



2024 PainSA Congress

Date: 17th - 19th May 2024

Venue: Elangeni Hotel, North Beach, Durban

Provisional Programme

Friday, 17th May 2024



HPCSA ACCREDITED

FULL PROGRAMME & WORKSHOPS

CEU: 16 | Ethics: 6

09h00 - 10h00	Registration			
10h00 - 12h00	Workshops			
<p>Ultrasound for acute pain management</p> <p>Demonstration and practicing of ultrasound techniques for blocking nerves of the upper limb, lower limb, and trunk.</p> <p>Who should attend? Medical professionals doing (or wanting to do) nerve blocks for acute pain management. This includes blocking of nerves of patients in theatre, emergency departments, and other points of contact.</p> <p>Jemima Kibirige Ushir Jaganath Dwayne Mohr Ruben Naidoo Pauline du Plessis Johannes Meyer</p>	<p>Essential pain management</p> <p>An introductory course to acute and chronic pain management.</p> <p>Who should attend? All nursing professionals who work in hospitals and clinics. All health care professionals who have no previous training in pain management.</p> <p>Romy Parker</p>	<p>Interpreting research - A crash course</p> <p>This workshop will use a <i>form follows function</i> approach to understand study designs and interpretation of statistical findings.</p> <p>Who should attend? All health care professionals, who wish to have a better understanding and critical appraisal of research methodology.</p> <p>Peter Kamerman</p>	<p>Interventional pain management (IALCH - OFF SITE)</p> <p>Common techniques used in interventional pain management, such as facet joint blocks for neck and back pain with the help of fluoroscopy will be taught.</p> <p>Who should attend? Any medical practitioner who wishes to learn the indications and basic techniques of these interventions: Anaesthetists Neurosurgeons Orthopedic surgeons Pain Practitioners</p> <p>Erich Mansfeld Tarin Penberthy Cary Velazquez</p>	<p>Mindfulness and dignity therapy for people living with pain</p> <p>An experiential workshop designed to teach pain and palliative care practitioners a mindfulness technique for people living with pain.</p> <p>Who should attend? All health care providers interested in a holistic biopsychosocial spiritual approach to managing pain and palliative care.</p> <p>Raksha Balbadhur</p>
12h00 - 13h00	Lunch Break			

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13h00 - 15h00

Workshops

Ultrasound for acute pain management

Demonstration and practicing of ultrasound techniques for blocking nerves of the upper limb, lower limb, and trunk.

Who should attend?

Medical professionals doing (or wanting to do) nerve blocks for acute pain management. This includes blocking of nerves of patients in theatre, emergency departments, and other points of contact.

Jemima Kibirige
Ushir Jaganath
Dwayne Mohr
Ruben Naidoo
Pauline du Plessis
Johannes Meyer

Essential pain management

An introductory course to acute and chronic pain management.

Who should attend?

All nursing professionals who work in hospitals and clinics. All health care professionals who have no previous training in pain management.

Romy Parker

Interpreting research - A crash course

This workshop will use a *form follows function* approach to understand study designs and interpretation of statistical findings.

Who should attend?

All health care professionals, who wish to have a better understanding and critical appraisal of research methodology.

Peter Kamerman

Interventional pain management

Common techniques used in interventional pain management, such as facet joint blocks for neck and back pain with the help of fluoroscopy will be taught.

Who should attend?

Any medical practitioner who wishes to learn the indications and basic techniques of these interventions:
Anaesthetists
Neurosurgeons
Orthopedic surgeons
Pain Practitioners

Erich Mansfeld
Tarin Penberthy
Cary Velazquez

Clinical pearls in pain examination techniques

This workshop focuses on clinical examination of the musculoskeletal systems.

- Examination of the patient with back injury
- How to differentiate between shoulder and neck pain
- How to differentiate between back and hip pain
- Examination of the knee
- Examination of the foot and ankle

Who should attend?

All health care professionals examining and treating the musculoskeletal system

Antoine Rocher
Paul Ryan
Martin Khoury

15h00 - 15h30

Refreshment Break

Plenary: Personalised Paincare

15h30 - 15h40

Welcome

Sudha Bechan

15h40 - 16h10

How long should opioids be prescribed in the post-operative period?

Winfried Meissner

16h10 - 16h40

Global health versus personalised care

Dean Gopalan

16h40 - 17h05

Cultural influences on pain experience

Romy Parker

17h15 - 18h15

Industry sponsored session

Roseanne Harris

19h00 - 21h00

Speakers' Dinner (invite only)



