

**PAIN ASSOCIATION OF SINGAPORE  
PRESIDENT'S REPORT FOR YEAR ENDING 31 DECEMBER 2006**

The Pain Association of Singapore has had another busy year with activities for professionals and public.

**Professional Education  
Pain Updates for GP's**

A series of updates for GP's was organized at SGH PGMI, featuring not just lectures but also interaction with patients. These were held on 8 April, 7 May, 9 July and 9 December.

<u>Dates</u>	<u>Title and Main Topics</u>	<u>Number of Delegates</u>
8 April 2006	Refresher Course for the Management of Chronic and Cancer Pain: Seeing the Real Patients <i>(Dr Yeo Sow Nam, Dr Noreen Chan, Dr Serene Lim, Prof Feng Pao Hsui, Dr Ooi Choon Jin, Dr Ho King Hee, Dr Jane George)</i>	87
7 May 2006	Pain Update on Rheumatological Pain, Diabetic Neuropathy and Low Back Pain	140
9 July 2006	Pain Update on Neuropathic Pain, Surgical Options for Pain Control, Functional Bowel Pain	110
9 Dec 2006	Practical Approaches Towards Neuropathic Pain: Presentation of Real Patients <i>(Dr Yeo Sow Nam, Dr Hoh Kok Yuen, Ms Irene Toh)</i>	71

**Biennial Scientific Meeting 28-30 July 2006 "The Impact of Pain"**

Overseas faculty included Dr David Niv (Israel), Dr Mary Cardosa (Malaysia). Dr Roger Goucke (Australia).

The **Pre-conference Workshop** was held on 28 July at National Cancer Centre, Singapore, with separate programmes for doctors, and for nurses & allied health professionals. There were a total of 65 participants (of whom 20 were doctors).

**Doctors' Programme**

Time	Topic	Speaker
0900h	Managing Cancer Pain – Beyond the Ladder	Dr Noreen Chan
0930h	When Opioids are Not Quite Enough – Managing Difficult Cancer Pain	Dr Mary Cardosa
1000h	Case Study in Cancer Pain	Dr Yeo Sow Nam
1100h	Headache	Dr Roger Goucke
1130	Post-herpetic Neuralgia	Dr David Niv
1200	Case Study in Neuropathic Pain	Dr Yeo Sow Nam
1400h	Approach to Low Back Pain	Dr Yue Wai Mun
1430	Diagnostic Imaging in Low Back Pain	Dr Lesley Goh
1500	Medical & Interventional Management	Dr Yoong Chee Seng
1600	Cognitive Behavioural Therapy in Low Back Pain	Dr Bernard Lee
1630	Case Study	Dr Yeo Sow Nam

**Nurses' and Allied Health Programme**

Time	Topic	Speaker
0900h	The Road Ahead for Pain Management	Ms Jessica Yu
0930h	Put a Smile in your Child – An Experience in	Ms Joanne Liam

	Melbourne	
1000h	Pain in Spinal Cord Injury	Ms Chan Poh Leng
1100h	Team Approach in Pain Management – A Medical Perspective	Dr Mary Cardosa
1200	Panel Discussion – Team Approach in Pain Management	Dr Mary Cardosa, Ms Lita Chew, Ms Chan Poh Leng, Ms Kaldip Kaur, Mr Alan Tay, Ms Yang Su Yin
1400	Medication Used in Pain Management	Ms Lita Chew
1430	Psychological Aspect of Pain Management	Ms Yang Su Yin
1500	A Systematic Review of Unidimensional Pain Assessment Tools	Ms Tan Ai Muay
1530	Q&A	

The **Main Meeting** was held from 29-30 July at Meritus Mandarin and attended by 138 delegates. Programme

Time	Topic	Speaker
29 July		
0900h	Opening Address	Dr Yeo Sow Nam
0915	Plenary Lecture 1 – The Impact of Pain	Dr Roger Goucke
100	Cancer Pain in Singapore	Dr Cynthia Goh
	Symposium I - Pain Epidemiology	
1100	Pain Epidemiology in Europe	Dr David Niv
1130	Epidemiology of Pain in Malaysia	Dr Mary Cardosa
1200	Epidemiology of Pain in Malaysia	Dr Tay Kwang Hui
	Symposium II – Pain from Head to Toe	
1400	Orofacial Pain	Dr Tan Hee Hon
1430	Rheumatological Pain	Dr Julian Thumboo
1500	The Role of Rehabilitation Medicine in Pain Management	Dr Peter Lim
	Symposium III - Interventional Procedures in Low Back Pain	
1600	The Role of Implantable Devices	Dr Roger Goucke
1630	Low Back Pain & Surgery	Dr Paul Thng
30 July		
0900	Plenary Lecture 2 – Opioids - From Pharmacology to Patient Care	Dr Mary Cardosa
0945	Plenary Lecture 3 – Pain and Pain Education in Europe – Challenges and the Future	Dr David Niv
	Symposium IV – Pain Issues at the Extremes of Life	
1100	Pain Issues in the Paediatric Population	Dr Michelle Tay
1130	Pain in Older People – Similarities and Differences	Dr Ian Leong
1200	Pain and Dementia	Dr Roger Goucke

A Public Forum with talks in English and Chinese was held after the conference in the afternoon of 30 July 2006.

### Research - Pain Survey

With sponsorship from Mundipharma, PAS had conducted a survey on the prevalence of chronic pain, using a company called TNS. The data collection had started in early 2006; it had been hoped to be able to present the results at the BSM in July. However, due to problems with methodology and the way the survey was conducted, it was felt that the data was not sufficiently accurate. Several meetings have been held with TNS but to date, no satisfactory solution has been found.

**Public Awareness**

The Council decided to engage a PR company to help raise awareness of pain issues. Several companies were approached and Edelman was chosen. They helped to get 4 articles published in WanBao about Pain in the Elderly, Cancer Pain, Low Back Pain and Post-Surgery Pain. The resource people for these articles were council members, PAS Advisory Board members and overseas faculty for the BSM (Dr Roger Goucke). Edelman were also supposed to help launch the pain survey results but this has been shelved for the time being.

**Current and Future Projects**

The PAS is currently completing a booklet on pain management with Pfizer, this project has been led by Dr Tay Kwang Hui.

In May the Singapore Medical Association is organizing a conference which will revolve around pain-related topics. PAS will be one of the co-organising associations and members are asked to lend their support.