

Let us introduce ourselves – we are a team of people who are not indifferent to the problem of chronic pain in Belarus. Our society is very young and we are just starting to take the first steps. The BSSP was formed as a non-political public organization in 2020. Before that, we have come a long way recognizing that it is simply criminal to ignore the problems of a patient with chronic pain, to underestimate its impact on the development of society, the quality of life of a every single person!

Now we have more than 60 members in the team. We are anesthesiologists, neurologists, physical therapists, palliative care doctors, surgeons, psychologists and psychotherapists, and even obstetricians and gynecologists and pharmacists!

Quite recently, we have a scientific committee headed by Professor S. A. Likhachev, MD, PhD – we will be able to develop a scientific direction!

Now we clearly present our immediate strategy – to make the pain service accessible to everyone, with a special focus on vulnerable categories. Among the problems in relation to pain, the main ones that need to be solved are necessarily: excessive and irrational use of NSAIDs; unjustified non-prescription of opioid analgesics, especially for non-cancer pain; lack of interdisciplinary interaction; interventions, neuromodulation not developed well and not easily accessible; there is no legal basis, no specialization in pain; lack of information and stigmatization.

We are sure that they need to be solved together because any complex problem needs to be solved through interaction; we recognize the basic principle – **INTERDISCIPLINARITY!**

We are proud to be approved by the IASP as an independent national cell. It was very pleasant and at the same time exciting for us to become a member of a large **European family. We want to emphasize that the European principles and approaches in the treatment of chronic pain are certainly priority for us!** Having participated in EFIC and ESRA conferences many times (most virtually), we have been convinced of this, and the attention to the quality of life (without pain) for people with complex pain diagnoses at different ages inspires us to learn this from you. Unfortunately, there is no special education on pain in Belarus; we need more experience in the versatile support of patients with chronic pain, including interventional techniques from the standpoint of usefulness and safety.

A few words about our president. Sergey Gapanovich, 42 years old, from a medical family, married, son is a student of the humanitarian university. In 2001, he graduated from the Medical University with honors. Currently, he works as an anesthesiologist of Mogilev hospital №1 in Mogilev, Belarus. Mogilev is a

regional city with a population of about 350,000 inhabitants. The hospital is a typical multidisciplinary hospital, including neurological beds, cardiology, as well as orthopedics, obstetrics, abdominal surgery, burns, etc. Actually, the current on pain management began to develop from Mogilev.

The inspiration for him was participation in the Essential Pain Management organized by World Federation of Societies of Anesthesiologist educational course in 2015. Then, in many ways, everything was built on enthusiasm and unwillingness to put up with the current situation. At the hospital, we began to routinely assess the level of postoperative pain, to help patients with chronic back pain, joint pain. Two years ago, we opened the first pain treatment room in Belarus and began to help outpatient patients as well. After some time, we formed a core including an anesthesiologist, a physiotherapist, a neurologist, a physical therapy instructor, a psychotherapist. At first, it was difficult to prove the importance of this direction, but gradually there were more and more adherent people! Now we do not regret at all and strive to spread our experience among colleagues throughout the republic! The issue of the problem of chronic pain has recently been increasingly discussed in our society – we hope that administrative decisions will follow!

We still have a lot to do.

We are ready to develop further and move **together to a life without pain!**

Belarusian Society for the Study of Pain(BSSP) team