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### Pain Management Research Institute Welcomes New Director

Professor Paul Glare is the new Director of the Pain Management Research Institute (PMRI) and Head of Discipline, Pain Medicine, University of Sydney, taking over from Founder and long-term Director Professor Michael Cousins AO.

Prior to his appointment, Professor Glare was Chief of the Pain & Palliative Care Service, Memorial Sloan Kettering Cancer Center in New York with an affiliated appointment as Professor of Medicine at Weill Cornell Medical College.

A Fellow of the Royal Australasian College of Physicians, the Faculty of Pain Medicine (ANZCA) and in the RACP Chapter of Palliative Medicine, he brings with him research interests in cancer pain, which will influence future works of the PMRI.

Professor Glare has also taken up the position of Head of Discipline, Pain Medicine, in the Faculty of Medicine at the University of Sydney. Established in 1990, the PMRI is a joint initiative between the University of Sydney and Royal North Shore Hospital.

It conducts basic and clinical research, operates an education program, and in collaboration with the Pain Management & Research Centre, treats patients with acute pain, cancer pain and chronic non-cancer pain.

In taking over the reigns, Professor Paul Glare acknowledges the dedication and commitment of his predecessor.

“Michael Cousins is an innovator who has helped to spearhead pain management education, research and clinical practice not only in Australia but around the world. It is an honour to continue and broaden his vision for the PMRI,” he said.



Professor Paul Glare

### Help Make Pain a National Health Priority

As someone with an interest in pain, you know that chronic pain is the most misunderstood and under-funded of all major health conditions.

Untreated chronic pain robs our elderly of a happy retirement, destroys the innocence of childhood, and it is the most common reason people of working age drop out of the workforce.

Our goal is to make pain a national health priority—and ensure that every Australian has access to the best possible treatment in a timely manner—to reduce disability, improve return-to-work rates and restore quality of life to millions of people.

Your end-of-financial year tax deductible donation will help us, by supporting us to build awareness and remove the stigma of chronic pain, promote education, support research, and advocate for better access to pain services.

Help us change lives today. Donate by 30 June.

**DONATE NOW**

## Call for Pain as Priority Area for Medical Research Futures Fund

Painaustralia together with leading health professional and consumer bodies, researchers and clinicians has called for pain to be a priority area for the Federal Government's Medical Research Future Fund (MRFF).

The fund will become a reality from 2017 and within a short period of time is projected to provide more funds for medical research (\$1 billion annually) than the combined NHMRC budget for project and program grants.

The submission lodged at short notice with the MRFF Advisory Board on 6 June, was prepared by Professors Glenn King (UQ) and Lorimer Moseley (Uni of SA) in collaboration with Painaustralia and supported by the Consumers Health Forum of Australia and more than 80 researchers and clinicians with an interest and expertise in pain, its biology, prevention or management.

For more information email Lesley Brydon [lesley.brydon@pinaustralia.org.au](mailto:lesley.brydon@pinaustralia.org.au).

## Speak Up 4 Arthritis

Arthritis Australia invites you to speak up for better care for people with arthritis, by joining their #SpeakUp4Arthritis campaign.

The campaign is seeking support for three areas of need: specialist rheumatology nurses, better care for osteoarthritis, and research funding.

They are hoping everyone who lives with arthritis—as well as their carers, family members and friends—will share the campaign with their local MPs.

They want the personal story to be told, to highlight the personal impact and human cost of the condition, in all its forms.

To find out more, visit [www.speakup4arthritis.org.au](http://www.speakup4arthritis.org.au)



## A Framework to Evaluate Musculoskeletal Models of Care

A new resource has been released, to assist organisations implement and evaluate models of care for musculoskeletal health.

[A Framework to Evaluate Musculoskeletal Models of Care](#) draws from primary Australian research and the knowledge and experiences of 93 international experts across 30 countries.

With a detailed step-by-step approach, it provides a user-friendly guide divided into three streams:

- readiness for implementation, which outlines how a model of care can be optimally developed and what should be included;
- initiating implementation, which provides guidance on starting the implementation process; and
- success, which includes guidelines for evaluation of the model.

Supported by Painaustralia and other leading pain organisations globally, the content will be relevant to health planners at the national, regional and local levels.

