infant pain not including appropriate analgesia in control groups (2019), other changes were incorporated in 2020, including the decrease in numbers of references allowed in letters to the editor (to avoid their being considered as full papers), and the introduction of the ARRIVE guidelines for submission of papers on research in animals models (see <https://onlinelibrary.wiley.com/page/journal/15322149/homepage/forauthors.html>)

¹JAMA August 2016, Editorial. <http://onlinelibrary.wiley.com/doi/10.1111/jan.13090/full>

10.1.5 - NEW FEATURES IMPLEMENTED

The next Editorial Board meeting (November 2020) will be discussing the possibility of stricter rules for the submission of review papers, and the possible liberalisation of the number of words for position papers or very comprehensive reviews.

Automatic reminders to reviewers: Delay in the reception of articles' reviews is an everlasting problem for all major journals. EJP Assistant Editor Dr Koichi Hagiwara introduced in 2019 automatic reminders in Editorial Manager, as a test to improve response delays. Thus, each reviewer receives two automated emails reminders ('no respond'), one three days before due date („Reviewer Reminder Before Due Date") and the other on the due date („Due Date for the Review").

10.1.6 - POSITION PAPERS, VIRTUAL ISSUES

The Journal initiated in 2017 a policy of publication of articles reflecting the position of the European Federation on a number of important and timely items. Recent position papers have appeared on the use of opioids (to be updated in 2021), the management of cancer pain, and the use of cannabis-derived medicines (including an European survey on legal and regulatory aspects in 30 European countries). These contributions appear in the context of semi-monographic issues including 4-6 papers original contributions, reviews and points of view on the same topic.

In parallel, homogenous series of papers on a given topic from different EJP issues are joined together as "pain collections", which are virtual issues that assemble papers on a same topic having appeared in different issues of the EJP. These collections can be consulted in full from the Journal's Web page to provide a broad and immediate access to the subject. Current collections on Cancer pain, Pain in Children, Cannabis-derived medicines and Complex regional pain syndrome are already available, and a "Best of" section was added in 2020, compiling the editor's choices of the past year

9.1.7 - SUMMARY AND CONCLUSIONS

The European Journal of Pain remains in a position of scientific excellence. We are however confronted to multiple challenges, not least the increasing concurrence of periodicals attracting authors via less stringent requirements to publish. We pursue an active strategy to gain visibility, enhance content dissemination, and optimise selection to improve our position in the fields of pain science and pain clinics. This energetic policy is accomplished by a panel of high-level Section and Managing Editors, and has translated in a substantial increase of the number of submissions and enhancement of impact factor. The European Pain Federation Councillors and Board members have a crucial role to play by enhancing the recognition of the Journal in their respective countries, prompting talented colleagues to submit their best productions to EJP, and citing the Journal in their own papers, to keep the EJP as the incontrovertible reference of pain research and clinics in Europe.

Luis Garcia-Larrea

Editor-in-Chief, European Journal of Pain

- L. Garcia-Larrea, Editor-in-Chief
- Bettina Haake-Weber, Managing Editor
- Koichi Hagiwara, Editorial Assistant



11 - FINANCES

11.1 - HONORARY TREASURER'S REPORT

Dear Colleagues

I write to you today at the end of my final term as Treasurer. It has been a pleasure to serve the European Pain Federation and I hope I pass on a positive legacy to my successor. The past three years have seen a transformation in our finances. We took some bold decisions and I believe we can already see the benefits.

Our aim over three years has been to move towards a balanced biennial budget through:

1. An improved, independently managed congress
2. Better financial control and efficiencies in our organisational management
3. The identification of new funding options

I am happy to say that we have been largely successful in our aim, with some improvements still to come. I present an overview below:

11.1.1 - 2019 PERFORMANCE

Firstly, the European Pain Federation has a healthy balance of 4,950,492 euros, of which around 700,000 euros is tied up in the office premises we acquired in Brussels two years ago. There are no major short-term financial concerns for the organisation, though of course we need to be aware of the changing landscape for organisations like EFIC.

In 2019, our economic performance was very good, with a positive balance of close to 400,000 euros. We previously budgeted a positive balance of around 280,000 euros, and therefore we surpassed expectations. The main reason for this increase was a significantly more successful congress than hoped, with a profit to EFIC of over 1 million euros. You will see from the actual figures that both income and expenditure are significantly increased beyond the original budget. This is owing to an accounting change, wherein we now place all congress expenditure and income on our own books, as we are the ultimate owners of the congress.

