

What is the European Pain Federation EFIC®?

The European Pain Federation EFIC® is a multidisciplinary professional organisation in the field of pain medicine, consisting of 36 National Pain Societies that are Chapters of the International Association for the Study of Pain in these European countries. Established in 1993, EFIC represents Pain Societies from 36 countries with some 20,000 basic scientists, physicians, nurses, physiotherapists, psychologists and other healthcare professionals, who study pain or treat patients suffering from pain.

Aims of the European Pain Federation EFIC

EFIC's aims are to advance research, education, clinical management and professional practice related to pain, and to serve as an authoritative, scientifically based resource concerning policy issues related to pain and its management.

EFIC Activities

- **THE EUROPEAN JOURNAL OF PAIN (EJP)**

The European Journal of Pain has been published since January 1997, has an Impact Factor of 3.218 and is ranked as follows by ISI (*©Thomson Reuters Journal Citation Reports, Science Edition (2013)*): No. 6 in the category Anaesthesiology; no. 51 in the category Clinical Neurology; and No. 111 in the category Neurosciences. It currently publishes 10 volumes per year and is cited in Pub Med and other leading scientific reference services on the web. The online subscription to the EJP is free of charge for National Society Members and can be claimed by registering at the [official website of the European Pain Federation EFIC](#). More information on the printed version of the EJP can be found on the [EJP website](#).

- **THE “EUROPE AGAINST PAIN” INITIATIVE (EAP)**

Launched in 1991 at the European Parliament, the concept behind the “Europe against Pain” (EAP) initiative is to focus on activities at European Union level, in order to use EU institutions and programs in the field of public health to leverage our efforts at influencing knowledge, opinion, and ultimately policy and practice concerning pain at both pan-European and national levels. This initiative brings together pain professionals, patients, and industry to work towards the common objective through the agreed modalities. These partnerships undertake educational and European public affairs activities with the view to raise the profile of pain on future health agendas in Europe.

This is achieved through:

Informative Tools

The 1st step, essential to all aspects of the EAP initiative, was the preparation of information resources on pain and its management. The European Pain Federation EFIC produces on a periodical basis and for specific campaigns, various information resources including:

- Briefing packets (media packs) for representatives who will meet face-to-face with EU decision makers.
- Compilations of existing published data on pain and its costs in Europe in an easily accessible summary format.
- Other information for pain patients and the general public on the steps to pain treatment.

Network Dissemination

EFIC has identified and is in contact with key decision makers in the European arena. EFIC has recruited skilled and high profile spokespersons from among the members of EFIC, willing to represent our message effectively. This network enables the planning across Europe of the “European Year Against Pain (EYAP)”. In addition, EFIC's biennial pan-European conference is an appropriate venue to announce the continuing EAP plans.

- **THE EUROPEAN YEAR AGAINST PAIN (EYAP)**

Each year, EFIC launched a centrally coordinated event, namely “The European Week against Pain (EWAP)”. The first European Week against Pain was launched at the European Parliament in 2001 and since then, European Chapters from all over Europe have held national activities each year during the defined week to gain attention amongst the medical community, the general public, and local media. Each EWAP has a defined theme and EFIC provides briefing packs on that theme, so that a general message can be unified across Europe. In 2011 EFIC promoted the theme “Chronic Back Pain”.



From 2012 onwards, the EWAP has become “The European Year Against Pain” and the respective themes of 2012 “Visceral Pain”, for the year 2013 “Orofacial pain” and for the year 2014 the theme will be “Neuropathic Pain”.

- **PAIN IN EUROPE – EUROPEAN PAIN FEDERATION EFIC CONGRESS**

Since 1995, the European Pain Federation EFIC has held 8 congresses with the next congress “Pain in Europe IX” planned in Vienna on 2-5 September 2015. The congress has become a popular forum in Europe attracting over 4,000 participants. Congress participants are mainly from Europe, but with representation from 74 countries worldwide in 2013, the congress can be viewed as an international educational exchange on pain issues. For further information on the next congress, please consult the [EFIC website](#).

