

Pain Treatment, Management and Prevention – Is Europe Providing Adequate Access?

Wednesday 16th October 2024 – 10h30-13h00
(Fondation Universitaire Stichting – Rue d’Egmont, 11)

Concept Note

Join us for an in-depth discussion on the accessibility of pain treatment, management, and prevention across Europe. This pivotal event, will provide a unique platform for policy makers, the scientific community and patients to convene, share insights, and collaborate on critical issues surrounding pain care.

We are bringing together a diverse and influential group of participants, including representatives of the Societal Impact of Pain (SIP) platform, EU policymakers with a strong interest in health, WHO representatives focusing on the implementation of ICD-11, and leading pain experts from across Europe. This assembly of expertise and authority will foster comprehensive discussions on the current state of pain management, identify gaps in accessibility, and explore innovative solutions to improve patient outcomes.

The event aims to disseminate crucial documents such as the SIP Book of Evidence on the Burden of Pain and the EFIC Multimodal Pain Treatment Position Paper, which provide foundational knowledge and strategic directions for addressing pain in Europe. By nurturing interest in access to pain treatment and promoting best practice we seek to enhance the effectiveness and reach of pain management strategies.

Attendees will have the opportunity to engage with Members of the European Parliament (MEPs), hear impactful patient testimonials, and delve into expert-led sessions covering topics from multimodal pain treatment to the role of self-management and digital therapeutics. Discussions will also encompass the promotion of healthy lifestyles, prevention strategies, and the complexities of ensuring access to essential medicines while controlling misuse.

This event is not just a discussion, but a call to action for EU and national policymakers to recognize the burden of pain, prioritize its management within healthcare systems, and support the implementation of effective policies and practices.

By the end of the session, we aim to develop and disseminate an event report that will inform and guide future initiatives across Europe.

Join us in this essential dialogue to shape the future of pain treatment and management, ensuring better access, improved quality of life for patients, and a more informed and coordinated approach to pain care in Europe.

- **In person:** Fondation Universitaire Stichting – Rue d’Egmont, 11
- **40-80 attendees:**
 - SIP Community/SIP Stakeholders
 - EU stakeholders with an interest in access to treatment
 - EU policymakers with an interest in health
 - WHO (ICD-11 interest) (TBD)
 - United Nations Office for Drugs and Crime
 - Pain experts from across Europe
- **Format:** Agenda below
- **Desired outcomes:**
 - Dissemination of the SIP Book of Evidence on the Burden of Pain
 - Dissemination of the EFIC Multimodal Pain Treatment Position Paper
 - Nurturing interest on access to treatment, especially pain treatment, and collaboration on ICD-11 roll-out amongst policy makers
 - Building a coalition of MEPs in the new European Parliament mandate

SIP Calls Upon EU and National Policymakers to:

1. Recognise the burden and impact of pain on societies and patients, and increase its priority within healthcare systems, funding and policymaking.
2. Ensure the effective implementation of ICD-11, as its use allows international agreement on the use of standardised diagnosis and tools and improves the recollection of data for both primary and secondary use.
3. Ensure patient registries are established and frequently used, as it will improve the understanding of pain and pain management and treatment.
4. Pain as a quality indicator: Develop instruments to assess the impact of pain.
5. Pain research: Increase investment in research on better understanding the causes (pathophysiology) of various pain conditions, developing novel pain treatments, understanding and addressing comorbidity between pain and mental health conditions, increasing development and use of patient reported outcome measures for all pain conditions, establishing a gold standard for self-management programmes, and increasing access to high quality care.
6. Pain in employment: Initiate policies addressing the impact of pain on employment and work productivity and include pain in relevant existing initiatives.
7. Pain education: Prioritise pain education for healthcare professionals, patients, policy makers, and the general public.
8. Information technology for pain: Development of interoperable digital health ecosystems featuring accessible digital solutions for pain evaluation, monitoring and management (apps, online resources etc.) and legal and regulatory frameworks for data sharing.

