Dear Friends of EFIC®!

First I want to correct a small error in my last contribution, smartly noted by one reader (thanks, Amanda). I inadvertently referred to the President as he (as at present), whereas the Presidency is of course open to both sexes and all health care professionals, and we hope that in the future (like in the USA?) we will have a lady president. We are proud of the excellent representation of females on our many and busy EFIC committees.

The committees are a most important part of the European Pain Federation, and many have been particularly busy this year. The Scientific Programme Committee, chaired by Chris Eccleston, have just completed their work in developing an excellent programme for our biennial congress in Vienna which you can view online. There are sessions of interest for all, often following the tagline of “translating evidence into practice”, but also including subjects of interest from clinicians to scientists alike. Over 1000 poster contributions have been accepted, and there is also a great refresher course on 2nd September that should not be missed. You are still in time to take advantage of the early registration deadline until 6th May.

The Education Committee, chaired by Andreas Kopf, have also been working hard to select delegates to receive bursaries for our four EFIC pain schools, for which we spend € 70,000 a year in support. They are also actively engaged in looking at training and certification for pain as a specialty, initially with doctors, but also to consider other health care professionals in the future.

Under the mantle of the Scientific committee (chair Luis Villanueva) comes the selection of the EFIC Grunenthal grant recipients, who will be presented at the EFIC 9th congress in Vienna. There have been over 100 innovative and groundbreaking applications, and the best 20 are now being considered for selection of the final winners. With so many varied and interesting sessions at the conference, I am sure you will not want to miss it, and I hope to see you there!

My thanks to all our able committee Chairs, and their hard working committee members, you all do a great job and your efforts are much appreciated.

With best wishes,
Chris Wells
President of the European Pain Federation EFIC
Dear readership,

Once again this newsletter reaches you after a time of the festivities and the holidays linked to Easter. Maybe some of you even organized or joined an Easter egg hunt. For some reason I always find some links with our daily work in pain management and/or pain research.

According to Wikipedia, the egg was a symbol of the rebirth of the earth in pre-Christian celebrations of spring. However, the Easter egg itself was defined by early Christians as an Easter symbol of the resurrection of Jesus: the egg symbol was likened to the tomb from which Christ arose. In these traditions and symbols, I find some analogies between the Easter egg hunt and our ongoing search for the causes of chronic pain. Indeed, we are hunting, assessing, examining and imaging our patients. Great is our joy when we find some mechanisms, generators or anatomic disturbances, which might explain the pain. Less joyful is the sobering reality of lack of efficacy of many of our interventions. Accepting the biopsychosocial paradigm of chronic pain makes life more easily. Maybe, we should not send our patients on an (Easter) egg hunt but should help them to go immediately for the more optimistic (Easter) bunny and improve their quality of life without the frustration and disappointments of finding hollow eggs over and over.

With these reflections in mind I wish you a good read.

Bart Morlion
Editor European Pain Federation EFIC Newsletter

In Memoriam: Jean-Marie Besson

Jean-Marie Besson, founding member and president of the IASP between 1996 and 1999, died in Paris on December 24, 2014, at the age of 76. Jean-Marie has been a pioneer and a great figure of pain research for more than 25 years, leaving behind an extraordinary scientific legacy. In particular he had a major role in both the investigation of the spinal mechanisms of action of morphine and the characterization of descending pain modulatory systems.

Jean-Marie Besson was born in Belfort, eastern part of France, on June 28, 1938. He earned his doctorate in pharmacy at Nancy University in 1962 and then moved to Paris to complete a PhD in Neuroscience in the laboratory of Denise Albe-Fessard where he was trained in neurophysiology and neuropharmacology. Jean-Marie was appointed a full time researcher at the CNRS (Centre National de la Recherche Scientifique) in 1964 and was promoted director of research in the same institute in 1972. From 1976 to his retirement in 2003, he was the director of the Inserm laboratory of "Neurophysiology and Pharmacology". The famous Jean-Marie's Inserm unit 161 has been a unique place for pain research, where dozens of students, researchers and clinicians not only from France but also from all over the world were trained each year.

