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Leading Pain Experts to Speak at Community Forum in Fremantle

The University of Notre Dame, Fremantle, will host this year's [Living Well With Pain Consumer Symposium & Forum](#) 13 March 2016.

Now in its fourth year, the event, presented by Painaustralia and the Australian Pain Society (APS), offers a first-hand interface between the public and leading pain medicine specialists at the forefront of pain research and clinical practice.

Arthritis & Osteoporosis WA, the Health Consumers Council of WA and Carers WA will partner in presenting the event.

Australian experts – including Gynaecologist and Pain Medicine Specialist, Dr Susan Evans and Notre Dame's Churack Chair of Chronic Pain Education and Research Professor Eric Visser – will shed new light on pain prevention and management, for people living with chronic pain and their carers.

Director of WA Specialist Pain Services Dr Stephanie Davies will introduce her new book [Rewire Your Pain](#), co-authored with Dr Nicholas Cooke, and talk about practical ways to manage chronic pain.

"Although research is continually revealing new insights into pain, it can take years for this to inform clinical practice or reach consumers," said Painaustralia CEO Lesley Brydon.

"The Living Well With Pain event is intended to help close that gap."

In addition to consumers, health professionals and students are also welcome to attend.

Living Well With Pain will be held in conjunction with the [APS Annual Scientific Meeting](#) 13-16 March 2016.

The meeting will focus on the challenge of pain management, with world-class [keynote speakers](#) from Australia and abroad, [discipline sub group forums](#) to promote discussion within specific pain disciplines, and [five pre-conference workshops](#).

Are you living with pain?

Do you have an interest in pain?

LIVING WELL WITH PAIN

Consumer Symposium & Forum

Farewell to Pain Advocate Tess Cramond AO OBE

Internationally acclaimed Anaesthetist and Pain Medicine Specialist, Professor Tess Cramond AO OBE passed away at her home in Brisbane last month, aged 89.

People who knew Tess, like Paediatric Pain Specialist Dr Kathleen Cooke, say she was "a remarkable and amazing lady"

Born into an Irish family in Queensland in 1926, Tess trained at the University of Queensland, and then worked as anaesthetic registrar at the London 1955-1956.

Just 10 years after arriving back in Australia, she established a multidisciplinary pain clinic at the Royal Brisbane Hospital, where she held the position of Director for 42 years. It is now named in her honour.

A strong protagonist for the policies and procedures she believed were correct, she had a particular interest in research into drugs used in the treatment of pain.

Tess added her weight to advocacy efforts for paediatric pain services in Queensland, and was rewarded last year with a statewide paediatric pain service at Lady Cilento Children's Hospital.

She was also the Foundation Professor of Anaesthetics at the University of Queensland (1978-1993) and sat on many boards, including as Secretary of the Australian Society of Anaesthetists (1960-1964) and Dean of the Faculty of Anaesthetists, RACS (1972-1974).

Among many accolades, she was awarded an OBE (1977) and AO (1982), and listed her personal highlights as audiences with two popes and acting as physician to the Queen during the Commonwealth Games in 1982.

Active in volunteering, she and Anaesthetist Roger Bennet developed the Australian standard for resuscitation. Dedicating years to life saving, she was inducted into the Surf Life Saving Hall of Fame.

Despite being immensely successful, she kept her feet firmly on the ground.

"One Sunday there was a crash on the highway and it was apparent that there wouldn't be time to get to Hendra (for Mass) – so I suggested to Humphry we go to Nundah thinking no one would know me," she noted in a document listing career highlights.

"There were at least eight doctors there – and my t-shirt had 'Medical Advisory Committee' on the front – but on the back it had 'make it a four X mate' – hardly the gear for Mass.

"After that episode I changed into a dress before leaving surf carnivals!"

Tess will be remembered fondly by many friends and admirers who are committed to continue her work to improve understanding and treatment of pain.



Humphry and Tess Cramond AO OBE

APMA Seeks New President

The [Australian Pain Management Association](#) (APMA) is looking for a person with leadership experience, strategic expertise and networks in the corporate sector to join its Committee of Management as President from March 2016.

