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#campaignforpain - a Call to Action in National Pain Week

Painaustralia is launching a major advocacy and awareness initiative [#campaignforpain](#), on 25 July 2016.

Coinciding with National Pain Week, the #campaignforpain is an ongoing initiative, seeking the support of the community to bolster our advocacy efforts with government.

The campaign calls on the Australian Government to lead a whole-of-community approach to address chronic pain—Australia’s most neglected health problem—and to implement the National Pain Strategy.

Painaustralia CEO Lesley Brydon says while government leadership is vital, there is a key role for consumers and all those working in health care to make a contribution.

“We need more enlightened health policy, more appropriate funding models—both Medicare and private health—and a

more responsive approach by employers and Workcover insurers to ensure effective prevention and treatment of acute, chronic and cancer pain,” she said.

“Our campaign highlights the critical need for better services for the one in five children and teenagers who live with chronic pain, many of whom are unable to access a multidisciplinary paediatric pain service in their state or territory.”

Currently Australia has only 12 paediatric pain specialists and six dedicated paediatric pain clinics in just four states.

Please help by adding your name to our [change.org](#) petition. We also invite you to share the petition with friends and colleagues.

Together we can make a difference. Support people in pain. Go to the [#campaignforpain](#).



Michael Clarke Gets Behind #NPW16

Pain Ambassador, cricket legend Michael Clarke is lending his support to [National Pain Week](#) 25-31 July hosted by consumer group, Chronic Pain Australia.

'You look good. How do you feel?' is the theme of this year's event, which is galvanising increasing support from pain organisations around the nation.

A highlight of the awareness-raising week is the [#NPW16 Conference](#) in Sydney on 29 July, where participants will hear from experts in the pain field. Michael Clarke will be a major draw card, talking about his long-term personal battle with chronic pain.

Organisations and individuals across Australia are invited to create their own #NPW16 event in their local area and post it on the [#NPW16 events page](#).

Townsville Hospital and Health Service is hosting a Persistent Pain Community Information Forum for health professionals and people living with pain, their families and carers, to be held on 27 July.

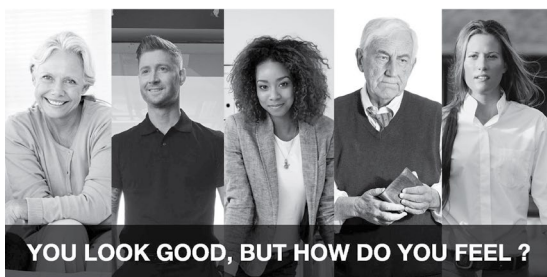
The Service Director Dr Matthew Bryant said the forum is about showing people they are not alone and that help is available.

"It is believed that less than 10 percent of people suffering from non-cancer persistent pain actually seek treatment for their condition, which is why awareness raising weeks like this are so important," he said.

2016
NATIONAL PAIN WEEK
CONFERENCE
FRIDAY 29 JULY



Westmead Hospital Lowenthal Auditorium
8:30am-4:00pm



Speakers & Facilitators include:

Mr Michael Clarke
Ambassador NPW, ex-Aussie cricket captain

Mr Anthony Ackroyd
Comedian

Mr Chris Puplick
Chairperson, NSW Arts in Health Taskforce

Dr Ian Rolf
Australian Medical Acupuncture College

Professor Phillip Siddall
Pain Specialist

Ms Petrea King
Founder, Quest for Life Foundation

Dr Caroline West
Media GP

Dr David Allsop
The Lambert Initiative - research into medical marijuana

Mr Mat McHugh
Lives with pain, amputee & media personality

Professor Jeff Hughes
Inventor of the Electronic Pain Assessment Tool (ePAT).

Dr Chris Hayes
Pain Specialist

Ms Arina-Marie Elias
@ChiefDisrupter

Dr Helen Richards
Lives with pain



[@chronicpainaustralia](#)
[www.nationalpainweek.org.au](#)
[www.chronicpainaustralia.org.au](#)

Awards for Chronic Pain Telehealth Project

A Chronic Pain Telehealth project supported by the NSW Health Agency for Clinical Innovation (ACI) has taken out two awards at the recent Western NSW Local Health District's Living Well Together Health and Innovation Awards for 2016.



ACI NSW Agency
for Clinical
Innovation

The project was recognised for conducting assessments and review sessions of chronic pain patients in rural areas using Telehealth, winning the Category 2: Integrated Health Care Award and the Western NSW Local Health District Innovation Award.

Telehealth technology has allowed the multidisciplinary team in Orange Health Service's Chronic Pain Clinic to assess patients in remote areas without the need to see them in person.

