



# 2024 PainSA Congress

Date: 17<sup>th</sup> - 19<sup>th</sup> May 2024

Venue: Elangeni Hotel, North Beach, Durban

## Provisional Programme

Friday, 17<sup>th</sup> May 2024



HPCSA ACCREDITED

FULL PROGRAMME & WORKSHOPS

CEU: 16 | Ethics: 6

09h00 - 10h00	Registration				
10h00 - 12h00	Workshops				
	<p><b>Ultrasound for acute pain management</b>          Demonstration and practicing of ultrasound techniques for blocking nerves of the upper limb, lower limb, and trunk.</p> <p><b>Who should attend?</b>          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><b>Essential pain management</b>          An introductory course to acute and chronic pain management.</p> <p><b>Who should attend?</b>          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><b>Interpreting research - A crash course</b>          This workshop will use a <i>form follows function</i> approach to understand study designs and interpretation of statistical findings.</p> <p><b>Who should attend?</b>          All health care professionals, who wish to have a better understanding and critical appraisal of research methodology.</p> <p>Peter Kamerman</p>	<p><b>Interventional pain management (IALCH - OFF SITE)</b>          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><b>Who should attend?</b>          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><b>Mindfulness and dignity therapy for people living with pain</b>          An experiential workshop designed to teach pain and palliative care practitioners a mindfulness technique for people living with pain.</p> <p><b>Who should attend?</b>          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				

# 2024 PainSA Congress

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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Saturday, 18<sup>th</sup> May 2024

07h00 - 08h00	<b>Registration</b>			
07h00 - 07:45	Trade sponsored breakfast symposium Sponsored by		Wellness activity	
	<b>Plenary: Post-operative pain, Paeds and Palliation</b>			
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	<b>Refreshment Break</b>			
10h30 - 12h30	<b>Lectures</b>			<b>Workshops</b>
	<b>Neuromodulation and plasticity</b>	<b>Personalised palliative care for adults</b>	<b>Personalised pain care for children</b>	<b>Ultrasound blocks for chronic pain management</b>
	<b>When nightmares are real</b>			
10h30 - 11h00	Chronic pain and plasticity in the nervous system <b>Peter Kamerman</b>	Pain generators in cancer <b>Colleen Cox</b>	Community and school-base interventions for childhood pain in South Africa? <b>Cary Velazquez</b>	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.  <b>Who should attend?</b> Any medical practitioner who uses or wishes to use nerve blocks to treat chronic pain.  <b>Pauline du Plessis</b> <b>Johannes Meyer</b> <b>Dwayne Mohr</b>
11h00 - 11h30	Epigenetics and pain interventions <b>Sudha Bechan</b>	Does the WHO pain ladder still hold relevance in SA <b>Leana Spies</b>	Preventing paediatric procedural pain <b>Asma Salloo</b>	
11h30 - 12h00	TMS & PMS <b>Shaquir Salduker</b>	Mood and motivation in pain and palliation <b>Michelle King</b>	Risk, relaxation and resilience <b>Belinda Salmund</b>	
12h00 - 12h30	CBT/ACT: changing the mind is changing the brain <b>Helen Roome</b>	ICU Palliation <b>Fiona Govender</b>	Same but Different: Off label drug use in children <b>Chloe van den Bosch</b>	
				Managing the pivotal link between sleep and pain.  <b>Who should attend?</b> All health care professionals and pain practitioners who wish to understand the relationship between pain and sleep.  <b>Michelle Baker</b>

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