The voluntary position will help the organisation continue its growth and enhance its ability to address persistent pain as one of the most serious health issues confronting the Australian community, government and health systems.

The Committee of Management has identified the need to improve links with the corporate sector and seeks a person with the capacity to take the organisation forward.

The successful candidate will preferably be based in Melbourne or Sydney, perhaps recently retired from the full-time employment, and with experience or interest in the area of pain management.

Commitment required is three to four hours per week. For more information [click here](#) or contact APMA CEO Elizabeth Carrigan 0438 000 841 or email secretary@painmanagement.org.au



**AUSTRALIAN
PAIN MANAGEMENT
ASSOCIATION**

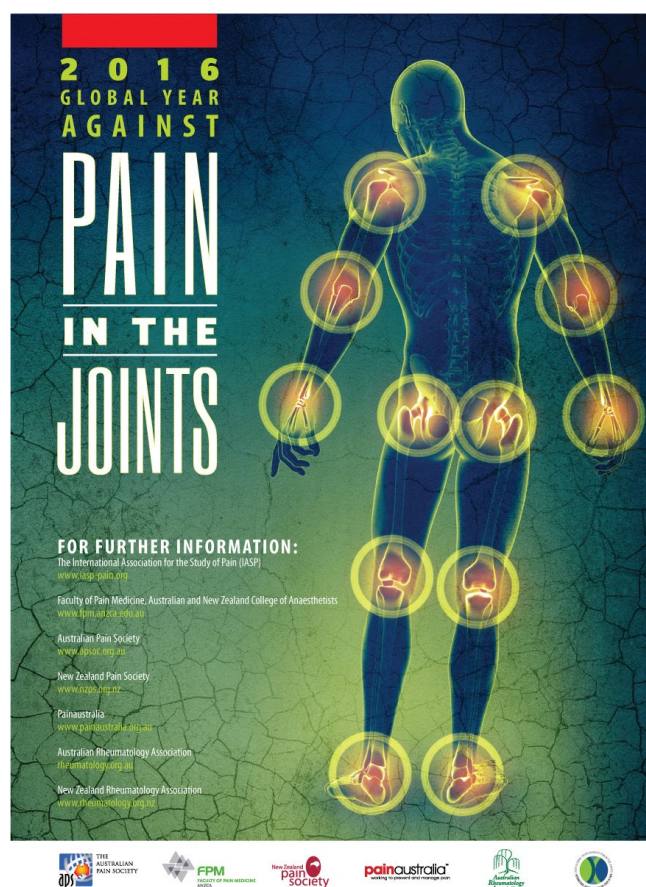
Global Year Against Pain in the Joints

The 2016 Global Year Against Pain in the Joints has been officially launched by the International Association for the Study of Pain (IASP).

To help promote this awareness-raising event, [download a copy of the locally produced poster](#) and display it in your workplace or share it online.

There is also a series of IASP fact sheets available for health professionals and consumers, which can be accessed [here](#).

This year's event is supported locally by the Australian Pain Society, New Zealand Pain Society, Faculty of Pain Medicine (ANZCA), the Australian Rheumatology Association, New Zealand Rheumatology Association and Painaustralia.



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.



DONATE NOW

New Codeine App

Health software firm MedAdvisor has launched a new Patient Education Program (PEP), which aims to help address the risk of addiction and serious side effects for those using Schedule 3 (S3) codeine analgesics.

Created in partnership with Painaustralia, the PEP works to improve the quality use of medicines by delivering educational messages directly to patients' via smartphone, tablet or web browser.

By use of electronic prompts, patients are educated on the safe and effective use of S3 codeine analgesics.

"Whilst IT tools which facilitate real-time prescription monitoring can greatly assist prescribers and pharmacists in controlling the supply of medications, we believe it is important to develop 'patient focused' solutions," said MedAdvisor CEO Robert Read.

"Addiction cycles often begin with unintended misuse of codeine-based products.

"In addition to delivering patient education, the MedAdvisor system also captures real time dispense data and can, where appropriate and following privacy legislation, share visibility of dispenses across pharmacies."