Jean-Marie not only created a large and still very active school of pain researchers, but also played a major role in the development and organization of both neuroscience and pain medicine in France, as a founding member of both the French Neuroscience Society and the French Pain Society (IASP chapter). During his extraordinary scientific career, Jean-Marie Besson received numerous honors and awards including two Bristol-Myers-Squibb prices, the JJ Bonica IASP award and the Frederic Kerr award from the American Pain Society.
In addition to his scientific skills, Jean-Marie's exceptional human qualities including his sincere interest in others, his legendary affability combined with a remarkable modesty, explain his immense popularity with his colleagues and his amazingly large number of students. The pain community has lost one of the main leaders in the field. It was a privilege for some of us to have known and learnt from this distinguished wonderful mentor and friend.

Didier BOUHASSIRA, MD, PhD.
President of IASP French Chapter (SFETD)

Luis Villanueva, DDS, PhD
Treasurer, Executive Committee of IASP French Chapter (SFETD)
Chair, Committee on Scientific Research, European Pain Federation (EFIC)

EFIC on Facebook

Are you a fan of the European Pain Federation EFIC on Facebook?

Join our community online and stay up-to-date on recent developments, grants and all other news related to the European Pain Federation EFIC as well as the pain research and pain medicine sector. Is there anything else you would like to see on our Facebook page? Then please feel free to let us know!

European Journal of Pain – News & Editor’s Choice Articles

By Bettina Haake-Weber and Hermann O. Handwerker

European Journal of Pain is online-only since January 2015

The key feature is the “enhanced HTML” format, which enables the subscriber to transfer articles to various kinds of portable devices, we have an “anywhere article”!  One may jump between different sections of an article, export citations into a reference managing system, or link directly to “supporting Information” and cited references. The new portable HTML format opens the possibility to download figures in Powerpoint format for lecturing.

Outlook

In 2016 the European Journal of Pain will celebrate its 20th anniversary. By that time a new editor-in-chief will probably be in position, following the actual editor-in-chief, Hermann O. Handwerker, Erlangen, Germany.
EJP Editor's Choice articles March 2015

Are you a subscriber of the European Journal of Pain? If not, you can still download the Editor's Choice articles for free on the EJP website.

Please read on to find out which articles are featured in this section in March 2015:

Self-report pain and symptom measures for primary dysmenorrhoea: A critical review

Databases:
- Databases including PubMed, PsycholINFO, Cumulative Index of Nursing and Allied Health Literature, and Health and Psychosocial Instruments were searched for self-report symptom measures that had been used among women with either primary dysmenorrhoea or perimenstrual symptoms.
- A total of 15 measures met inclusion criteria and were included in the final analysis.

What does this review add?
- This paper addresses a void in the literature by critically reviewing content and psychometric properties of self-report pain and symptom measures for the common, but understudied problem of primary dysmenorrhoea.
- The findings may direct further development and validation of a comprehensive symptom measure for descriptive and intervention research on primary dysmenorrhoea.


What's already known about this subject?
- In inflammation and trauma, a variety of inflammatory mediators such as prostaglandin E2 (PGE2) are released locally, often accompanied by tissue acidosis.
- The combination of low pH and PGE2 has synergistic effects on nociceptor activation as assessed electrophysiologically in rodents.
- Combined application of PGE2 and pH provokes delayed pain upon injection in muscle and skin of human volunteers.

What does this study add?
- Silent nociceptors (CMi fibres), but not mechano-sensitive nociceptors (CMH, polymodal nociceptors), appear to be crucially involved in sensitized pain responses to low pH induced by PGE2 in humans.
- The sustained discharge of silent nociceptors is a candidate mechanism to explain sustained pain following injection of combined low pH and PGE2 in humans, and is thus critically involved in chronic inflammatory pain.
- Longer lasting and more intense discharge evoked by low pH combined with PGE2 does not correlate to the magnitude of heat sensitization. This indicates different molecular mechanisms of evoked ongoing discharge and sensitization of heat transduction.

You can access all Editors’ Choice articles from past issues for free via the journal’s website.
Report on EFIC Winter Cancer Pain School, Liverpool, 4th-7th November 2014

By M. L. Sharma

The EFIC Winter Cancer Pain School team of the Pain Relief Foundation was delighted at the opportunity to organize this educational activity on behalf of EFIC. The Pain Relief Foundation team felt well supported by EFIC secretariat and European Faculty in this venture as well as from The Walton Centre and The Woodlands Hospice teams from Liverpool.

Overall, it was a highly successful event with good interaction between the faculty, the delegates and patients offering a good overview of cancer pain management. The course organization, delegates’ selection and communication process worked well between EFIC, Pain Relief Foundation, The Walton Centre and The Woodlands Hospice.

