



SEE YOU IN **BUDAPEST 2023**  
**PAIN IN EUROPE XIII**

PERSONALISED PAIN MANAGEMENT:  
THE FUTURE IS NOW



**13<sup>th</sup> CONGRESS OF THE  
EUROPEAN PAIN FEDERATION EFIC®**

20-23 SEPTEMBER 2023 | BUDAPEST, HUNGARY



EFIC-CONGRESS.ORG #EFIC2023

## EFIC NEWSLETTER 02 2022

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## WORD FROM THE PRESIDENT



Friends of the European Pain Federation EFIC,

Less than two months ago, I had the honor of welcoming the EFIC pain community to my hometown of Dublin for #EFIC2022. For many, it was the first time in over two and a half years where we had the opportunity to meet with European and international peers, to present our research and to listen and learn from the leaders in pain science in-person. The overwhelmingly positive feedback we received on the Congress shows that now, more than ever, coming together to

advance knowledge of multi-disciplinary and multi-professional pain science and management is highly valued by the European Pain Community. For the first time we also offered a hybrid format to the Congress allowing those of us who were unable to travel to Dublin for one of many reasons the opportunity to engage virtually in the Congress. A reminder to all registered delegates that you can still view the excellent plenary and topical workshops on the Congress platform until the end of July 2022. If you chose not to attend

EFIC has been busy consulting on and contributing to several advocacy projects in the past months. To find out more about why we engage in advocacy work, read [this case study](#) on how EFIC was involved in Europe's Beating Cancer Plan. I am also very pleased to present newly released resources from my presidents campaign "Plain Talking" which focuses on health literacy: three new video guides for healthcare professionals, patients and for the general public as well as a [PDF booklet available for download](#) can be found on our website now. A reminder that the videos can also be translated by national chapters - please contact Ángela Cano Palomares at [angela.palomares@efic.org](mailto:angela.palomares@efic.org) to learn more. [Read more about the #PlainTalking campaign here.](#)

Calling all early-career researchers: The EFIC-GRÜNENTHAL-GRANT 2023 is now open! Since 2004 the E-G-G has successfully funded over 65 innovative research projects, and the E-G-G's alumni have gone on to become leaders in their fields with many previous winners now holding prominent positions in the pain research community. [Find out more here.](#)

Whether you are currently recruiting for a new role, or your team is looking for a new member, consider listing your job opportunity with us to share it with the wider European Pain Community. [Find out more here.](#)

I hope that you, your families and colleagues are safe and in good health. Over the summer months I hope that you will be able to take a well deserved break to re-charge. Many thanks as always to those of you who contribute in so many ways to EFICs activities - it is much appreciated. At EFIC we will be busy planning for our upcoming Congress in 2023 and visiting several events in-person – from #IASP2022 in Toronto to WIP in Budapest as well as national pain society meetings taking place over the next few months.

Go raith maith agat (Thank you)

**Brona Fullen**  
**President European Pain Federation EFIC**

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## NEWS FROM THE FEDERATION





### Submit your workshop for #EFIC2023!

We are pleased to announce that workshop submission for the EFIC Congress 2023 – Pain in Europe XIII is now open! We look forward to receiving your suggestion for a session that considers relevance, general interest, quality of speakers, and balance of gender and nationality. [Find out more](#)

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EFIC-CONGRESS.ORG #EFIC2023

### Help us Improve the EFIC Congress in the Future

If you have NOT attended #EFIC2022 earlier this year, please take our short survey to let us know why. It only takes 2 mins! [Read more](#).

## EDUCATION

# European Pain Federation EFIC



## An update on the EDPN Exam

Our nursing working group has decided to go ahead with organising an exam for the European Diploma in Pain Nursing based on the [Core Curriculum](#) in spring 2023. Details and an exact date will be available in due course. [Find out more!](#)

## EFIC ACADEMY



**#EFICACADEMY  
SESSION TO WATCH**

**Cancer-related pain**

Managing common non-pain symptoms at end of life  
**Sam H. Ahmedzai**

Pain management at the end of life- Case presentation  
**Manohar Sharma**

Pain management at the end of life- Evidence and practice  
**Nevenka Krcevski Skvarc**

**FIND OUT MORE:**  
[academy.europeanpainfederation.eu](https://academy.europeanpainfederation.eu)

### New sessions released

On the EFIC Academy Education platform we regularly release new sessions, and now you can learn more about Cancer-related pain via the three recordings [here](#). The sessions are for Academy members only, but if you are not a member yet, you can easily sign up [here](#).