In order to receive the education information patients will be required to register for MedAdvisor's free app.

Once their online profile is updated with the recording of codeine-based sales, the app will provide a series of messages to the patient that reinforce information provided by the pharmacist about the safe and effective use of codeine analgesics.

The PEP was officially launched in Melbourne by the Federal Member for Kooyong, Josh Frydenberg, along with Painaustralia CEO Lesley Brydon.



From left to right: Josh Swinnerton (CTO and Founder, MedAdvisor), Lesley Brydon (Painaustralia), Peter Bennetto (Chairman, MedAdvisor), Josh Frydenberg (Federal Member for Kooyong, Minister for Resources, Energy and Northern Australia), Robert Read (CEO, MedAdvisor)

Pilot Begins on Codeine Real Time Recording and Monitoring System

Following last year's deferral of the proposed re-scheduling of medicines containing codeine – subject to further consultation by the TGA – The Pharmacy Guild of Australia is progressing a real-time monitoring system, titled "MedsASSIST – informing medicine decisions".

User testing of the prototype took place in December involving approximately 30 pharmacies in the Newcastle, NSW area. The system is now ready for a large scale pilot involving up to 150 pharmacies in the Newcastle and North Queensland regions.

This pilot will commence in early February 2016 and will collect very important data to help make the case that it is not necessary for the Government to re-schedule codeine containing medicines to Schedule 4 (Prescription Only).

The data collected in the pilot of MedsASSIST will form part of the Guild submission to the Advisory Committee on Medicine Scheduling (ACMS) which is meeting in mid-March to re-consider its interim decision to delete the Schedule 2 and Schedule 3 entries for codeine.

The Guild has consistently argued that rescheduling codeine will not address issues of misuse and abuse.

Humankind: Relationship Support for People with Chronic Illness

Relationships Australia has launched a new website [Humankind](#) to support people living with chronic illness and their loved ones to achieve positive and respectful relationships.

Humankind provides relationship information, support and resources appropriate for [people living with a chronic illness](#), and for their [loved ones](#) and [practitioners](#) who support them.

"All couples experience hard times, and living with a chronic illness or with a partner who is chronically ill can have a dramatic impact on your relationship," said Alison Brook, National Executive Officer Relationships Australia.

"The research tells us that good relationship health is fundamental to overall wellbeing.

"Working to improve your most important relationships can lead to better health outcomes. This is what the Humankind website aims to help people do."

Humankind was developed by Relationships Australia with the assistance of a Health Access Grant from Medtronic, a global leader in medical technology.

humankind
Living better together

Pain and Pregnancy

Professor of Midwifery at Western Sydney University, Hannah Dahlen, explores the topic of [pain in labour](#) as part of the 10-part [Pain Series](#), in *The Conversation*.

While 77 percent of women in Australia today use some form of pharmacological pain relief during labour and birth, the rest opt to work with the pain.

When labour is progressing normally, these women are able to cope with the pain, using relaxation, breathing and psychological preparation, techniques based largely on a method developed by Dr Fernand Lamaze.

For someone already living with chronic pain, however, pregnancy and childbirth can require very specific medical intervention.

[Nerissa Avery](#) has zero negative inflammatory arthritis, a severe form of arthritis.

A pain management program helped the 30 year-old accept her condition, pace herself and incorporate new pain management techniques, but the severity of her pain meant that she had to remain on a mix of painkillers.

When her disease deteriorated rapidly in her late 20s, she and her partner made the courageous decision to have a baby before it was too late.

In order to fall pregnant, Nerissa had to come off her arthritis medications. She needed around the clock care in hospital for six weeks before the birth of her son Harvey, almost died during delivery due to complications associated with her condition, and experienced debilitating post-birth pain along with a 12-month recovery.

Now keen to add to her family, Nerissa is aware of the risks.

"I know the sacrifice involved, but arthritis already took away my dream of becoming an Olympic swimmer, and I won't let it take away my desire to have a family," said Nerissa.

For women living with arthritis who would like to start a family, Arthritis Australia recommends the book [Arthritis, pregnancy and the path to parenthood](#) by Suzie Edward May.



