At first greetings from the Finnish chapter to everybody. What a time! As for many of us the COVID-19 outbreak last year was and is a great challenge in the management of pain patient especially in the management of patient with chronic pain. So as in many countries the healthcare system was mostly forced to concentrate on the solution on acute problems related to Covid-19. So many of Chronic pain clinics have been nearly closed and for patients with acute on chronic pain problems getting an immediately treatment was very difficult. We don´t really known the all in all (physical, societal, psychological impact) long term effect of this policy, even though it was important to prevent the spreading of Coronavirus. Many of our pain colleagues treating pain patients have the feeling that we have gone back several steps.

We are now running an investigation including an self report from every chronic pain clinic (there are not this much in Finland) to analyze the impact of COVID-19 on chronic pain services/treatment, what the problems are now and how these can be improved. If there is something positive or innovative related to Covid-19: the pandemic has taught to use remote connections as needed as a reception option or in pain group guidance. Likewise, remote trainings and meetings facilitate access and communication. Remote applications are likely to remain part of pain management. Because there was less patients, there was time for updating pain instructions. All annual meetings and scientific conferences related to pain will be held online. Fortunately, despite all circumstances the FPS and the individual chapters tried to hold these conferences related to “The year of back pain “. The scientific level was very good and we received excellent feedback from the participants. Of course, everyone has the hope that next year`s conferences can be held that participants meet each other or as a hybrid event. It has been shown, networking on site would be extremely important psychologically. Especially with such a small group of people who are working in the pain area in order to be able to make this work.

A Number of PHD works related to pain were published that year. A part was financially supported by the FPS. We would like continue this in the years to com.

There were 1050 regular members in FASP at the end of the year 2017. Now in 2021 we have just 997. So lot of pain professionals are retired or they will be retired in the next few year. How to get new enthusiast for a work that is being perceived as tough?

As a new phenomenon media world (Twitter, Instagram…) is effecting us quite much. In a positive way, like the inspirational cooperation with the patient organisation Suomen kipu ry and in a negative way, like unfiltered discussion from special patient groups related the use of opioids and cannabis products. So all pain physicians of our Finnish Pain Society physician subgroup have stopped their work, because they are exhausted to defend themselves in the different types of media. This is something we have to take very seriously. In order to have precise, well-founded point of view and corresponding data for the media, we are now receiving support from the Helsinki Pain Clinic and professor Eija Kalso. But it should be mentioned that the cooperation.

Other objectives of the organization are to increase awareness of pain within the general public, health care professionals and policymakers, to legitimate diseases associated with pain, and to improve the education and working conditions of professionals working with pain patients. So for this SIP Finland is very important. The group is quiet active. The SIP group was founded by the FPS, Finnish Pain Association and the Finnish Musculoskeletal group (TULE). This year 2021 aim is to create new info graphs and posters to make chronic pain related problems more visible. An important point is to make health care decision-makers in healthcare aware to what it means to a society (including financially) to have chronic pain patients back in work or training. We will see what happens especially as this year there are major changes in the healthcare system and also local elections in Finland.

We as the Finnish Chapter of EFIC are glad to be part of the EFIC- family and would especially like to intensify this international collaboration, as many pain chapters have similar problems and we can learn from each other.