Director Chronic Pain at Orange Health Service, Dr Claire Sui, said the project has increased access to chronic pain services for patients in rural and remote areas, transforming the way healthcare is delivered in Western NSW.

"Patients surveyed said the technology was easy to use and they appreciated the time saved travelling, with some patients noting they did not have to take any time off work or school to attend the session," she said.

More than 9,000 kilometres of patient travel has been saved since July 2015 with patients from both Orange Health Service's Chronic Pain Clinic and the Children's Hospital Westmead's Complex Pain Clinic the first facilities in the state to implement the Telehealth model.

Support Us

Your donation will help PainAustralia continue to advocate for better healthcare for Australians who live with chronic pain. Your support could make all the difference.



Australian Experts Elected to IASP Leadership

Australian experts [Professor Michael Nicholas](#) and [Professor Michele Sterling](#) have been elected to the leadership of the International Association for the Study of Pain (IASP).

Professor Nicholas, Director of Pain Education and Pain Management Programs at the Pain Management Research Institute, was elected to the position of Secretary 2016-18, in a vote that saw participation from a record percentage of IASP members.

This is a strong endorsement of Professor Nicholas' long contribution to the IASP and means he joins the Executive Committee for the first time.

"I'm delighted at the appointment, and am looking forward to assisting to further the important international roles played by the IASP in pain research, education and practice," he said.



Professor Michael Nicholas

Professor Nicholas also said the appointment of Professor Sterling, Director of the NHMRC Centre for Research Excellence in Recovery Following Road Traffic Injuries and Associate Director of RECOVER Injury Research Centre, as Councilor 2016-2022, is a great result for the physiotherapy profession.

"Physiotherapy has not been strongly represented on the Council in the past, and we are confident that Michele will not only rectify this but also provide excellent representation for pain clinicians and researchers in this part of the world," he said.

A total of three new officers and five new councilors were elected to the IASP leadership, with all of their terms to begin following the World Congress on Pain at the end of September. For a complete list of IASP leaders, [click here](#).

Pain and Dementia Education for Nurses

A new online Pain and Dementia learning module, developed specifically for Registered Nurses, is now available.

Designed to provide nurses with practical information on the assessment and management of chronic pain in residents of aged care facilities with dementia, it has been endorsed by the Australian College of Nursing for 1.5 CPD points.

The module will take approximately 1.5 hours to complete, and is divided into three modules: assessing pain, advocacy on behalf of the resident, and pain management.

To view the module, please visit the Mundipharma education portal and register or login: <https://care.mundipharma.com.au/>



Opioid App to Help Improve Opioid Safety

A new clinical app is now available to assist doctors with opioid dosing, and help patients better understand safe use of opioids.

Developed by the Faculty of Pain Medicine (ANZCA), the Opioid Calculator app simplifies the calculation of total oral Morphine Equivalent Daily Dose (oMEDD) and utilises an opioid dose warning system to provide a new level of clinical caution.

There are also links to further information and education about safe opioid dosing.

Reviews from clinicians suggest the app is easy to use and of great help in having conversations with patients about opioids, while patients say it has helped keep their medications under control.

For more information or to download the app for free [click here](#).



Significant Benefits with Work Injury Screening and Early Intervention

Research led by Professor Michael Nicholas of the Pain Management Research Institute, University of Sydney in partnership with NSW Health, EML and icare Self Insurance is confirming the value of early intervention to help injured workers return to work sooner than normally achieved, and reduce the economic burden on insurers and employers.

Preliminary findings on the Work Injury Screening and Early Intervention (WISE) study published in the latest [APS newsletter](#) show an average cost saving of 22 percent six months post-injury, where injured workers identified as being at high risk of delayed recovery, receive early intervention and support.

These savings are expected to rise, as the control group's costs (from lost time and treatment) have continued to rise over time, whereas the intervention group's costs were found to plateau over the same period.

The study which commenced in 2012, screened 580 injured health workers for psychosocial risk factors and identified 24% as being at high-risk of delayed RTW.

The high-risk group was divided into a control group managed according to current NSW WorkCover guidelines for soft tissue injuries, and an intervention group managed according to a protocol which included referral to a psychologist within two to three weeks post-injury and coordination between the workplace, GP and insurance company.

The psychologists were free to use whatever treatment they thought appropriate to deal with the psychosocial obstacles for RTW (within six sessions), and required them to liaise about progress with each case, at least once a fortnight, with the workplace and the treating doctor.