As the majority of EFIC's income comes from our congress, we work on the basis of biennial budget cycles. In the years 2017-2018, we made a loss of 489,509.54 euros. By the end of the 2019-2020 cycle, we predict a loss of around -120,000 euros. While this is still not ideal, we are close to parity across the cycle and we would get there soon if our current trajectory continued.

Our plan was to achieve a biennial budget of approximately €2.2 million, in both income and expenditure. This figure was drawn up before our congress budget was placed on our own accounts, and therefore needs some adjustment. Nevertheless, taking the congress out of the picture, we believe it will be possible to contain our expenditure at €1.1 million per year. This would require an income target of €2.2 million (including congress profit – not total income) across the same period, something which we still believe is achievable.

Outside of the congress changes, our Executive Office is now supporting financial management and day-to-day cost efficiencies in a more professional capacity. Even before COVID-19 hit, we had moved to much more virtual meeting as well as other efficiencies. We expect this to be tightened further whilst allowing some flexibility for maintaining a high performing team.

In terms of 2019 performance, whilst the congress was a huge success, there were some gaps in terms of industry liaison and sponsorship outside of the congress. Unfortunately, we lost a key team member at the end of 2019 and did not have the capacity to undertake some of this work at the start of the year. Nevertheless, our approach to industry partnerships has transformed and should lead to stronger results in the future.

11.1.2 - 2019 PERFORMANCE

Firstly, as it is a non-congress year, we expect a shortfall. However, the shortfall should hopefully be limited to under 600k, meaning a loss over the two years of under 200k, as stated above. Life would be much easier if variables were predictable and we could continue on this trajectory for years to come. However, we all know that COVID-19 has created a lot of uncertainty in the world, not least of which in the environment for large meetings with international travel.

We previously hoped for a congress of close to 4,000 attendees in 2021. Naturally, this is no longer a feasible option. Our first major decision was to move our congress back to spring 2022. Hopefully, we will see some return to normal activities by this point, though we are preparing for a fully hybrid congress, in case we need to work primarily towards virtual attendance. We have the best team in place to make this a success.

Secondly, we are adapting to our new circumstances with a new concept; a purely virtual educational event in 2020. This event will meet the needs of our learners during a time when formal academic and CME activities are so disrupted. It will also help maintain EFIC's presence in the absence of a physical meeting any time soon. It is difficult to predict the profitability of such an event, but we hope to see a few thousand attendees. The budget for this event can be found in 'meeting expenses', where we have around 100,000 euros set aside for the operational costs.

Another adaptation that EFIC is making is in the creation of a new 'European Pain Federation Academy'. The Academy will be a membership system linked to EFIC's educational programme. The virtual summit will be provided as a free benefit of academy membership. We therefore have predicted accompanying income for the summit in terms of 'contributing members'. The Academy is a new income source for EFIC which we think is essential during a period of uncertainty.

One last item to point out for 2020 is a new project line in both income and expenditure; Societal Impact of Pain (SIP). We now manage SIP ourselves, with a greater degree of independence. We are proud to be joined by Pain Alliance Europe in this endeavour. We will receive 170k in sponsorship from Grunenthal for the project in 2020, and therefore expect to spend 170k on the project too. In 2021 we expect this project to continue with additional sponsors.

It is difficult to say with certainty how we will perform in 2020. The virtual summit and the Academy are new activities and we hope they are a success. However, whether they will have an immediate financial impact is difficult to say. We will have no congress in 2021, and therefore our biennial cycle planning is disrupted. We expect a partial replication of the plans for 2020 in 2021, hopefully with further success. These activities cannot replace the income of a congress, especially not in the short term, so we will need to return to our plans in 2021 and reassess our course of action. I am confident that our next Honorary Treasurer and our Executive Office will take account of our environment and steer us in the right direction.

Elon Eisenberg

Honorary Treasurer

11 - FINANCES 11.2 - 2019 ACCOUNTS CLOSE

OPERATING INCOME

Item	2019 Budget	2019 Actuals
EJP	140,000.00	152,308.33
Industry support	445,000.00	198,990.87
Miscellaneous		
- Contributing members	7,000.00	7,000.00
- Examinations	31,000.00	-7,062.99
- IMI-PainCare	10,000.00	3,740.60
- Rental income	0.00	10,000.00
- Secretarial services	0.00	6,528.00
- Other	15,000.00	0.00
Congress	800,000.00	1,798,168.43
Financial income	1,000.00	3,134.11
Total income	1,449,000.00	2,168,070.35