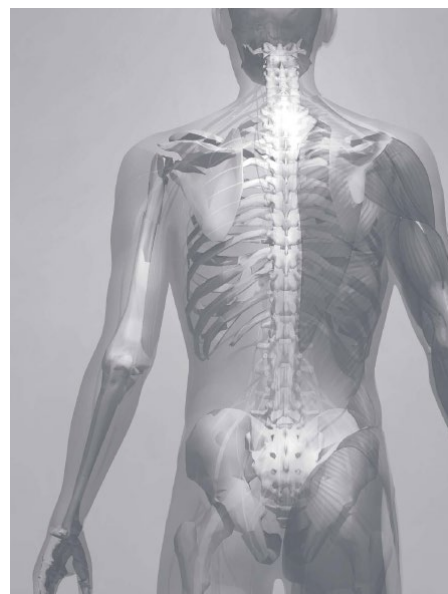
Associate Professor Andrew Briggs who led the project says the value will be in the uptake.

"Models of care are becoming increasingly used to guide service planning and delivery for musculoskeletal and other chronic conditions, but implementation remains challenging," he said.

"This framework was developed to make the process a lot easier."

The framework can be accessed online [here](#).

You can also [join a mailing list](#) to receive any updates about the framework.



## New Tool for Predicting Chronic Low Back Pain

Researchers from [Neuroscience Research Australia \(NeuRA\)](#) have developed a model to predict whether a person with acute back pain is likely to go on to develop chronic low back pain (LBP).

Their tool, called PICKUP, is said to have better predictive accuracy for pain outcomes than either clinician judgement or commonly used screening tools.

Now available for healthcare practitioners and researchers to make an early estimate of a patient's risk of developing chronic LBP, PICKUP is a brief five-item questionnaire.

Developed using data from 1,230 patients with a recent episode of back pain, PICKUP was tested in a separate sample of 1528 patients, with an impressive level of accuracy.

Researchers noted, "If decisions to recommend further intervention were based on risk scores, screening could lead to a net reduction of 40 unnecessary interventions for every 100 patients presenting to primary care." For further details read the research article in [PLOS Medicine](#).

## Reform Needed for Aged Care Funding Instrument

Painaustralia has written to Health Minister Sussan Ley calling for the government's Aged Care Funding Instrument (ACFI) to be brought into line with best-practice evidence-based approaches to pain management.

"We were concerned to see that the ACFI reforms outlined in the 2016-17 Federal Budget, did not include best-practice options for management of chronic pain in residential aged care facilities," said Painaustralia CEO Lesley Brydon.



Minister Sussan Ley

"With evidence to support multidisciplinary pain management and patient-centred care, it is an opportunity missed.

"Instead, funding continues to be directed towards passive treatments to relieve the symptoms of chronic pain, with no option for individuals to select other forms of treatment, such as exercise or Cognitive Behavioural Therapy."

This approach also discourages patients from taking charge of their own pain management.

Other Painaustralia members including the Australian Pain Society and the Australian Physiotherapy Association have also made their concerns known to the government.

## 10-Year Anniversary for Pioneering Pain Education

Ten years ago, Physiotherapist Nick Economos and Psychologist Jacqui Stanford, were asked to present a practical workshop on interdisciplinary pain management to a group of psychologists at a rehabilitation hospital.

Due to the success of the initial one-day program, they decided to offer it to all allied health professionals.



Now delivered regularly as a two-day [EmpowerRehab](#) Pain Management in Practice workshop in Melbourne, Brisbane and Sydney, there have also been outreach programs in regional areas—training more than 1,000 health professionals.

A key aim is to help clinicians understand how they can support patients to develop self-management strategies and also encourage them to collaborate with one another.

"The lack of collaboration between health professionals from different disciplines remains a stumbling block for many, and these training programs open up a whole new world for them," says Mr Economos

"We know pain is best treated within a bio-psycho-social framework, but this doesn't always translate to clinical practice."

"This is partly due to a silo-approach to training and partly because people simply don't know how to put it into practice, or don't want to step on anyone's toes.

So the first thing we do in a workshop is break down those barriers."

EmpowerRehab has gone on to help previous participants set up their own interdisciplinary practices around Australia.

