2011 FPM Spring Meeting

An exploration of Pain & Musculoskeletal Polemics – Policies, Procedures and Pragmatics

Registration Brochure

October 28-30, 2011
Canberra Hyatt Hotel
The organising committee takes pleasure in inviting your participation in the 2011 Spring Meeting of the Faculty of Pain Medicine, to be held at The Canberra Hyatt from 28 – 30 October 2011.

The theme of the meeting is “An exploration of the Pain & Musculoskeletal Polemics – Policies, Procedures and Pragmatics”. This apparently unusual theme explores the challenging and controversial interface of whether “musculoskeletal” pain is generated peripherally or within the central nervous system, a question with major theoretical and practical implications. Of course, as would befit any political discussion in Canberra, the answer may well be that the whole is greater than either alone!

Our Visitor, Professor Lars Arendt-Nielsen of Denmark, is of international renown for his scientific study of the neurophysiology of peripheral musculoskeletal injury, the central nervous system responses to this, and their relationship to chronic pain. He will share with us his insights for quality pain management.

There is also a line-up of internationally well-known Australian and New Zealand speakers who will address the “peripheral vs central” polemic in this field. There will be plenary sessions and topical sessions aimed at exploring policies around pain practice, and providing pragmatic pain management strategies.

The meeting intends to attract pain medicine physicians, rehabilitation physicians, musculoskeletal physicians and indeed anyone interested in this unique theme of “An exploration of Pain & Musculoskeletal Polemics – Policies, Procedures and Pragmatics”.

Thanks are extended to our sponsors and exhibitors for their generous support of the meeting.

Dr Geoff Speldewinde
Convenor

A big welcome is extended to all who can come to what will be a Capital Program in Canberra for our Annual Spring Meeting. Dr Geoff Speldewinde and his scientific advisory committee have put together an exciting program with topics that will ensure something in it for all disciplines. We are lucky to have Prof. Lars Arendt-Nielsen from Denmark as our overseas guest speaker, well complemented by local experts. The program includes an opening debate which will examine the very important topic as to whether the sensitisation in pain is mostly central or peripheral, and whether the distinction even matters. As always, there will be a great social program at which the usual catchup with colleagues and friends can take place, this being where many tips are shared. I look forward to seeing many of you there.

Dr David Jones
Dean, Faculty of Pain Medicine
Professor Lars Arendt-Nielsen

Professor Lars Arendt-Nielsen, dr. med. sci., Ph.D., is founder and director of the international Center for Sensory-Motor Interaction (100 employees, 70 Ph D students enrolled), Aalborg University, Denmark.

The research focus is on 1) translational pain research, 2) experimental methods for the assessment of pain from skin, muscles and viscera in healthy volunteers and pain patients, 3) interaction between muscle pain and motor control, 4) development of human biomarkers for screening of new analgesic compounds in humans (volunteers and patients), and 5) proof-of-concept studies on new analgesic and anti-inflammatory compounds.

Dr. Arendt-Nielsen has established a highly advanced, research based clinical trial unit providing test facilities for screening analgesic and anti-inflammatory compounds in early and late development.

Dr. Arendt-Nielsen has delivered over 250 keynote lectures at international meetings and seminars and published more than 750 papers on experimental and clinical pain research in international peer reviewed journals.

Professor Kathy Eagar

Professor Kathy Eagar is Professor of Health Services Research and Director of the Australian Health Services Research Institute (AHSRI) at the University of Wollongong Australia.

Kathy has over thirty years experience in the health and community care systems, during which she had divided her time between being a clinician, a senior manager and a health academic. She has authored over 350 papers on management, quality, outcomes, information systems and funding of the Australia and New Zealand health and community care systems. AHSRI has a team of over 50 researchers covering 19 disciplines and includes eight research centres including the Centre for Health Service Development (CHSD), the Australasian Rehabilitation Outcomes Centre (AROC), the Palliative Care Outcomes Collaboration (PCOC) and the National Casemix and Classification Centre (NCCC).

In 2008 Kathy was awarded an honorary fellowship of the Australasian Faculty of Rehabilitation Medicine, Royal Australasian College of Physicians and in 2010 she was awarded Honorary Life Membership of the Australian Healthcare and Hospitals Association in recognition of a significant, long-term contribution to the Association as well as to healthcare in Australia.
Professor Graeme Jones