Day one of the course gave a good foundation and background for this school by setting the scene and highlighting the treatment options, challenges and opportunities in cancer pain management including training issues in cancer pain management.

Day two was focused on the exposure to live cancer pain patients with hospice settings as a grand round with the opportunity to meet patients with cancer related pain; as well as exposure to an hospice environment and issues pertaining to managing these patients from clinical and psychological perspective and issues around offering interventions in hospice environment. Additionally, the visit to the Liverpool Football club and the debate on role of sedation for cancer pain was very well received and highly educational.

Day three then focused on what treatment can be offered to patients with cancer related pain covering a range of management options (surgical and non-surgical) and preparing and optimizing the patient’s condition before offering any pain interventions as well including issues pertaining to after care. The main focus of this day was again the collaborative approach between various disciplines to improve pain management.

Day four followed with interactive case presentations with concluding the course with issues around service developments issues for cancer pain and then summarizing the course’s learning objective as the last presentation.

EFIC Pain Schools Klagenfurt and Montescano

The European Pain Foundation EFIC is excited to announce the EFIC Pain Schools Klagenfurt and Montescano 2015. The European Pain Federation Pain Schools are courses aimed at young (preferably less than 45 years) European medical doctors and paramedical personnel who are interested in the field of pain and want to gain more experience. These are at least 4-5 days regarding basic treatment of pain patients and all aspects of pain development. To be eligible for the school you need to be a European Pain Federation Chapter Member.
EFIC Pain School Klagenfurt will take place on September 6-11, 2015; please view the program [here](#).
EFIC Pain School Montescano will take place on October 5-8, 2015; please view the program [here](#).

The deadline for both EFIC Pain Schools is May 1, 2015. For more information on the program as well as on how to register for the EFIC Pain Schools please click [here](#).

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**Enrico Greppi Award 2015**

The Journal of Headache and Pain welcomes submissions to the new thematic series for The Greppi Award 2015.

The Italian Society for the Study of Headaches (SISC) announces the competition of the Enrico Greppi Award 2015. The award will be granted to the best unpublished original paper dealing with clinical, epidemiological, genetic, pathophysiological or therapeutic aspects of headache. The prize amounts to €10,000 and is open to researchers of all nationalities. The papers must be submitted in accordance with the editorial instructions of The Journal of Headache and Pain. The winning article will be published ex officio in The Journal of Headache and Pain within three months of the Award presentation. The remaining papers are considered as submitted to The Journal of Headache and Pain and may be published after undergoing the peer-reviewing process. The 2015 Award is endorsed by the European Pain Federation (EFIC®) and the European Headache Federation (EHF). The winner will be invited to present the paper at the 9th Congress of the European Pain Federation EFIC®, to be held in Vienna on 2-5 September 2015.

Potential topics include the following aspects of headache: Clinical, Epidemiological, Genetic, Pathophysiological, Therapeutic.

**Submission instructions**

Before submitting your manuscript, please ensure you have carefully read the Instructions for Authors for The Journal of Headache and Pain. The complete manuscript should be submitted through the The Journal of Headache and Pain submission system. To ensure that you submit to the correct thematic series please select the appropriate section in the drop-down menu upon submission. In addition, indicate within your cover letter that you wish your manuscript to be considered as part of the thematic series on The Greppi Award 2015. All submissions will undergo rigorous peer review and accepted articles will be published within the journal as a collection.

**Deadline for submissions:** PLEASE NOTE THAT SUBMISSIONS ARE OPEN FROM MAY 15 TO MAY 31, 2015.
Meetings: Past and Future

By Arun Bhaskar

Past Meetings

It is raining heavily in Manchester (nothing new there) and snowing in the hills around us when I sat down to write this piece. It is a far cry from how it was a few hours ago in the beautiful city of Vienna, where spring is in the air with the gardens around the Belvedere palace blooming with crocus and snowdrops and the sun shining brightly. I had the honour and pleasure of speaking at the 19th International Pain Meeting titled Schmerztherapie Chancen und Risiken held at the Hotel Renaissance Imperial Riding School in Vienna, organised by Prof. Hans Kress and Dr. Brigit Kraft. The meeting was kick-started by Prof. Bart Morlion speaking on the problems and pitfalls in managing pain in the elderly; Prof. Morlion highlighted that most pain clinicians would be dealing with more and more of these patients due to the increase in aging population and improved survival rates. I was particularly interested in the talk reviewing the evidence of the use of Ketamine in palliative care by Prof. Rudolf Likar, one of the directors of the highly successful Klagenfurt EFIC pain school. There were various talks of high standards giving updates on the recent developments in the field of restless leg syndromes, chronic pain states and advances in neuromodulation.

