



CHAPTER OF IASP

## PAIN ASSOCIATION OF SINGAPORE PRESIDENT'S REPORT FOR YEAR ENDING 31 DECEMBER 2008

### PROFESSIONAL EDUCATION ACTIVITIES

#### 38<sup>th</sup> SMA National Medical Convention

PAS was one of the co-organisers of the 38<sup>th</sup> Singapore Medical Association National Medical Convention "Breaking New Barriers in Pain Management" held on 19-20 May 2007 at the Suntec Convention Centre. Members of Pas and its Advisory Board were involved in the meeting as speakers, workshop facilitators and/or session chairs. Overseas faculty included Prof Troels Jensen, Prof Stephan Schug and Prof Song Wenge. The meeting was well attended and well-received. The public forum in particular drew over 300 participants.

*See Annex A for full programme.*

#### 41<sup>st</sup> Singapore-Malaysia Medical Congress

PAS members were involved in the pre-congress workshop on 19 July 2007 "Combining the best of Chinese and Western Medicine in Pain Management"

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| 1.00pm to 5.00pm | <p><b>Pre-Congress Workshop</b><br/> <b>Combining the Best of Chinese and Western Medicine in Pain Management</b><br/>         Chairperson: <i>Dr Michelle Tan &amp; Dr James Tan</i></p> <p>Western Medicine</p> <p>1.00pm to 1.15pm      Introduction<br/><i>Dr Yeo Sow Nam</i></p> <p>1.15pm to 1.45pm      The Use of Botulinum Toxin in Pain Management<br/><i>Dr Martin Mok</i></p> <p>1.45pm to 2.15pm      Regional Anaesthesia – An Update<br/><i>Dr Ramani Vijayan</i></p> <p>2.15pm to 2.45pm      Interventional Procedures in Pain Management<br/><i>Dr Tan Kian Hian</i></p> <p>2.45pm to 3.15pm      Neuropathic Pain – Insight and Management<br/><i>Dr Yeo Sow Nam</i></p> <p>3.15pm to 3.45pm      Use of Opioids in Chronic Non-Cancer Pain<br/><i>Dr Yoong Chee Seng</i></p> |
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| 3.45pm to 4.00pm | <b>Tea Break</b>   |
|                  | Traditional Chinese Medicine                                 |
| 4.00pm to 4.30pm | Acupuncture and TCM in Pain Medicine<br><i>Ms Cui Shu Li</i> |
| 4.30pm to 5.00pm | Pain Management in TCM Perspectives<br><i>Ms Sophie Wang</i> |

### PAS Newsletter “Pain and You”

With the help of an educational grant from Pfizer, the association has produced a newsletter for its members and other healthcare professionals. It summarises presentations from recent conferences and includes relevant articles on pain management. The latest issue for example features pain in women – in line with the IASP theme – using fibromyalgia as an example.

The newsletter has been sent to all PAS members, and to large hospitals for distribution. Copies will also be distributed during PAS educational activities.

### **PUBLIC EDUCATION & AWARENESS ACTIVITIES**

#### Expressions of Pain

PAS, together with Pfizer, organized an essay competition called “Expressions of Pain” in which members of the public were invited to write about living with, and conquering chronic pain. The aim was to collect stories to serve as positive examples of living well despite chronic pain.

A total of 27 entries were received in all four official languages. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizewinners were chosen, as well as twenty consolation prizewinners. The other participants received a token of appreciation. Cash prizes were sponsored by Pfizer. Prizewinning essays have been put up on the website.

#### Public Forum 20 October 2007

To mark Global Day Against Pain, PAS organized a public forum at the SMU Auditorium which was attended by over 300 people. The programme included :

- Motivational talk by Dr William Tan
- Personal Sharing by Patient Ms Jessie
- Talks in Pain in Women (Yeo Sow Nam), Pain and Depression (Ng Beng Yeong) and Pain & Sleep Disturbance (Lim Li Ling)

Followed by prize presentation for “Expressions of Pain”

## **Looking ahead...**

### **Projects for 2008 include:**

1. The PAS Biennial Scientific Meeting 18-20 July 2008
2. Pain Medicine as an Accredited Specialty or Sub-specialty
3. Reviewing and updating local guidelines for pain management