"We'd love to see interdisciplinary clinics throughout regional Australia. Any group of clinicians, if appropriately trained, can do that."

For upcoming workshops click [here](#).



## Waiting in Pain 2

The Australian Pain Society (APS) is updating its landmark study, [Waiting in Pain](#), to assess current gaps in clinical service delivery and provision of care, for chronic pain.

The original Waiting In Pain report, released in 2010, was the first study to identify the significant and unacceptable wait times faced by patients trying to access care at multidisciplinary pain clinics—frequently more than a year for those in the public system.

While significant gains have been made since then, the approach has been piecemeal and underfunded.

Waiting in Pain 2 will be a useful tool, to help us see how far we have come, and how far we still have to go.

Currently in the data collection phase, the study is seeking input from identified pain management services, and will focus particularly on different kinds of service delivery models, staffing levels and activity.

The study is being led by Dr Malcolm Hogg and is being assisted by Insync, a commercial firm with expertise in electronic data capture and research.

If you would like to know more about this study, please [contact the APS](#).



THE  
AUSTRALIAN  
PAIN SOCIETY

## National Strategic Framework for Chronic Conditions

The Department of Health is currently consulting on its Second Draft of the National Strategic Framework for Chronic Conditions.

Rather than taking a specific disease approach, the new framework recognises that there are often similar underlying principles for the prevention and management of chronic conditions.

It is being developed by the Department of Health in partnership with states and territories, and will supersede the National Chronic Disease Strategy 2005 and associated National Service Improvement Frameworks.

To participate in the consultation process, simply review the draft framework and then complete the [online survey](#) by 22 June.

For full details, [click here](#).

## EOI Inviting for Medicinal Cannabis Advisory Committee

The Victorian Government is seeking expressions of interest for membership of the Independent Medical Advisory Committee on medicinal cannabis.

This is an opportunity for suitably qualified and experienced people to provide high-level advice to the Minister for Health and Secretary for Health and Human Services on the operation of the Access to Medicinal Cannabis Act 2016.

The committee will advise on the ongoing suitability and effect of patient eligibility criteria and the suitability of medicinal cannabis products for approval.

Membership of the committee will include physicians specialising in MS, cancer, HIV/AIDS, epilepsy, pain management, and possibly psychiatry and addiction medicine, medical research, medical ethics, pharmacology, pharmacy practice, nursing and the consumer perspective.

Members will be appointed for no longer than three years, with meetings at least four times each year.

Interested people will need to submit a CV and cover letter to [olivia.goodman@dhhs.vic.gov.au](mailto:olivia.goodman@dhhs.vic.gov.au) by 17 June 2016.



For further information click [here](#).

## 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 six 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](mailto:lesley.brydon@pinaustralia.org.au)

## Participants Required for CRPS Drug Trial

Doctors at Sunshine Coast Clinical Research are seeking participants for the CREATE-1 Clinical Study to investigate a medication that may help improve symptoms of Complex Regional Pain Syndrome (CRPS).

Participants must have been diagnosed with CRPS in the past six months, or have symptoms of CRPS. As they will need to visit the clinic weekly, residents who live locally will be most suited to this study.

For more information contact Catherine Bell 07 5447 4777 or email [sccr@painrehab.com.au](mailto:sccr@painrehab.com.au).

## Dying to Talk: Talking About Death Won't Kill You

In Australia, four out of five deaths are caused by chronic illness, yet many fail to properly prepare, and are under the misconception that only cancer patients can access palliative care.

Only 28 percent of Australians have spoken to their family about advanced care, yet 82 percent would like to do so.

To help get the conversation started, Palliative Care Australia has produced a new resource to help people clarify their end-of-life care wishes, and talk to their closest friends and family about it.

The Discussion Starter Toolkit includes information not just about palliative care, but also considers a range of important matters, such as wills, organ and tissue donation, social media planning and funeral and burial planning.



The toolkit can be downloaded as a pdf, and filled in electronically or printed and filled in by hand, and shared with a close friend or family member.

For more information or to download the toolkit, visit [www.dyingtotalk.org.au](http://www.dyingtotalk.org.au)

## New Name for Arthritis and Osteoporosis Victoria

MOVE muscle, bone & joint health is the new dynamic name for the organisation previously known as Arthritis & Osteoporosis Victoria.