The 2014 Swiss Pain Meeting was held between 21-22 November 2014 in Montreux, Switzerland under the auspices of the Swiss Neuromodulation Society along with the Swiss Society for Interventional Pain Medicine (SSIPM) and the Neuromodulation Society of UK & Ireland (NSUKI). Dr. Christophe Perruchoud and Dr. Philippe Mavrocordatos hosted the meeting with support from Dr. Sam Eldabe and Mr. Roger Strachan, outgoing and incoming presidents of the NSUKI. There were several high quality talks on a variety of subjects including fibromyalgia, diabetic neuropathy and intrathecal drug delivery systems as well as the recent developments in neuromodulation, including spinal and deep brain stimulation systems. Prof. Narinder Rawal gave two talks on the management of post-surgical pain and the role of the surgeon as a risk factor in his own inimitable style and flair. Prof. Robert Levy reviewed the use of conventional, burst and high frequency spinal cord stimulation and dorsal root ganglion stimulation in the management of back pain and radicular pain. I am continually impressed by the talk on Placebo effects by Prof. Fabrizio Bennedetti and Dr. Hanne Albert gave us a talk on the controversial topic of the use of antibiotics in the management of back pain. The meeting also had several updates on various topics as well as a workshop on the use of ultrasound-guided interventions in chronic pain. The 2015 meeting in Montreux will be held in November and I shall inform you of the details in due course.

The Third Winter Symposium organised by the London Pain Forum was another successful meeting in January 2015, which brought together delegates from all over the world to Tignes, France for a week of symposia and discussions on various topics on pain and neuromodulation. The delegates and indeed the faculty also enjoyed a near perfect week skiing and snowboarding on the slopes, but it was also rich in scientific content attracting 16 CME credits. The discussions were lively and the atmosphere was splendid, creating the right balance of education and enjoyment. The meeting was to be inaugurated by Dr. Chris Wells, but due to unexpected and unavoidable personal reasons, he had to cancel his trip at the last moment. Dr. Wells was to give us an insiders’ view on the evidence base for interventions for neuropathic as he was a member of task force; he was kind enough to forward his presentation and also another one on the use of Botox for pain, which was presented to the delegates. Prof. William Wisden gave an informative talk on Pain, Sleep and Circadian rhythms and Dr. David McDowell gave an update on the medico-legal aspects of CRPS. Dr. Andrejz Krol presented his study on monitoring injection pressures whilst performing transforaminal epidurals and Dr. Christophe Perruchoud gave us a presentation on the resurgence of cryotherapy in pain medicine.

There were interesting topics like the outcomes of spinal surgery (Dr. Glyn Towlerton), neuropathic pain in cancer (Dr. Paul Farquhar-Smith), disc decompression treatment for spinal pain (Dr. Tony Hammond) and on intrathecal therapies (Dr. Ashish Gulve) which led to some stimulated discussion. Dr. Krol and Dr. Zielinski ran a workshop on ultrasound guided procedures and also on the interpretation of MRI and ultrasound imaging in chronic pain. The meeting had delegates from all over Europe including UK, Netherlands, Belgium, France,
Switzerland, Poland and Moldavia, but also from Australia, New Zealand, Middle East and India. The 4th Winter Symposium is to be held between 17-23rd January 2016.

Future Meetings

The 9th Congress of the European Pain Federation to be held in Vienna, Austria on 02-05 September and hopefully most of you have submitted a workshop proposal or a poster to the scientific committee. I hope most of you would try to make it to this meeting as we had a very successful meeting in Florence in 2013 and we should carry that momentum forward to Vienna to make it an even better one.
http://www.kenes.com/efic2015

There are several meetings in the coming months and I hope to see you all in at least some of them. I would like to extend a personal invitation to all of you to the vibrant city of Glasgow, Scotland where the Annual scientific meeting of the British Pain Society is being held on 21-23rd April, 2015 at the Scottish Exhibition and Conference Centre. There are a wide variety of topics that would interest the various sub-specialties and encompasses the multidisciplinary aspects of pain medicine. Scotland is not only famous for its whiskies and castles, but also has excellent seafood and other local produces and offers a variety of outdoor activities if you wish to spend a few days there. Further details of the ASM can be found here.
https://www.britishpainsociety.org/2015-asm

