

2021 Combined Faculty of Pain Medicine and  
Hong Kong College of Anaesthesiologists Virtual Meeting

“Moving with pain”

16 October 2021



Saturday 16 October

(please note, all times are AEDT)

10-10.10am	Opening of meeting and Acknowledgement of Country	<i>Convenors: Dr Yvonne Murray and Dr Clara Wong</i>
10.10-11.30am	<b>Session 1: Moving through the ages</b>	<i>Chair: Dr Karen Joseph</i>
	Keeping paediatric and adolescent patients moving	<i>Dr Kath Cooke</i>
	Fit for surgery, fit for life	<i>Dr Marco Meijer</i>
	The painful elderly – how to stay active: The Hong Kong perspective	<i>Dr Steven Wong</i>
	Live Q&A and panel discussion	
11.30-11.45am	Break	
11.45am-12.45pm	<b>Session 2: Complementary evidence-based treatments to promote movement</b>	<i>Chair: Dr Charlotte Hill</i>
	Traditional Chinese concepts in movement: Tai Chi and Qigong	<i>Dr Tim Brake</i>
	Yoga	<i>Dr Emma Patrick</i>
	Acupuncture	<i>Dr Simon Chan</i>
	Live Q&A and panel discussion	
12.45-1.30pm	Lunch break	
1.30-2.30pm	<b>Session 3: Sports medicine/cancer pain</b>	<i>Chair: Dr Leinani Aiono-Le Tagaloa</i>
	The application of bio tensegrity in MSK pain management	<i>Dr Agnes Strogicza</i>
	Benefits of exercise in cancer and pain	<i>Dr Lynnette Jones</i>
	Psychological aspects of getting people moving	<i>Professor Michael Nicholas</i>
	Live Q&A and panel discussion	
2.50-3.30pm	Break	
3.30-4.50pm	<b>Session 4: Pain advocacy/national guidelines</b>	<i>Chair: Dr Fiona Tsui</i>
	<i>Professor Paul Cameron – Scotland</i>	
	<i>Associate Professor Mick Vagg – Australia</i>	
	<i>Dr Tipu Aamir – New Zealand</i>	
	<i>Professor C W Cheung – Hong Kong</i>	
	Live Q&A and panel discussion	
5pm	Closing comments – convenors	