Dr Jones attended Sydney University graduating with first class honours in Medicine in 1985. He then did training in Internal Medicine and Rheumatology in Sydney and Newcastle. He became a fellow of the Royal Australasian College of Physicians in 1991. While at Newcastle he also did a Masters degree in Clinical Epidemiology. He then moved to the Garvan Institute in Sydney where he completed a doctorate in Osteoporosis Epidemiology in 1994. He is also a fellow of the Australian faculty of Public Health Medicine. Since 1995 he has been in Hobart, Tasmania where he combines clinical practice and research. He is currently Professor of Rheumatology and Epidemiology and Head of the Musculoskeletal Unit at the Menzies Research Institute as well as Head of the Department of Rheumatology at Royal Hobart Hospital. An NHMRC Practitioner Fellowship funds his position. He is also the current Medical Director of the Arthritis Foundation of Australia. He has received grants from competitive and non-competitive sources totaling over $11 million dollars and has published >200 articles primarily on the epidemiology of osteoporosis and osteoarthritis. He has received awards and given numerous oral presentations at the annual scientific meetings of the American Society for Bone and Mineral Research, the American College of Rheumatology, OARSI and EULAR. His current research interests are the development of peak bone mass and fracture aetiology in children, genetic and environmental risk factors for osteoarthritis, health promotion, the role of environmental factors such as diet and physical activity in osteoporosis and fractures in the elderly, clinical trials and meta-analysis.

Dr Lorimer Moseley

Professor of Clinical Neurosciences & Chair in Physiotherapy, The Sansom Institute for Health Research, University of South Australia, Adelaide and Senior Research Fellow, Neuroscience Research Australia, Sydney, Australia

Lorimer leads the Body in Mind research groups, at UniSA and NeuRA. His research investigates the role of the brain and mind in chronic pain disorders. After eight years of solely clinical practice he turned to research. After his doctorate, he was an NHMRC clinical research fellow at UQ/Royal Brisbane Hospital. In 2004, he was appointed Nuffield Medical Research Fellow at Oxford University, UK. In 2007 he was judged by the International Association for the Study of Pain to be the outstanding Clinical Scientist working in a pain-related field. He returned to Australia in 2009. He has written over 80 papers, two books and a dozen book chapters.
Dr Bruce Shadbolt

Bruce is director of the Centre for Advances in Epidemiology & IT at the Canberra Hospital. He’s dedicated the last 15 years to supporting innovative approaches to health outcomes research in clinical practice. He has published many peer reviewed publications in the field, and co-convenes the Australian Health Outcomes conferences over the past 13 years.

Bruce has a conjoint appointment with the ANU Medical school and teaches within the evidence-based medicine sub-program. He supports many student, registrar and locally designed research projects through advice on study design and biostatistical analysis of data.

In addition to locally based research, Bruce is a member of many national and international collaborations. In 2007, his PHT methodology was commercialised as part of the DiscoverQuick system. The methodology and system are the tools being used in many of these studies. The system and the findings from the studies have won numerous awards and have significantly influenced the direction of clinical practice since being launched. The most recent being his work on the best method of weaning pre-term babies off CPAP, and a sustainable model to achieve remote surveillance of patients post-joint replacement.

Associate Professor Michele Sterling

Associate Professor Michele Sterling is Associate Director, Centre for National Research on Disability and Rehabilitation Medicine (CONROD), The University of Qld, a NHMRC Senior Research Fellow and a Fellow of the Australian College of Physiotherapists. Michele’s main focuses of research are: the biological and psychological factors underlying whiplash associated disorders; the prediction of outcome following whiplash injury, improving the timing and nature of interventions for musculoskeletal pain and injury and the translation of research findings to clinical practice.

She has received over $7M in competitive research funding and has published over 80 scientific papers and 2 books in the area of whiplash and musculoskeletal pain. She was awarded a UQ Research Excellence Award in 2005.
An exploration of Pain & Musculoskeletal Polemics – Policies, Procedures and Pragmatics
Friday 28th October 2011

0800 – 0900 REGISTRATION

0900 – 1030 OPENING WELCOME

Forum/Debate: Is it peripherally generated musculoskeletal, centrally generated neuropasticity pain, or does it matter?

MSK: Graeme Jones, Nikolai Bogduk, Michele Sterling, Lars Arendt-Nielsen

Pain: David Jones, Milton Cohen, Stephan Schug, Lorimer Moseley

Audience Q & A

1030 – 1100 Morning Tea

1100 – 1200 PLENARY LECTURE

Soft-Tissue Pain – The known reality/mechanisms
Lars Arendt-Nielsen

1200 – 1300 Lunch

1300 – 1430 TOPICAL DISCUSSION SESSIONS

Topical Session 1: Medicating MSK pain – under a strain? The evidence
Stephan Schug

Topical Session 2: Motivational interviewing – How to generate change in ‘one’ consultation
Speaker to be confirmed

1430 – 1500 Afternoon Tea

1500 – 1700 LECTURE SESSIONS

Interventions in pain practice – A history
Nikolai Bogduk

Osteoarthrosis and widespread arthralgias – is it a peripheral or central problem?
Graeme Jones