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07h00 - 08h00	Registration		
07h00 - 07:45	Trade sponsored breakfast symposium Sponsored by	Wellness activity	
	Plenary: Post-operative pain, Paeds and Palliation		
08h00 - 08h30	The role of international registries in research	Ruth Zaslansky	
08h30 - 09h00	PainOUT: Presentation of South African results	Sean Chetty	
09h00 - 09h30	Early traumatic childhood experiences and generational pain	Saeeda Paruk	
09h30 - 10h00	Burnout in pain practitioners	Julia Ambler	
10h00 - 10h30	Refreshment Break		
	Lectures		Workshops
	Neuromodulation and plasticity	Personalised palliative care for adults	Personalised pain care for children
10h30 - 11h00	Chronic pain and plasticity in the nervous system Peter Kamerman	Pain generators in cancer Colleen Cox	Community and school-base interventions for childhood pain in South Africa? Cary Velazquez
11h00 - 11h30	Epigenetics and pain interventions Sudha Bechan	Does the WHO pain ladder still hold relevance in SA Leana Spies	Preventing paediatric procedural pain Asma Salloo
11h30 - 12h00	TMS & PMS Shaquir Salduker	Mood and motivation in pain and palliation Michelle King	Risk, relaxation and resilience Belinda Salmund
12h00 - 12h30	CBT/ACT: changing the mind is changing the brain Helen Roome	ICU Palliation Fiona Govender	Same but Different: Off label drug use in children Chloe van den Bosch
			Ultrasound blocks for chronic pain management Using ultrasound for chronic pain blocks, is the future of chronic interventional pain management, since there is no risk of radiation. In this workshop, we teach a selection of the most common nerve and musculoskeletal blocks for chronic pain. Who should attend? Any medical practitioner who uses or wishes to use nerve blocks to treat chronic pain. Pauline du Plessis Johannes Meyer Dwayne Mohr
			When nightmares are real Managing the pivotal link between sleep and pain. Who should attend? All health care professionals and pain practitioners who wish to understand the relationship between pain and sleep. Michelle Baker



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12h30 - 13h30	Lunch break		
	Lectures		Workshops
	Regenerative medicine	Biomarkers and pain assessment	Personalised palliative paincare for children
13h30 - 14h00	Ayurveda and Pain Rajen Cooppan	Assessment tools in chronic pain Nadah Karriem	Is a good death in paediatrics possible Sam Govender
14h00 - 14h30	Prolotherapy and PRP Cary Velazquez	Pain management in Immune Mediated Inflammatory Diseases Farhana Paruk	Infant and neonatal palliative care Nicky Brown
14h30 - 15h00	Hyperbaric therapy Craig Springate	Where are we with what we inject Kamini Singh	Pain in children with neurological disorders Jodi Wiles
15h30 - 15h30	Refreshment Break		
	Plenary: ETHICS		
15h30 - 16h30	The ethics of surgical palliation Panel discussion		Julia Ambler, Asma Salloo, Pam Gumede, Mahomed Sheik Gafoor
16h30 - 17h30	Sex and gender disparities		Ruben Naidoo
17h30 - 18h30	AGM		
19h00	Networking Dinner		

Free papers

Fibromyalgia: 'The way back home'

This workshop builds on previous workshops, with a focus on neurobiology and aetiology of fibromyalgia, (how we get lost), and non-medical treatment (how we find our way back home)

Who should attend?

All health care professionals treating or wishing to treat patients with fibromyalgia

Michelle King
Ingrid Sellschop
Roland van Rensburg



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Sunday, 19th May 2024

07h00 - 08h00	Registration				
07h00 - 07h45	Trade sponsored breakfast symposium		Wellness activity		
	Plenary: Updates on personalised paincare for people living with...		Sister Leona Thomas pain education session Chairperson: Cary Velasquez		
08h00 - 08h30	Thrombotic endothelialitis in long covid	Resia Pretorius (Virtual)	08h00 - 08h20	TBC	Nosipho Dlamini
08h30 - 09h00	Trigeminal neuralgia	Doug Beere	08h20 - 08h40	TBC	Radhamoney Govender
09h00 - 09h30	Updates on CRPS	Gillian Coetsee	08h40 - 09h00	Nurses Responsibility and accountability in effective pain management in children	Susan Carolus
09h30 - 10h00	The evolution of chronic pelvic pain	Corina Avni	09h00 - 09h20	Pain School	Charlene Partab
			09h20 - 09h40	Implementing a registry in a chronic pain management clinic. How nurses can make a difference?	Lorraine Jantjies
			09h40 - 10h00	TBC	Gita Rajaswar
10h00 - 10h30	Refreshment Break				

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	Lectures		Workshops	
	Pharmacology	Aspects of immunology & inflammation	Ethics workshop: Supporting self-management - An ethical imperative A workshop facilitating practitioner-patient interaction and understanding around self-management of persistent pain from the beginning to beyond the therapeutic partnership. Who should attend? Health care providers and people living with persistent pain Helen Roome	Botulinium Toxin A Use of botulinum toxin for headaches and muscle spasms Who should attend? Medical professionals who are interested in administering botulinum toxin for these painful conditions. Veronique Berger
10h30 - 11h00	Transdermal Analgesia – Approaches and insights Roland van Rensburg	The influence of behavioural and lifestyle interventions on neuroimmunology Tory Madden		
11h00 - 11h30	Debate Ketamine should be used routinely as an adjunct for paediatric pain Lieze Geldenhuys & Jemimah Kibirige	From rock bottom to recovery: A patient's autoimmune journey Linda Hiemstra		
11h30 - 12h00	Debate IV vs Oral paracetamol Dwayne Mohr & Ndumiso Kheswa	Pain, Food, Inflammation Omy Naidoo & Vone Heyns		
12h00 - 13h00	Lunch Break			
	Plenary: Ethics - The elephant in the room The ethics of unlicensed medication for chronic pain use			Chair: Sudha Bechan
13h00 - 13h20	Popular culture and media representation on opioids, ketamine, cannabinoids, LSD and psilocybin South African data on opioid misuse			Pauline du Plessis
13h20 - 13h45	Cannabinoids for chronic pain			Shikanth Bugwandeem
13h45 - 14h10	LSD and psilocybin for chronic nociplastic pain			Johan Van der Walt
14h10 - 14h35	Popularity of budding ketamine clinics			Ruben Naidoo
14h35 - 15h00	Discussion			
15h00	Congress close			