- **EDUCATIONAL INITIATIVES**

Fellowship for Members of East European EFIC Chapters: Individual fellowships for medical doctors supporting trainings at important European pain centres to learn and practice clinical pain management. Application forms can be found on [our website](#).

EFIC Pain Schools: EFIC Pain Schools are aimed at young European medical doctors and paramedical personnel who are interested in the field of pain and want to get more experience. These are at least 4-5 days international schools regarding treatment of pain patients and all aspects of pain development. To be eligible for the school, you need to be a European Pain Federation EFIC Chapter member. Successful applicants may be eligible for a grant.

Master Classes: Advanced-level courses aimed at European medics who have at least 2 years of experience in chronic pain management. All courses will be taught in English so proficiency in English is required. Successful applicants may be eligible for a travel and accommodation grant. Master classes will be announced on [our website](#).

Educational Support Grant: The European Pain Federation EFIC carries out a programme of “bottom up” educational support grants to improve the scope and availability of education of pain clinicians of all disciplines with regard to pain and its management in Eastern Europe. The projects can act as pilot programs for further development of education projects. Application for grants has to be submitted at least 6 months before the beginning of the project. Grants will not be awarded to projects that are not outlined in detail and are in the planning stages only. Moreover, specific start and completion dates will be required.

- **EFIC GRÜNENTHAL GRANT (E-G-G)**

These biennial grants totaling €200,000 from the European Pain Federation EFIC in cooperation with Grünenthal GmbH, Germany, are aimed at supporting young scientists in carrying out innovative and exploratory clinical pain research projects in any European Pain Federation EFIC chapter country. The decision on the awarding of grants is made entirely by the Committee on Research. Research grants are intended for clinical and human experimental research projects on the subject of pain. Research grants are valued at up to €40,000 per project. The duration of projects should not be longer than two years. Further information and the online application procedure can be found on the [EGG website](#).

- **SYMPOSIUM "THE SOCIETAL IMPACT OF PAIN (SIP)"**

The European Pain Federation EFIC is firmly convinced of the importance of discussing the 'Societal Impact of Pain' with authorities, insurances, budget holders, and strategic decision makers within national health care systems.

In order to provide a platform for this discussion, the Symposium "The Societal Impact of Pain (SIP)" has been initiated. The scientific framework of the two-day event is designed under the responsibility of the European Pain Federation EFIC. Grünenthal is responsible for logistic support, preparation and organisation. The objectives of the symposium are to discuss the key challenges, goals, policy instruments with budget holders, strategic decision makers, and representatives of stakeholder organisations to improve pain care in Europe.

For managers and administrators involved in strategic decision making on pain related issues from the perspective of national health care systems the symposium will be a good opportunity to network and share best practices with health care authorities, insurances, budget holders from all over Europe. For



health care professionals, patient and consumer representatives the symposium will form a platform to interact and present their work on improving pain care. For further information see the [SIP website](#).

European Pain Federation EFIC Website and Social Media

European Pain Federation EFIC's website has been restructured in 2012 and contains information on all EFIC National Chapters, general information on pain, our main activities and initiatives, publications, meetings and congresses of our organisation and announcements of other pain meetings in Europe, plans in education and research and news alerts. Additionally, the European Pain Federation EFIC has launched its presence on [Facebook](#) and [YouTube](#) and also maintained an active [Twitter](#) account during the 8th EFIC Congress 2013.

European Pain Federation EFIC Newsletter

The European Pain Federation EFIC produces a quarterly electronic newsletter outlining various activities of our organisation, reports on achievements, past and upcoming events as well as highlights in research and education. Subscribing to the newsletter is possible on [our website](#).

European Pain Federation EFIC Executive Board 2014-2017

Dr. Chris Wells, President, UK

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Ass. Prof. Nevenka Krcevski-Skvarc, M.D., Honorary Secretary, Slovenia

For any further information regarding EFIC, please consult [our website](#) or contact our office:

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