"This protocol has been found to offer significant and sustained benefits to the injured workers, as well as significant savings to employers and insurers," said Professor Nicholas.

The final results will be available in late August.

Professor Maree Smith Wins Prestigious Award

The University of Queensland's Professor Maree Smith recently joined an elite group of scientists when she received the [Clunies Ross Knowledge Commercialisation Award 2016](#).

Inventor of the new EMA401 oral treatment for chronic pain, Professor Smith is at the cutting edge of pain research.

UQ Vice-Chancellor and President Professor Peter Høj said the drug discovery formed the basis of Australia's largest-ever biotech deal last year.

Pharmaceutical giant Novartis International AG bought Professor Smith's technology in June last year through the acquisition of [Spinifex Pharmaceuticals](#), a company founded by UQ's main commercialisation arm, [UniQuest](#), in a AUD\$1 billion deal comprising AUD\$260m in an up-front payment with the remainder in milestone payments.

Spinifex has been developing the drug candidate EMA401 as an oral treatment for chronic pain, particularly neuropathic pain, without central nervous system side effects.

EMA401 is a novel angiotensin II type 2 (AT2) receptor antagonist and a potential first-in-class oral treatment.

"It's wonderful to see this deal eventuate, bringing a much-needed treatment option a little closer to reality for the millions of pain sufferers around the world," said Professor Smith.

"Currently available drug treatments for nerve pain are either ineffective or patients discontinue treatment due to the central nervous system side-effects.

"The new drug, EMA401, doesn't cross the blood-brain-barrier and so doesn't cause central nervous system side-effects." [Read more in UQ News](#).



Professor Maree Smith

New Painaustralia–Pharmacy Guild Fact Sheet

Painaustralia has partnered with the Pharmacy Guild of Australia to produce a fact sheet about self-management of chronic pain.

The [self-managing chronic pain fact sheet](#) provides a resource for pharmacists, to give to patients who may be at risk of dependence on codeine or other pain relief medication.

With its easy-to-understand tips on managing pain without medication, it is also useful for anyone, including GPs as take-home information for patients.

Painaustralia's fact sheet series targets healthcare professionals as well as consumers, and can be viewed or downloaded from our website [here](#).



Chronic Pain Epidemic in UK: How would Australia compare?

According to the latest study on prevalence of chronic pain in the UK, published in the [BMJ Open](#), the condition affects almost 44 percent of the population.

This equates to almost 28 million adults, a figure projected to increase with an ageing population.

In a country not dissimilar to Australia, it is likely that a more up-to-date study of prevalence of chronic pain here, would reveal similar results. Our most recent prevalence study was conducted in 2001.

The UK study also showed women were more likely to experience chronic pain than men, and that more than 14 percent of people with chronic pain experienced moderate or severe disability due to their condition.

The study involved a systematic review and meta-analysis of 19 population studies, in order to determine accurate national estimates on prevalence.

Let's Vote for Georgia as "Woman of the Future"



Georgia Richards

Georgia Richards, a First Class Honours graduate in Biomedical Science at the University of Queensland (2015) has been selected as a semi-finalist for the Australian Women's Weekly/Qantas Woman of the Future Award.

Passionate about helping people with chronic pain and raising awareness of the importance of medical research in Australia, her Honours research examined the role of long-term opioids in people with chronic low back pain by measuring pain, psychosocial variables, cognitive performance and circulating plasma cytokines.

"I worked at my brother's pharmacy while completing my undergraduate degree, and every week I would see the same patients come in to get their pain medication," said Georgia.

"I wanted to contribute to the conversation about reliance on painkillers and how we can alleviate the suffering of people with chronic pain in more effective ways.

"Winning this award will help raise the profile of chronic pain research in Australia, and give me the means to initiate my PhD project."

Georgia's work will be showcased as a poster at the 16th IASP World Congress on Pain in Japan, and she also features in the current (August) issue of Women's Weekly alongside the other finalists.

To show your support for chronic pain research, [vote for Georgia in the People's Choice Award](#). Voting is open until 3 August and multiple votes are permitted.

ADAPT for Seniors More Effective Than Exercise

In a study involving 140 patients, Seniors ADAPT was found to be more effective than usual care in helping to improve participants' levels of distressing pain, mood and unhelpful attitudes to pain, and reduce pain interference in activities.

Designed specifically for people aged over 65, it is based on education about pain, developing an exercise program and learning coping skills.

Participants attend eight sessions over four weeks and are encouraged to arm themselves with knowledge prior to their attendance, by reading the manual for the program, [Manage Your Pain](#).

Participant progress is reviewed at the clinic four weeks and six months after the program, with additional individual help offered to those who need it.