## ADVOCACY

### Health Literacy – Plain Talking Campaign

As part of the next phase of the Plain Talking campaign, the HL Working Group will be looking to translate all the materials developed so far, such as the Plain Talking Booklet and the Health Literacy

Guides Videos, which you can find on our website [here](#). On the other hand, the Working Group, will revisit the idea of developing a book called 'The Journey', which will be a roadmap for treatment and will prepare the person with pain for the experiences they're likely to encounter. Patient representatives, as well as other healthcare professionals, from multiple disciplines will be involved in the process.



priorities of the Societal Impact of Pain platform.

[Read more.](#)



## The second SIP National Platform call of 2022 took place on 11th May

The second SIP National Platform call for 2022 took place last week on the 11th of May. During the meeting, participants had the opportunity to hear about SIP's cancer workshop and informal meeting at the EFIC 2022 congress in Dublin, Ireland; hear latest updates on the EU Health Data Space; listen to the RMWG strategy plan and discuss SIP's policy and advocacy plans for ICD-11 and ICF. [Read more.](#)

## SIP hosted a workshop on cancer-related pain at #EFIC2022

On the 27<sup>th</sup> of April, SIP hosted a workshop related to its policy recommendations for cancer-related pain at the 2022 European Pain Federation Congress in Dublin, Ireland. [Read more!](#)



## SIP met at #EFIC2022

The Societal Impact of Pain held a hybrid meeting at the European Pain Federation congress in Dublin, Ireland. Attendees participated in an active discussion about SIP and its activities, shared knowledge from the SIP National Platforms, and discussed the future of SIP. [Read more!](#)

## The event report from SIP's Digital Health event is now available!

On 31st March 2022, the Societal Impact of Pain Platform, hosted a multi-stakeholder virtual event with over 100 registrants entitled "How can digitalising health services reduce the societal impact of pain?" The event was supported by MEP Sirpa Pietikäinen (EPP, Finland); and MEP Susana Solís Pérez (Renew, Spain). [Read more!](#)



Download now!  
SIP Position Paper on  
Digital Health:  
Pain Assessment and  
Quality Indicators



## SIP presents its Position Paper on Digital Health

The Societal Impact of Pain SIP has published its position paper on Digital Health. The paper



### **IMI-PainCare**

Find out more about the progress of IMI-PainCare, a public-private partnership supported by the European Union to improve the care of patients with acute or chronic pain. EFIC is one of about 40 partners of this consortium. [Read more](#)

### **EFIC Pain Scientist Network**

The European Pain Federation EFIC represents the pain science community at the European level, promoting basic, translation, and clinical research into pain and providing a forum for pain research collaboration. To this end, EFIC has launched its [Pain Scientist Network](#) which you can join now! [Read more](#)



### **Apply for the EGG 2023 NOW!**

Are you an early career scientist looking to launch your career in pain research? Then make sure you apply for the EFIC-GRÜNENTHAL-GRANT (E-G-G) 2023. Grünenthal supports the E-G-G 2023 with a maximum of €110,000, and each grant will have a maximum value of €50,000. Research Grants are intended for clinical and human experimental pain research including innovative educational initiatives aimed at improving diagnosis and treatment of pain. [Read more](#)

**Pain in Older People – Article by Gisele Pickering, EFIC Research Committee Chair!**

With IF 3.93/4.03, the European Journal of Pain it is now ranked Q1 in Anaesthesiology and Clinical Neurology. In this issue of the Newsletter I draw your attention to 10 very recent EJP papers published during the last trimester and available in PubMed. I hope they will be of interest to you and hopefully lead you to read some of them in full. And look for others in the EJP!

**Long-term observational studies with cannabis-based medicines for chronic non-cancer pain: A systematic review and meta-analysis of effectiveness and safety.**

Bialas P, et al. Eur J Pain 2022 Jul;26(6):1221-1233. doi: 10.1002/ejp.1957.

*There is very low quality evidence for the long-term effectiveness (pain, sleep, mood, health-related quality of life), tolerability and safety of medical cannabis for chronic non-cancer pain (CNCP) according to reports of prospective observational studies. Nevertheless, long-term medical cannabis therapy can be considered in some carefully selected and monitored patients with CNCP*

**Medicinal cannabis for chronic pain: The bermuda triangle of low-quality studies, countless meta-analyses and conflicting recommendations.**

Eisenberg E, et al, Eur J Pain. 2022 Jul;26(6):1183-1185. doi: 10.1002/ejp.1946.

