

VIRTUAL CONFERENCE “CHRONIC PAIN PREVENTION”

The pandemic year has had a major impact on the medical conference market. For better times was postponed 17th Annual meeting of the Lithuanian Pain Society which was scheduled for the beginning of the summer. But learning about pain didn't stop, everything been moved to virtual spaces. The first virtual conference of Lithuanian pain society was held on 2nd of December and dedicated to the Global year for the pain prevention.

Introductory to the conference was announced by the President of society dr. Arūnas Ščiupokas, who emphasized that we must not forget that within year of covid-19 another burden - chronic pain has not gone away. The introducer also mentioned that coronavirus infection already has a significant impact on the course of chronic pain, so it is necessary to do everything for prevention of pain chronicity. The talk on psychological risks factors in chronic pain prevention was presented by Rūta Sargautytė, psychologist and associate professor of Vilnius University. She discussed about the "yellow flags", the pattern of pain fear and avoidance, stressed attention on the development of patient self-government programs telling they should be the first step in managing psychosocial aspects of chronic pain and can be good option for pain prevention. Lina Varžaitytė, rehabiltologist and associate professor of the Lithuanian University of Health Sciences (LUHS) has outlined the full range of tools which maybe included within programs of physical medicine and rehabilitation. She stressed attention on necessity constant use of light and moderate intensity physical activity as general rule for the primary prevention of chronic pain, that is especially true in current times when we are closed in bubbles. It is necessary to address more on workplace ergonomics issues, pay more attention on reduction of occupational factors, to modify physical and psychological factors. Physical medicine is very important for secondary pain prevention, especially in the postoperative or post-disease rehabilitation period,

and includes physiotherapy, massage, hydrotherapy, psychological assistance as the main options for adequate pain control. Tertiary pain preventive measures are designed to alleviate disability (occupational therapy), psychological support, reduction of social isolation. Vidmantas Zaveckas, physiotherapist and assistant professor of LUHS has continued on mind of previous lecturer adding about functional assessment telling that patient pain and functioning always are mutually dependent. Training and advice, motivation to do movements and manual soft tissues mobilizing therapy are the most important directions in chronic pain prevention. Comprehensive palette of physiotherapy tools was presented by Alvidas Keizeris, rehabilitologist and assistant professor of LUHS. Physiotherapy is much different if compare that was even ten years ago: various modifications of laser therapy (high power, multiwave), magnetic therapy (low-high power), sound wave therapy (UTG, shock wave), pulsed electric currents (transcranial stimulation), cryotherapy. Edmundas Kaduševičius, professor of clinical pharmacology LUHS, has presented the lecture “Rational treatment of acute pain – right way to prevention of chronic pain”. He has started with mean that being mismanaged acute pain poses a risk to patients, provides unnecessary suffering and increases health system costs. This results in at least twelve negative clinical and social consequences. Poorly managed pain can be also related to belief among patients and among doctors that that the acute pain is nothing, it will pass quickly. The Western world has realized this attitude is very wrong, and prof. E. Kaduševičius presented many guidelines-recommendations of medications usage in acute pain as prevention of pain chronicity. “It was not easy to fulfill the task - secondary pain prevention after neurological damage”, - said at the beginning of the talk, Kestutis Petrikonis, neurologist and professor of LUHS. He stayed a little longer at the mechanisms of neuropathic pain treatment as a possibility of chronic pain prevention. The everyone medicine that treats neuropathic pain has its own specificity and is mechanism-oriented, that is necessary to understand. Postoperative pain

management as a chronic prevention has been introduced by Liuda Brogiene, European pain medicine diploma holder, anesthesiologist and assistant professor of LUHS. Her report emphasized that, in addition to inadequate postoperative pain management, the risk of chronic postoperative pain is associated with psychological reasons (catastrophe) and with a neuropathic pain component of acute period of illness, which needs to be monitored and identified. Therefore, the following were identified as key areas: preoperative and postoperative pain assessment, multimodal pain management. Dalia Skorupskienė, oncologist and associate professor of LUHS has reported about the third prevention of pain and symptoms in oncology. There are at least ten factors that promotes exacerbation of pain in cancer. If they don't controlled, strongest and even high doses opioid analgesics will not help. Therefore, multidisciplinary approach in the field of oncological pain is also very important and should be based on biopsychosocial model. Namely about multidisciplinary applications as a way to chronic pain prevention at the end of the conference summarized Arūnas Ščiupokas, neurologist and associate professor of LUHS. Among other things, a very important thing is the involvement of the patients themselves to the implementation of such programs, which can be achieved by telemedicine.

For all 120 registered conference participants the conference proceedings were sent with video. Their participation in the conference was rated by 6 hours academic certificate.

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