

Thursday May 12, 2011

East meets west at pain medicine meeting

The use of traditional Chinese medicine, such as acupuncture, in treating pain will be one of the areas discussed at **tomorrow's** Faculty of Pain Medicine Refresher Course Day in Hong Kong.

The meeting will also highlight the latest thinking on the management of opioids (morphine-like painkillers) to avoid addiction and substance abuse, and look at how your brain changes as a result of chronic pain.

Program highlights from the meeting on Friday May 13 include:

- **Dr Anne Kwan**, a pain expert from the United Christian Hospital Hong Kong, will outline the latest studies on using acupuncture, including those that support the use of acupuncture for chronic pain conditions, such as osteoarthritis, low back pain and muscular pain. Other speakers will look at how people of different ethnicity and cultures respond to pain, and the use of traditional Chinese medicine in rehabilitating people experiencing low back pain.
- Australian experts in opioid management will discuss the use of these narcotic painkillers, sometimes called 'hillbilly heroin', to treat pain. Evidence shows that opioids are an effective long-term treatment for chronic pain in only a small proportion of people, and have the potential for misuse, addiction and adverse effects. **Dr Roger Goucke**, the director of the Pain Management Centre at Sir Charles Gairdner Hospital in Perth, will look at best practice in this area, where the prescription of opioids should be part of a broader pain management plan that looks at lifestyle, diet and other factors. **Dr Chris Hayes**, from Newcastle's Hunter Integrated Pain Service, will discuss how to limit opioid use by devising an exit strategy for patients, where they taper and cease opioid use over a period of time.
- World-renowned pain authority, **Professor Catherine Bushnell**, from the McGill University Montreal, will discuss how psychological factors have an important influence on pain perception and how these can be used to modulate pain. For instance, understanding how distraction reduces pain, and positive and negative emotions regulate pain, can help a patient with pain control.

For further information, please contact ANZCA media manager, Meaghan Shaw, on +61 408 259 369 or email mshaw@anzca.edu.au. The program and abstracts can be found [here](#).