*A thoughtful comment on the current discrepancies, interpretative limitations and uncertainties on the use of medicinal cannabis for chronic pain. To read and comment!*

**Evidence-based treatment recommendations for neck and low back pain across Europe: A systematic review of guidelines.**

Corp N et al. Eur J Pain. 2021 Feb;25(2):275-295. doi: 10.1002/ejp.1679.

*Recent European clinical guidelines identify a wide range of predominantly non-pharmacological treatment options. Recommendation differences between back and neck pain include, i) analgesics for neck pain (not for back pain); ii) options for work-based interventions, return to work programmes and surgical interventions for back pain (but not for neck pain) and iii) a greater strength of recommendations (generally moderate or strong) for back pain than those for neck pain.*

**Neurophysiological mechanisms of chiropractic spinal manipulation for spine pain.**

Gevers-Montoro C, et al. Eur J Pain. 2021;25(7):1429-1448. doi: 10.1002/ejp.1773.

*Spinal manipulation inhibits back and neck pain partly through spinal segmental mechanisms. The evidence is weaker regarding supraspinal and peripheral mechanisms, the latter potentially regulating inflammatory responses.*

**Effects of transcranial direct current stimulation in pain and opioid consumption after spine surgery.**

Hamed R, et al. Eur J Pain. 2022 May 30. doi: 10.1002/ejp.1985. Epub ahead of print.

*The authors report a significant postoperative reduction in morphine consumption and VAS scores after three sessions of active anodal tDCS over motor area (M1) or the left dorsolateral prefrontal cortex (DLPFC), versus sham, in a cohort of 67 postoperative spine surgery patients*

**The effect of duloxetine on mechanistic pain profiles, cognitive factors and clinical**

whereas the function levels were comparable.

**Long-term effectiveness of epidural steroid injections after new episodes of low back pain in older adults.** Curatolo M, et al. Eur J Pain. 2022 May 23. doi: 10.1002/ejp.1975. Epub ahead of print.

*In this large, two-year, prospective study in older adults (>65y) with a new episode of low back pain, back pain, leg pain, disability and quality of life improved after epidural steroid injections; however, propensity-score matching revealed that the improvement was unlikely the result of a specific effect of the injections.*

**Complex regional pain syndrome what is the outcome? - a systematic review of the course and impact of CRPS at 12 months from symptom onset and beyond.** Johnson S, et al, Eur J Pain. 2022;26(6):1203-1220. doi: 10.1002/ejp.1953.

*On average, grip strength was found to be reduced by 25%-66%, and range of motion reduced by 20%-25% at ≥12 months. Such losses were associated with physical and social disability. 30-40% percent of all patients did not return to work and a further 27%-35% returned to work but required some form of workplace adaptation. Although the quality of this data was poor, thereport highlights that the long-term impact of an episode of CRPS on these outcomes is much larger than previously described*

**Artificial intelligence to evaluate postoperative pain based on facial expression recognition.** Fontaine D, et al. Eur J Pain. 2022 Jul;26(6):1282-1291. doi: 10.1002/ejp.1948.

*The authors trained and validated a deep-learning system to identify and classify 2810 facial expressions of 1189 patients, captured before and after surgery, according to their self-reported pain. After training, the system predicted the pain intensity among the 11 possible scores (0-10) in 53% of the cases with a mean error of 2.4 points. Its sensitivities to detect pain ≥4/10 and ≥7/10 were 89.7% and 77.5%, respectively, and in all cases significantly better than that of training nurses.*

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## EFIC UPDATES



## News from our Chapters



Find out recent news and updates from our national chapters here





## **BMP Grant**

Following the BMP Grant deadline extension to 16 May, the Brain, Mind and Pain Grant Jury started the reviewing process on 07 June. Pain Alliance Europe thanks all Jury members for their engagement. The winner(s) will be announced in early July. Good luck to all applicants! [Read more.](#)

## **PAE at International Organisation of Physical Therapy in Mental Health (IOPTMH) Congress**

The last stop of the speaking engagements marathon this spring for PAE President Deirdre Ryan was a virtual presentation of Lecture II: Physiotherapy in Mental Health and Chronic Pain at the [9<sup>th</sup> IOPTMH 2022 Physiotherapy in Mental Health](#): What's Next? on 06 May.