According to MOVE muscle, bone & joint health, the new name better captures the role and scope of the organisation.

It also better reflects the focus on prevention of chronic disease, for those living with, or at risk of developing, musculoskeletal conditions.

For more information visit [www.move.org.au](http://www.move.org.au) or phone the Help Line 1800 263 265.



## MediKidz Helping Children Understand Illness

For children diagnosed with chronic illness, it can be a confusing experience, with the majority of educational material written for adults, rather than specifically for them.

With this in mind, Medikidz creates comic books designed to explain illness to children in an easy-to-understand format.

Each book is tailored for a particular chronic condition, and is based on a real-life story, using five superhero characters to take children on an adventure where they learn all about the body in health and in illness.

Written in collaboration with medical experts, professional bodies and patient organisations, the content is factually accurate and current.

Helpful to parents and families as well as the patient, more than 4 million copies have been distributed globally, covering 120 different topics, in 50 countries, and 30 languages.

MediKidz is currently looking for a funding partner to localise content for comic books about chronic pain and make them available for free to patients and families in Australia.

For more information please contact Emily Taylor [emilytaylor@medikidz.com](mailto:emilytaylor@medikidz.com)



## Seeking Volunteers for Experiences of Chronic Pain Study

People with chronic pain aged 18 and over are invited to participate in a study being conducted by the University of Technology, Sydney, which aims to understand the relationship between chronic pain and psychological and physical factors.

The anonymous online survey will ask questions about participants' height, weight, and age, and about their daily experience of chronic pain.

Participants will be asked to complete a short survey twice, one week apart.

Individuals who complete both surveys will go into the draw to win one of four \$50 Westfield Gift Cards.

Approved by the UTS Human Research Ethics Expedited Review Committee, the survey closing date is 30 September 2016.

To view the Participation Information Sheet and Consent Form and complete the survey, please click [here](#).

For more information, please contact Jasmine Sproule at [Jasmine.J.Sproule@student.uts.edu.au](mailto:Jasmine.J.Sproule@student.uts.edu.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



## [Yoga for Pelvic Pain: Term 3 at WHRIA](#)

Rebecca Shaw returns for Term 3 of Yoga for Pelvic Pain. Join with others for six weeks of soothing yoga on a Sunday morning at WHRIA in Sydney. Classes will be capped at 10 to ensure personal attention.  
WHEN: 19, 26 June; 3, 10, 17, 24 July 2016  
COST: \$108 for 6-week term (\$23 per casual class if available)



## [Treatment Adherence Symposium](#)

At this inaugural symposium, healthcare practitioners and clinicians will better understand their role in patient adherence and learn how to improve patient outcomes.  
When: 1 July 2016  
Where: Pain Management Research Institute, Sydney



## [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 16&17 June and 27&28 October; Sydney 21 & 22 July and 17&18 November  
More information: [www.empowerehab.com/workshops/](http://www.empowerehab.com/workshops/)



## [National Pain Week 2016: You Look Good. How do You Feel?](#)

Australian cricket legend Michael Clarke is encouraging people with pain to get the help they need, this National Pain Week (NPW), to be held 25-31 July 2016. "Seeking help has changed my life and allowed me to achieve everything I have through my career. It is all about learning as much as you can to manage the pain as effectively as you possibly can," said the NPW Ambassador. Led by Chronic Pain Australia (CPA), NPW aims to de-stigmatise the experience of chronic pain and reduce the sense of isolation and suffering of people in pain.

It will include a range of awareness raising and educational opportunities across Australia, with this year's NPW conference to be held in Sydney on 29 July. For more information, visit [www.nationalpainweek.org.au](http://www.nationalpainweek.org.au)



## [Taking Control of Chronic Pain: A Residential Retreat](#)

Petra King and Dr Coralie Wales invite people with chronic pain to join them for a retreat to learn how to reclaim life. Designed to give people the tools they need to become confident in living life despite the pain, topics covered include neurobiology of pain and pain management strategies.  
When: 14-18 November

For more events please see our website [www.painaustralia.org.au](http://www.painaustralia.org.au)