Agenda

We must make our economy more resilient and less dependent. This is notably important in the health and pharmaceutical sector. The EU has been confronted with severe shortages of medical devices and medicines, with antibiotics, insulin, painkillers and other products becoming particularly difficult to obtain." - Von der Leyen Political Guidelines 2024-2029

Start	End	Title	Speakers
10:20	10:30	Assembly in the room	-
10:30	10:35	Welcome from the Societal Impact of Pain (SIP)	Joanne O'Brien Kelly <i>The European Pain Federation EFIC</i> Liisa Jutila <i>Pain Alliance Europe PAE</i>
10:35	10:55	Opening addresses from MEPs	MEP Alex Agius Saliba (S&D) – Co-Host MEP András Kulja (EPP) – Co-Host MEP Vytenis Andriukaitis (S&D)
10:55	11:35	<p>Session 1: Defining 'treatment' and promoting access:</p> <ul style="list-style-type: none"> - EFIC consensus definition on 'multimodal pain treatment' (5m) - Pain treatment across Europe – does this definition apply? (5m) - Digital pain management as the solution to access problems (5m) - What is the value of pain treatment? (5m) <p>Debate topic: 'How should access to pain treatment be promoted in the current economic context?' (20m)</p>	<p>Michiel Reneman <i>University of Groningen, University Medical Centre Groningen, Department of Rehabilitation Medicine, Groningen, The Netherlands</i></p> <p>Thomas Toelle <i>Technical University of Munich, Germany</i></p> <p>Andrea Truini <i>Sapienza University of Rome, Italy.</i></p> <p>All Speakers Liisa Jutila <i>Pain Alliance Europe PAE</i></p>
11:35	12:15	<p>Session 2: Promotion of prevention and healthy lifestyles:</p> <ul style="list-style-type: none"> - Pain and lifestyle/work (5m) - Promotion of primary prevention in healthcare systems (On The Move campaign) (5m) - Clear communication, healthier lifestyles (Plain Talking – Health Literacy Campaign) (5m) 	<p>Cormac Ryan <i>Teesside University, Middlesbrough, UK</i></p> <p>Bart Morlion <i>The Leuven Centre for Algology, UZ Leuven, Leuven, Belgium; Department of Cardiovascular Sciences, Unit Anaesthesiology and Algology, KU Leuven, Leuven, Belgium</i></p> <p>Brona Fullen <i>University College Dublin, Ireland</i> <i>The European Pain Federation EFIC</i></p> <p>Anna van Renen</p>

		<ul style="list-style-type: none"> - Case study – vaccination of shingles – prevention of post-herpetic neuralgia in older adults (5m) <p>Debate topic: <i>'Health systems should focus more on prevention than treatment'</i> (20m)</p>	<p><i>International Longevity Centre UK</i></p> <p>All Speakers Gemma Fernández Bosch <i>Pain Alliance Europe PAE</i></p>
12:15	12:55	<p>Session 3: Access to essential medicines and current challenges:</p> <ul style="list-style-type: none"> - UN policy framework and its impact in Europe (5m) - Opioid crisis in Europe? What we know and how to respond (5m) - What is the scientific community doing to educate on opioids and their risks (5m) <p>Debate topic: <i>'Regulations and guidelines do not allow adequate access to treatment in Eastern Europe'</i> (20m)</p>	<p>Elizabeth Saenz <i>United Nations office on Drugs and Crime Liaison Office Geneva (UNODC-WHO Programme on Drug Dependence Treatment and Care)</i></p> <p>Esther Pogatzki-Zahn <i>Department of Anesthesiology, Intensive Care and Pain Medicine, University of Münster, Münster, Germany</i> <i>ERA-Net NEURON PRiSE project</i></p> <p>Winfried Haeuser <i>Technical University Munich, Germany</i></p> <p>All Speakers Iben Rohde (PAE) <i>Danish Association of Chronic Pain Patients FAKS</i></p>
12:55	13:05	Where do we go from here? A European Pain Strategy	Luis García-Larrea <i>The European Pain Federation EFIC</i> <i>ERA-Net NEURON PRiSE project</i>
13:05	13:10	Closing address from MEP	MEP Tomislav Sokol (EPP)
13:10	13:15	Summary and Closure	Joanne O'Brien Kelly <i>The European Pain Federation EFIC</i> Liisa Jutila <i>Pain Alliance Europe PAE</i>