ADAPT for Seniors is conducted by a clinical psychologist, physiotherapist and registered nurse at the Pain Management & Research Centre (PMRC), Royal North Shore Hospital.

Interested people should ask their GP to refer them to the PMRC. For more information, [click here](#).

NDIS Roll-Out: Chronic Pain Patients Must Check Eligibility

On 1 July, the National Insurance Disability Insurance Scheme (NDIS) moved from trial phase to full national roll-out, which may benefit people with disabling chronic pain.

The NDIS provides additional funding to meet the special needs of a person with disability, such as purchase of a wheelchair or home help, but it will not replace the Disability Support Pension, which provides income support for people aged 16 to 65 who are unable to work.

According the latest ABS [data on bodily pain](#), of those with profound or severe disability, 38 percent experience severe or very severe pain, compared with only four percent of those without a disability or long-term health condition.

However, there are strict eligibility criteria and many people who suffer disability due to chronic pain may miss out.

To learn more visit the [NDIS website](#).

Headache & Migraine Research: Volunteers Needed

People with headache and migraine are invited to take part in two Griffith University studies being conducted under the supervision of Professor Paul Martin, to better understand the condition and how to treat it.

The first study will assess the effectiveness of a self-help program for headache and migraine. It will involve participation in a behavioural program for eight weeks, and is based on Cognitive Behavioural Therapy.

The second will aim to reduce headaches using specific approaches to trigger management, either through avoidance or through the use of graduated exposure.

For both studies, participants will be asked to complete a headache diary online for the duration of the program as well as for a specified time before and after.

Eligible participants will need to be aged at least 18, with more than six headache days per month and a minimum headache history of 12 months.

For more information please visit the [Surveys & Trials](#) page on the PainAustralia website.

You may also wish to call Kate Higgins (Study 1) or Rebecca Jones (Study 2) on 07 3735 3322 or email kate.higgins2@griffithuni.edu.au or rebecca.jones8@griffithuni.edu.au.

PainAustralia is Looking for a New Home: Can You Help?

PainAustralia is looking for a new office space, from December 2016, and we are hoping you can help.

We require space for four desks and a meeting room, preferably in the Eastern Suburbs or a location with a direct train line to the city, or within the city area.

We also require parking for at least two vehicles. If you are able to help with suggestions or offers, please email Lesley Brydon lesley.brydon@pinaustralia.org.au



EVENTS



[PMRI Visiting Scholars Program](#)

The PMRI Visiting Scholars Program is a free monthly event providing an opportunity to hear from national and international experts in the field of pain. When: [Visit website](#) for 2016 dates, 4-5pm
Venue: Auditorium, Kolling Building, Royal North Shore Hospital, Sydney



[Persistent Pain Community Forum in Townsville](#)

Townsville Hospital and Health Service is holding a forum for healthcare professionals and people living with pain, their families and carers, to provide education and support. Anyone who wants to learn more about chronic pain is welcome to attend. When: Wednesday 27 July 5-6pm
Where: Riverside Gardens Community Centre, Townsville



[Science in the Cinema \(Brisbane\)](#)

Screening of the movie *Cake*, in which Jennifer Aniston plays a woman with chronic pain, followed by a short presentation and Q&A panel with experts Professor Glenn King and Dr Irina Vetter, from The University of Queensland. When: 28 July 2016, 6-9pm
Where: Palace Barracks Cinema, 61 Petrie Terrace, Brisbane
By tix online: <http://bit.ly/asmr-cake>



[Putting Cognitive Behavioural Therapy Skills into Practice](#)

Online training webinar series run by the Pain Management Research Institute (PMRI), this is an excellent professional development opportunity for health professionals to enhance their skills to help patients manage chronic pain. Each program consists of six webinar sessions of 90 minutes duration conducted over a 2-3 month timeframe, and will explore specific strategies with an experienced facilitator. When: 16 August to 11 October
Where: online



[Pain Management in Practice](#)

Pain Management in Practice is a two-day interdisciplinary workshop to provide practical training to clinicians who manage clients with persistent pain, to help them achieve their full potential. When: Melbourne 8&9 September; Brisbane 27&28 October; Sydney 21 & 22 July and 17&18 November
More information: www.empowerehab.com/workshops/



[Person Centred Healthcare: Achievements & Challenges](#)

The Australian Disease Management Association 12th annual national conference. When: 20-21 October 2016 (pre-conference workshops 19 October)
Where: Melbourne Convention Centre
More information: www.adma.org.au

For more events please see our website www.painaustralia.org.au