## **PAE's work with ETUDE-ITN**



## PAE got busy at the EFIC 2022 congress in Dublin

Pain Alliance Europe had a productive time at the EFIC 2022 congress in Dublin, with PAE President Deirdre Ryan enjoying her packed schedule. Deirdre was a speaker at two workshops and presented:

- **[Open Dialogue Between All Stakeholders to Increase Research Relevance and Impact](#)** at the *Enhancing Research in Pain: Embedding Public and Patient Involvement in the Research Process to Improve Research Outcome and Impact* session, and
- **[Bridging the Gap from Patient Experience to Advocacy for National Implementation of Cancer Pain Policy](#)** for *The Societal Impact of Pain's (SIP) Recommendations for Cancer-Related Pain Policy Under the European Union's Beating Cancer Plan* workshop.

PAE President also spoke at the Grünenthal Symposium on *Collaboration Between Patient and Doctor to Lessen the Burden of Peripheral Neuropathic Pain*. As part of a poster presentation, Deirdre shared patient survey results on how neuropathic pain affects the lives of cancer patients for PAE's long-term sponsor Grünenthal. You can watch the video here: <https://www.linkedin.com/feed/update/urn:li:activity:6928007913403809792>.

PAE Board Members, Marian Nicholson and Nadia Malliou, were available for their poster presentations on "The Impact of the COVID-19 Pandemic on Europeans with Chronic Pain" (poster nr 216) and "A Gap Analysis on Pain Management in Chronic Pain of Osteoarthritis" for **[ELEANA](#)** (poster nr 458), respectively. PAE was represented by the aforementioned Board Members and Association and Projects Manager Emilia Kosińska at the PAE booth where long and cordial conversations were had.

At the Congress, PAE also supported SIP with an informal SIP meeting and enjoyed meeting face-to-face with PAE members and other stakeholders in the area of pain. All of this was possible thanks to the generosity of EFIC and the whole EFIC Congress Team. Thank you so much for all your help and support to PAE!



YOUTUBE.COM

## PAE President Deirdre Ryan on Living with Pain for the BBC World News

### PAE President Deirdre Ryan on BBC World News

On 11 May, the BBC World News interviewed PAE President Deirdre Ryan to share her thoughts on the challenges of people living with chronic pain. Watch the video here: [https://youtu.be/ch5H\\_f4Hsz8](https://youtu.be/ch5H_f4Hsz8).

### PAE General Assembly will take place in September 2022

During Board Meeting on 03 May, Pain Alliance Europe Board unanimously decided to move the General Assembly from June to September. PAE hopes to host a physical meeting for the GA with an option to connect virtually for those unable to attend after a two-year-long hiatus due to the pandemic. This will be an opportunity to tie in with the Pain Awareness Month celebrated in September and present the BMP Grant award ceremony in person. Details will follow by the end of June.

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## IASP CORNER

**IASP 2022 WORLD CONGRESS ON PAIN**  
Toronto, Canada • 19-23 September

**2022 WORLD CONGRESS ON PAIN**

- 260,000 Sq Ft of Meeting Space
- 7,000 Attendees
- 2,200 Poster Presentations
- 200+ Speakers
- 200 Bucky Beavers
- 100+ Exhibitors
- 70 Topical Workshops
- 32 Pre-Congress Events
- 5 Days

**1 Global Gathering of Pain Professionals**

Congress on Pain in Toronto.

- **Refresher Courses**: Provide attendees opportunities to learn the latest information on an array of topics that are critical to the study of pain.
- **Hands-on Workshops**: Provide attendees with opportunities to practice the latest methods and gain hands-on experience to better understand and apply the techniques learned in these workshops.
- **SIG Symposia**: Provide attendees with an in-depth exploration of their specific discipline, including recent discoveries and the latest in research developments in their particular area of interest.

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## UPCOMING EVENTS

### **8th Congress of EAN**

**June 25 - June 28, 2022**

### **Roma Pain Days**

**September 2 - September 3, 2022**

### **27th WONCA Europe Congress 2022**

**June 28 - July 1, 2022**

### **IASP 2022 World Congress on pain**

**September 19 - September 23, 2022**

### **17th European Congress of Psychology**

**July 5 - July 9, 2022**

### **Czech Pain Society: Symposium Pain Treatment 2022**

**September 20, 2022**

### **11th World Congress of the World Institute of Pain**

**August 24 - August 27, 2022**

### **Associazione Italiana per lo Studio del Dolore (AISD) Annual Meeting**

**September 22 - September 24, 2022**



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The aims of EFIC are to advance the understanding and knowledge of pain and its treatment, through activities in the fields of education, research and advocacy. You have received this email as you have participated in EFIC's work or expressed an interest in supporting EFIC's aims. In this regard, EFIC