I hope at least some of you have submitted abstracts to the 5th International Meeting of the IASP SIG for Neuropathic Pain (NeuPSIG) to be held in Nice, France from 14-17th May 2015. The theme of European Year against Pain for 2014-15 is Neuropathic Pain and this gives us a platform to educate clinicians, other healthcare professionals and also the general public about neuropathic pain and also for us to learn more about the mechanisms and developments made in the treatment of neuropathic pain. Prof. Nadine Attal has brought together the who’s who in the world of neuropathic pain and the programme offers an insight into the latest developments made in this field. There are also several refresher courses covering relevant topics which provides an useful update for both new and experienced clinicians and researchers in the field of neuropathic pain. Details about the meeting and registration can be found here.
http://www.kenes.com/neupsig2015

The 17th International Headache Congress 2015 organised by the International Headache Society in Valencia, Spain between 14-17th May unfortunately clashes with the NeuPSIG meeting, but provides an excellent opportunity to explore new ideas and share knowledge with specialists in the field.
http://www.ihc2015.com

The 14th World Congress of the European Association for Palliative Care is between 08-10 May 2015 and I have been told that more than 800 posters have been submitted at this meeting. The MASCC/ISOO (Multinational Association of Supportive Care in Cancer/ International Society of Oral Oncology) Annual Meeting is being held on 25-27th June 2015 and would be of interest for people involved in managing cancer patients.
http://www.eapc-2015.org
http://www.mascc.org/mascc-symposia-more-2

The 12th World Congress of the International Neuromodulation Society is being held on 06-11th June 2015 at the Fairmont Queen Elizabeth Hospital, Montreal, Canada. This flagship meeting under the stewardship of Dr. Simon Thomson and Dr. Tim Deer provides the platform to highlight the developments and innovations in the rapidly evolving field of neuromodulation in pain management and functional medicine. Interestingly, the Canadian Grand Prix of the Formula One season is also being held during that time and it gives yet another reason for the petrol-heads amongst us to visit beautiful Canada.
http://www.neuromodulation.com/inscongress

The 10th Belgrade International Symposium on Pain (BISOP) will be held on 22-23rd May 2015 in Belgrade, Serbia. I am looking forward to my first trip to Belgrade, which is renowned for its warm hospitality. I hope to see members from the Balkan states and I would encourage everyone to try and support the local meetings of member countries of the European Pain Federation.
http://www.pain-belgrade.info
Finally, I am writing this as a response to queries from a few individuals who would like to set up an interventional pain service in their hospital, some of which are possibly new in that part of their country. They were specifically asking for cadaver courses to learn interventional techniques. The University of Birmingham Cadaver Workshop covers Lumbar, Pelvic and Lower limb procedures (X-ray guided and Ultrasound-guided) on 15-17th April 2015 and Cervical and Thoracic procedures including neuromodulation on 09-11th September 2015. Details can be found here.
http://www.interventionalpain.co.uk/programme.html

Another highly rated course in the UK is the Annual Leeds Hands-on Cadaver workshop to be held between 11-14th May 2015; this workshop covers lumbar, thoracic & cervical procedures and neuromodulation procedures over the first three respectively and a live demonstration of these procedures on day 4. Delegates can attend the course in part or full and the details of the course can be found here.
http://www.paincourse.co.uk

The World Institute of Pain conducts cadaver workshops as a preparation to the FIPP examination and the 6th International Evidence-based Interventional Pain Management Symposium is held in Maastricht, The Netherlands and Lanaken, Belgium between 03-05th June 2015 and the 20th Annual Budapest Conference is held between 24-26th August at the Kempinski Corvinus Hotel in Budapest, Hungary. The details of the meeting and the cadaver courses can be found here.
http://www.wipbenelux.org/r/wip-benelux
http://www.congressline.hu/pain2015

Stop press: I have just got information that the combined meeting of the neuromodulation societies of UK & Ireland, Germany and Switzerland as well as the Interventional SIG of the British Pain Society will be held in London between 6-8th November 2015. I look forward to meeting you at some of these meetings.
How did you enjoy the EFIC Newsletter 01/2015? Let us know at newsletter@efic.org. We look forward to receiving your feedback on this issue.

If you wish to unsubscribe from the EFIC Newsletter, you can do so here.

The next EFIC Newsletter will be published in July 2015. The deadline for contributions is June 15, 2015. All contributions must be emailed to Bart Morlion at bart.morlion@uzleuven.be.

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