Nerissa and Harvey

UQ Student Raising Awareness

A new campaign, See Pain, is helping to raise awareness about the occupational injustice of pain.

With the support of the Australian Pain Management Association and partnering with Painaustralia's Campaign for Pain, the new initiative seeks to highlight the impact of pain from an occupational perspective.

Led by Occupational Therapist Trang Le, who recently graduated from the University of Queensland, the campaign was begun on campus but aims to reach the masses through social media.

The main platform for the See Pain campaign is Facebook, which utilises the mascot #PugwithPersistentPain, to bring a bit of humour to a serious topic.

The mascot @pugwithpersistentpain is also on Instagram.

"The stigma of living with a condition that isn't obviously visible can become a barrier to that person's ability to engage in activities," said Ms Le, who lives with chronic mid back pain.

"As a result, people living with persistent pain become inadvertently marginalised from engaging in valued activities, occupations or tasks.

"We want to help all people recognise that persistent pain is a real condition."

Visit the #SeePainCampaign on [Facebook](#) and [Twitter](#).



New Online Support Group

"Chronic pain can destroy you psychologically, especially in the first years after diagnosis," said Scott Thompson, who has lived with chronic neuropathic pain for the past six years.

"I suffered severe depression. I lost my business and my wife. If I didn't have my three girls, I probably wouldn't be here.

"When I talked to other people, I realised they felt the same."



Scott Thompson

Scott's experience led him to start a new Facebook group, [Australian Chronic Pain Sufferers](#), to support people with chronic pain, as well as their family and friends.

The group is closed so that people can speak freely without judgement. It does not provide medical advice, but offers comfort and understanding to people who may be feeling overwhelmed or desperate, helping them connect with others who understand their problem.

To contact Scott email thomo506@me.com

Pilates Treatment Study: Volunteers Needed

People living with chronic, non-specific low back pain are invited to participate in a new study assessing the long-term benefits of Pilates as a form of ongoing treatment.

The University of Canberra study will assess changes in pain and disability over a 26-week period.

Participants will undergo 12 weeks of Pilates treatment, followed by 14 weeks of monitoring.

Chronic low back pain is the largest cause of disability in Australia and a common reason for people of working age to drop out of the workforce.

Participants must live in Canberra and will need to contact researcher Roopika Sodhi by email: Roopika.Sodhi@canberra.edu.au

Film Night Fundraiser

[Ambrosia](#), the Australian film about a young woman struggling with chronic pain, will be screened in Brisbane on 23 February as a fundraiser for the Australian Pain Management Association.

The film by Rhiannon Bannenberg has been awarded the 2015 International The Gulf of Naples Independent Film Festival Special Jury prize.

Tickets must be purchased prior to the event. To view a trailer and purchase tickets, [click here](#).



Making Sense of Pain Workshop for Health Professionals

The next Making Sense of Pain workshop will be held in Perth 10-11 March 2016.

The workshop is highly interactive and designed to help health professionals improve their interactions with people in pain and enhance therapeutic outcomes.

The fully-catered two-day event has been heavily subsidised by Arthritis and Osteoporosis WA, and is now open for registration at just \$220 or \$175 for students.

Presenters will be Physiotherapist Melanie Galbraith, Clinical Psychologist Dr Vance Locke, Occupational Therapist Jane Muirhead, Consultant Physician in Pain Medicine and Rheumatology Dr John Quintner, Clinical Psychology Registrar Mary Roberts and Churack Chair of Chronic Pain Education and Research Professor Eric Visser.

For more information, [click here](#)



Online Therapy Trial: Volunteers Needed

The National University of Ireland (Galway) is conducting an international trial of Acceptance and Commitment Therapy for people living with chronic pain.

The eight-week psychological pain management trial will be delivered online and will include mindfulness exercises. Participants will be encouraged to move through the 30 minute sessions at their own pace, over the designated period.

Eligible participants must be aged 18 or more, live with chronic non-cancer pain, and must agree to abstain from other forms of treatment including medication for the active phase of the study.