PROJECT INCOME

EGG Grant	193,532.81	175,226.47
PAIN OUT	0.00	0.00

OPERATING EXPENSES

Item	2019 Budget	2019 Actuals
Office expenses	58,000.00	33,678.52
Website, Software & Online Subscriptions	30,000.00	18,484.67
Communications, Marketing & Publications	48,000.00	43,356.57
Service providers and consultants	175,750.00	167,810.84
Meeting expenses	112,000.00	907,867.08
EJP	100,000.00	72,112.92
Educational programs	228,333.00	141,067.76
Personnel	335,500.00	284,375.29
Depreciation	5,000.00	30,192.41
EXB expenses	52,200.00	22,202.48
Taxes	17,800.00	7,572.93
Financial costs	7,000.00	29,288.41
Total expenditure	1,169,583.00	1,758,009.88

PROJECT EXPENSES

EGG Grant	193,523.81	176,048.66
PAIN OUT	0.00	0.00

11.3 - AUDITOR'S REPORT



STATUTORY AUDITOR'S REPORT TO THE GENERAL MEETING OF MEMBERS OF THE INTERNATIONAL NOT-FOR- PROFIT ASSOCIATION EFIC EUROPEAN PAIN FEDERATION FOR THE YEAR ENDED 31 MARCH 2020 (TRADE REGISTER OF BRUSSELS, DUTCH DEPARTMENT – VAT BE 0470.073.480)

In the context of the statutory audit of the annual accounts of EFIC European Pain Federation (the Organisation), we hereby present our statutory auditor's report. It includes our report on the annual accounts as well as on the other legal and regulatory disclosure requirements. This forms an integrated whole and is indivisible.

We have been appointed as statutory auditor by the general meeting of members of 5 September 2017, following the proposal formulated by the board of directors. Our statutory auditor's mandate expires on the date of the general meeting of members deliberating on the annual accounts closed on 31 March 2020. We have performed the statutory audit of the annual accounts of the Organisation for 9 consecutive years.

Report on the annual accounts – Unqualified opinion

We have audited the annual accounts of the Organisation, which comprise the balance sheet as at 31 March 2020, the profit and loss account for the year then ended and the notes to the annual accounts, characterised by a balance sheet total of € 4,950,492 and profit and loss account showing a positive result for the year of € 394,101.

In our opinion, the annual accounts give a true and fair view of the Organisation's net equity and financial position as at 31 March 2020, as well as of its results for the year then ended, in accordance with the financial reporting framework applicable in Belgium.

Basis for unqualified opinion

We conducted our audit in accordance with International Standards on Auditing (ISAs) as applicable in Belgium. Our responsibilities under those standards are further described in the 'Statutory auditor's responsibilities for the audit of the annual accounts' section in this report. We have complied with all the ethical requirements that are relevant to the audit of annual accounts in Belgium, including those concerning independence.

VGD Bead(b)rens oen DV
Niet te Zien 2, 1700 Wommel - OTW BE 0875 430 443 - RPR Brussel, Nederlandstalige afdeling - IBAN BE64 7370 1564 1032 - BIC KREDEF33

11 - FINANCES

11.4 - AUDIT COMMITTEE REPORT

Dear Colleagues

As Chair of the Audit Committee, it is my duty to provide the Council with a statement on the accounts for the last financial year; in this case, from 1 April 2019 until 31 March 2020. I can confirm that our statutory auditor, VGD, declare that the Federation's accounts give a true and fair view of the organisation's net equity and financial position, without qualification. I have discussed the accounts directly with the Treasurer and Executive Office and I am happy with the status of the 2019 accounts. On that basis I recommend the Council approve the accounts for the last financial year.

Laserina O'Connor

Chair, Audit Committee

10.5 - 2020 BUDGET

OPERATING INCOME	
Item	2020 Budget
EJP	148,000.00
Industry support	255,000.00
Miscellaneous	
- Contributing members	100,000.00
- Examinations	20,000.00
- IMI-PainCare	3,500.00
- Rental income	30,000.00
- Secretarial services	18,000.00
- Other	0.00
Congress	80,000.00
Financial income	2,300.00
Total income	628,800.00

PROJECT INCOME	
EGG Grant	0.00
PAIN OUT	0.00
SIP	170,000.00

10.5 - 2020 BUDGET

OPERATING EXPENSES	
Item	2019 Budget
Office expenses	44,050.00
Website, Software & Online Subscriptions	37,000.00
Communications, Marketing & Publications	28,000.00
Service providers and consultants	251,500.00
Meeting expenses	145,000.00
EJP	91,000.00
Educational programs	138,000.00
Personnel	299,341.19
Depreciation	27,857.66
EXB expenses	52,500.00
Taxes	15,250.00
Financial costs	19,000.00
Total expenditure	1,148,498.85
PROJECT EXPENSES	
EGG Grant	0.00
PAIN OUT	0.00
SIP	170,000.00

12 - TRANSPARENCY

The European Pain Federation EFIC is a strong believer in the value of transparency in order to establish trust in the scientific world, and in particular the role of medical societies.