1700 – 1900 Cocktail Reception

Saturday 29th October 2011

0830 – 0900 REGISTRATION

0900 – 1100 LECTURE SESSIONS

Neuroplasticity and the MSK system
Lorimer Moseley

Mechanism of MSK Pain – Implications for treatment
Lars Arendt-Nielsen

1100 – 1130 Morning Tea

1130 – 1230 LECTURE SESSION

Mechanisms of movement-related pain, implications for physical rehabilitation
Michele Sterling

1230 – 1330 Lunch

1330 – 1500 TOPICAL DISCUSSION SESSIONS

Topical Session 3: Explain pain
Lorimer Moseley

Topical Session 4: Ketamine - A move towards a national consensus?
Eric Visser

1500 – 1530 Afternoon Tea

1530 – 1700 LECTURE SESSIONS

National pain outcomes initiative
Carolyn Arnold

Measuring pain outcomes and political dimensions of Pain Management
Kathy Eagar

Moving health outcomes beyond comparisons to collaborations
Bruce Shadbolt

1900 – 2200 Conference Dinner
**Medicating MSK pain – under a strain? The evidence**

The evidence for pharmacological management of musculoskeletal pain is much better for the acute than the chronic setting. Overall, paracetamol, non-selective NSAIDs and selective coxibs as well as opioids in selected cases are recommended in the acute setting. Selection is dependent on severity of pain, adverse effect profile and comorbidities of the individual patient. In the chronic setting, the situation is more complex and most pharmacological agents show either increased organ toxicity with long-term use or data on efficacy are lacking.

**Motivational interviewing – How to generate change in ‘one’ consultation**

There is increasing emphasis on the therapeutic value of the consultation process. There are also many psychological, neuropsychological, and neuroplasticity-related constructs (such as fear-avoidant behaviors, readiness-for-change, central brain responses to persistent pain) that clinicians can use in a constructive albeit brief consultation.

This session will describe common, well-recognised ‘simple’ basic counseling strategies including Motivational Interviewing with some relevant and practical take-home strategies.
The positive impact of the content and educational style of “Explain Pain” as an effective psycho-educational tool for both patients and health professionals has been seen internationally. This has been based on increasingly robust scientific studies for both the content and manner of the educational delivery.

This topical session will expand on the scientific knowledge and conjecture behind the development of the use of ‘neuroplasticity’ and the central pain-system modulation of persistent pain conditions, and demonstrate the education of patients of such knowledge and insights.

Ketamine is an NMDA receptor-channel antagonist useful for the treatment of ‘opioid resistant’ pain states, including neuropathic pain. It’s best considered an ‘anti-hyperalgesic, anti-alldyic and tolerance-protective’ adjuvant agent, rather than a ‘first-line’ analgesic per se. There’s reasonable evidence to guide the appropriate use of ketamine in acute and cancer pain, however the data are limited for chronic non-cancer pain. Ketamine lozenges and intra-nasal preparations have been developed and require further study.

Some practitioners use ketamine as an ‘opioid substitute’ for outpatient use, but at what cost? Ketamine is addictive and has long-term psycho-active effects. A ketamine urotoxicity syndrome has also recently been described.

We’ll discuss clinical scenarios and consider the development of national consensus guidelines for appropriate ketamine use.
A limited number of rooms have been booked at the Hyatt Hotel Canberra at a group discounted rate. Bookings should be made directly with the hotel using the enclosed accommodation booking form. Accommodation options are outlined as follows:

**Room rates**

**Park King**
- Single Rate: $295.00 per room per night including 1 fully cooked breakfast
- Double Rate: $330.00 per room per night including 2 fully cooked breakfasts

**Regency Club King**
- Single Rate: $375.00 per room per night including access to the Ambassador Lounge
- Double Rate: $450.00 per room per night including access to the Ambassador Lounge


The accommodation terms and conditions, including information on payment and cancellations are outlined on the accommodation booking form.

**Getting to the Hyatt Hotel Canberra**
- **From Canberra Airport:**
  - Canberra Airport - 9 kilometres, 10 minutes by car
  - Taxi: Cost approx $20.00
- **From Sydney:**
  - Three-hour drive south of Sydney via the Hume and Federal Highway

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**SOCIAL**

**Cocktail Reception**
Following Friday’s plenary session, a cocktail reception with drinks and canapés will be served in the Federation Ballroom South at the Hyatt Hotel Canberra. Here you will have the opportunity to catch up with colleagues and friends, while enjoying wonderful live music.

This event is included in the Full Registration fee. Additional tickets can be purchased at $70 for adults.

**Conference Dinner**
The Conference Dinner will be held on Saturday 29 October in the ANZAC Hall at the Australian War Memorial. ANZAC Hall houses some of the largest items in the Memorial’s collection. Dine amongst the Memorials collections including G for George, the famous World War II Lancaster Bomber.

This event is included in the Full Registration fee. Additional tickets can be purchased at $150.00
Organising Committee
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Dr Guy Bashford Co-Convenor

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