For more information, [click here](#), and to register your interest email painresearch@nuigalway.ie

African Warriors to Join the Walk Against Pain

Deep in the heart of Africa a tribe of traditional Maasai Warriors are about to swap their mud huts for skyscrapers, and their spears for cricket bats.

For the first time, members of this colourful nomadic tribe will be in Sydney for the Primary Club of Australia's Marathon Cricket Event and will take on a team of NSW MPs and Media Representatives on Wednesday 3 February, commencing at 7:15pm. But first they will walk, jog and jump their way around the oval with more than 200 Walkers in the 5th Annual "Walk Against Pain", from 4:30pm to 6:00pm.

The Maasai Warriors, who are world famous for their traditional jumping dance, will be dressed in their tribal costumes for this historic event.

Funds raised during the Walk, including sponsorships by ANZ Bank, Mundipharma, Pfizer and St Jude Medical, are being directed to further research and education in chronic pain treatments.

[Register for the Walk Against Pain](#)



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



Film Night Fundraiser (Brisbane)

Ambrosia, the Australian film about a young woman struggling with chronic pain, will be screened as a fundraiser for the Australian Pain Management Association. Tickets must be purchased prior to the event.
When: 23 February 6:30pm
Venue: Dendy Portside, Portside Wharf, Remora Road, Hamilton



Making Sense of Pain (Perth)

Arthritis & Osteoporosis WA invites expressions of interest for its 5th Making Sense of Pain inter-professional workshop, for health professionals.
When: 10-11 March 2016
Venue: Wyllie Arthritis Centre, 17 Lemnos St, Shenton Park (Perth)



2016 GP Liaison National Conference (Canberra)

Capital Health Network in partnership with Australian Healthcare & Hospitals Association, and in association with the GP Liaison Units of The Canberra Hospital and Calvary Health Care Bruce are hosting the 2016 GP Liaison National Conference.
When: 18 March 2016
Where: Canberra



Caring for Country Kids (Alice Springs)

This 3-day conference will focus on the health needs of children and adolescents in rural and remote Australia.
When: 17-18 April 2016
Venue: Alice Springs Convention Centre



13-16 March 2016 | Perth Convention and Exhibition Centre



Expressions of interest online at www.dconferences.com.au/aps2016

For sponsorship and exhibition opportunities or more information please contact the APS Secretariat
DC Conferences Pty Ltd | P 61 2 9954 4400 | E aps2016@dconferences.com.au

SUBMISSION DEADLINES

Free Papers & Posters
2 October 2015

Early Bird Registration
29 January 2016

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

LIVING WELL WITH PAIN

Consumer Symposium & Forum

Your chance to hear leading Australian pain management experts

Dr Stephanie Davies - *New Pain Strategies to Rewire Your Pain*
Director, WA Specialist Pain Services

Dr Nicholas Cooke - *The Power In Your Pocket: Useful Phone Apps and Technology*
Medical Advisor, WA Specialist Pain Services

Q&A Session - *Consumer and Carer Perspective*
Pip Brennan, Executive Director, Health Consumers' Council WA
Lesley Oliver, Hospital Program Coordinator, Carers WA

Professor Milton Cohen (Chair Afternoon)
Specialist Pain Medicine Physician, St Vincent's Campus

Professor Eric Visser - *Managing Neuropathic Pain*
Churack Chair of Chronic Pain Education and Research

Dr Susan Evans - *Pelvic Pain: the Big Picture*
Gynaecologist, Specialist Pain Medicine Physician

Consumer Forum

Chronic Pain: Ignorance and Stigma - what can be done to fix this?

Panelists - Catherine Aurubind, Susan Evans, Lesley Freedman, Vance Locke, Jane Muirhead, Tim Pavy, Judith Thompson, Eric Visser, Vanessa Watson

When: Sunday 13 March

**Where: University of Notre Dame
32 Mouat St, Fremantle, WA
Room ND4 / 101**

Time: 10.30am - 3.00pm

**Tickets: \$25/\$15 Concession
(includes light lunch)**

Register online

www.trybooking.com/168559

or call (02) 9694 0993