The information provided below aims to provide a coherent insight into the Federation's activities and finances, in particular concerning our relationship with the pharmaceutical and medical device industries.

What percentage of EFIC's income comes from the pharmaceutical and medical device industries?

EFIC's main sources of operating income are our congress, our industry partnership scheme and our journal income.

Across a two-year cycle, EFIC budgets for approximately 2.2m euros in operating income.

Across 2018-2019, EFIC had a total operating income of 2,566,219.02 euros.

- Approximately 1.8 million euros came from EFIC's congress.
- Approximately 342,000 euros came from industry partnerships.
- Approximately 290,000 euros came from our Journal (royalties and expense budget)
- The remaining income comes from smaller sources such as office rental income and secretarial services, our examinations, EU-funded projects and others.

Of the congress income, approximately 61% came from ticket sales and approximately 39% came from sponsorship and exhibition.

Therefore, approximately 1,044,000 euros of our operating income came from the pharmaceutical and medical device industries, which comes to around 40.6% as a percentage.

How does EFIC work with the pharmaceutical and medical device industries?

Our congress is organised in line with all relevant compliance codes and laws concerning scientific meetings. Sponsorship and exhibition activities are labelled appropriately to avoid any confusion between the official scientific programme organised by EFIC and activities promoted by industry.

Our industry partnership scheme is a means of receiving financial support from industry for our educational and scientific projects in a transparent and respectful way. EFIC retains independent control of its core work and objectives in the fields of education, research and advocacy. The scheme helps support existing work and defines mutually beneficial projects that can supplement the core work of the Federation and contribute to the fulfilment of its objectives. At present, members include Pfizer, Eli Lilly and Co. and Sanofi.

Increasingly, EFIC aims to work with industry on the basis of defined projects, with terms established by EFIC and its experts, with financial support coming from industry for those defined projects.

How does EFIC ensure it remains independent whilst working with the pharmaceutical and medical device industries?

Any financial support from or collaboration with the pharmaceutical and medical device industries is reviewed thoroughly by the EFIC Executive Board following advice from the Ethics and Transparency Committee.

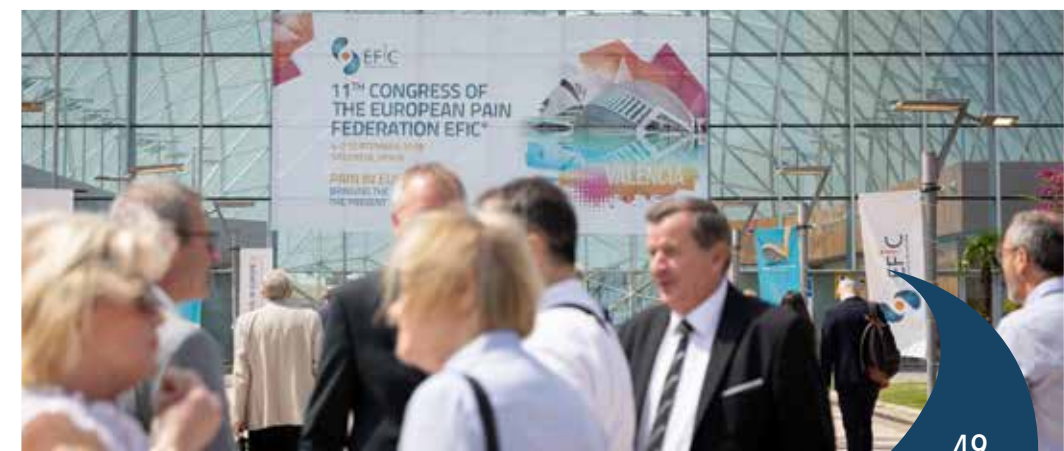
Engagement with companies is managed professionally by our experienced Executive Office team, to ensure that EFIC's values and objectives are followed. EFIC's educational, scientific and political direction is developed independently by EFIC's experts.

EFIC is not beholden to any particular company or treatment. Multimodal pain management as supported by EFIC includes a wide variety of treatments including opioids, low strength analgesics, antidepressants, anti-epileptics, cannabinoids, and other treatments.

EFIC also promotes non-pharmaceutical-based treatments such as physiotherapy, counselling, and distractive techniques such as meditation and mindfulness. Any engagement between EFIC and the pharmaceutical and medical device industry should reflect this broad biopsychosocial approach to pain management.



12 - GALLERY





12 - GALLERY



