



2024 PainSA Congress

Date: 17th - 19th May 2024

Venue: Elangeni Hotel, North Beach, Durban

Programme

Friday, 17th May 2024

CPD

HPCSA ACCREDITED

FULL PROGRAMME & WORKSHOPS

CEU: 16 | Ethics: 6

09h00 - 10h00	Registration				Venue: Conference 1 st floor
10h00 - 12h00	Workshops				
Venue	Great Ilanga	North Ilanga	East Ilanga	IALCH - OFF SITE	
	<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>Jemimah Kibirige Dwayne Mohr Ruben Naidoo Pauline du Plessis Brazlin Dorasamy</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>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>	<p>Interventional pain management</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 Johannes Meyer</p>	
12h00 - 13h00	Lunch Break				

2024 PainSA Congress

13h00 - 15h00	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>Jemimah Kibirige Dwayne Mohr Ruben Naidoo Pauline du Plessis Brazlin Dorasamy</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>Clinical pearls in pain examination techniques</p> <p>This workshop focuses on clinical examination of the musculoskeletal systems.</p> <ul style="list-style-type: none"> -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 <p>Who should attend? All health care professionals examining and treating the musculoskeletal system</p> <p>Antoine Rocher Paul Ryan Martin Khoury Rogier Van Bever Donker Dudzile Sigodi</p>	<p>Interventional pain management</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 Johannes Meyer</p>
15h00 - 15h30	Refreshment Break			
Venue: Great Ilanga	Plenary: Personalised Paincare		Chair: Sudha Bechan	
15h30 - 15h40	Welcome		Sudha Bechan	
15h40 - 16h10	All for One and One for All		Dean Gopalan	
16h10 - 16h40	How long should opioids be prescribed in the post-operative period?		Winfried Meissner	
16h40 - 17h05	Cultural influences on pain experience		Romy Parker	
17h05 - 17h35	Towards a workable NHI for South Africa		Roseanne Harris	
19h00 - 21h00	Speakers' Dinner (invite only)			

2024 PainSA Congress

Saturday, 18th May 2024


07h00 - 08h00		Registration			Venue: Conference 1 st floor	
07h00 - 07:45 Venue: North & East Ilanga		Breakfast symposium REN: The Revolution in Migraine Care Speaker: Johan Smuts			Wellness activities 06h15 - 06h45: Sunrise run with Ruben - Hotel entrance 07h00 - 07h30: Morning Mindful Movement - 2 nd floor, back pool area	
Venue: Great Ilanga		Plenary: Post-operative pain, Paeds and Palliation			Chair: Michelle King	
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				
10h30 - 12h30		Lectures			Workshops	
Venue	Great Ilanga	Suite 1	North Ilanga	East Ilanga	Meeting Room (Ground Floor)	
	Neuromodulation and plasticity Nadah Karriem & Gillian Coetzee	Personalised palliative care for adults Sean Chetty	Personalised pain care for children Pam Gumedde	Ultrasound chronic pain		
10h30 - 11h00	Chronic pain and plasticity in the nervous system Tory Madden	Pain generators in cancer Colleen Cox	Community and school-base interventions for childhood pain in South Africa? Cary Velazquez	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 Brazilin Dorasamy	When nightmares are real	
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		Managing the pivotal link between sleep and pain.	
11h30 - 12h00	TMS & PMS Shaquir Salduker	Mood and motivation in pain and palliation Michelle King	Risk, relaxation and resilience Belinda Salmund		Who should attend? All health care professionals and pain practitioners who wish to understand the relationship between pain and sleep. Michelle Baker	
12h00 - 12h30	CBT/ACT: changing the mind is changing the brain Helen Roome	ICU Palliation Fiona Lourens	Same but Different: Off label drug use in children Chloe van den Bosch			

2024 PainSA Congress

12h30 - 13h30	Lunch break			Poster Presentations	
13h30 - 15h00	Lectures			Workshops	
Venue	Great Ilanga	Suite 1	North Ilanga	East Ilanga	Meeting Room (Ground floor)
	Regenerative medicine Ruben Naidoo	Biomarkers and pain assessment Tarin Penberthy	Personalised palliative paincare for children Asma Salloo	Free papers 13h30 - 13h45 Does adversity in childhood alter nociceptive signalling in adulthood? A replication and extension analysis - Gill Bedwell 13h45 - 14h00 The effect of an ergonomic programme on sewing machine operators: A pilot randomised control trial - Nina Dunleavy 14h00 - 14h15 Designing a patient-led education and support program for people living with chronic pain: Lessons learned - Linda Hiemstra 14h15 - 14h30 Disc degenerative disease in south africa: a case-control analysis of selected gene variants - Keenau Pearce 14h30 - 14h45 The influence of NMDA receptor antagonists on experimentally induced secondary hypersensitivity: a systematic review and meta-analysis - Gill Bedwell	Fibromyalgia: 'The way back home' Fibromyalgia workshop will focus on formulating individualised treatment plans within a multidisciplinary framework for people living with Fibromyalgia. Who should attend? All health care professionals treating or wishing to treat patients with fibromyalgia Michelle King Ingrid Sellschop Roland van Rensburg
13h30 - 14h00	Ayurveda and Pain Rajen Cooppan	Assessment tools in chronic pain Nadah Karriem	Is a good death in paediatrics possible Samantha 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 Severe Neurological Impairment Jodi Wiles		
15h00 - 15h30	Refreshment Break				
Venue: Great Ilanga	Plenary: ETHICS			Chair: Julia Ambler	
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			Venue: Maharani Hotel, Tugela Room - 2nd floor	

2024 PainSA Congress

Sunday, 19th May 2024

07h00 - 08h00	Registration		Venue: Conference 1st floor	
07h00 - 07h45	Breakfast symposium Pain management using Botulinum Toxin Speaker: Dr Pradeep Rowji		Wellness activity Morning Mindful Movement - 2 nd floor, back pool area 07h00 - 07h30	
	Sponsored by 			
Venue: North & East Ilanga				
Venue: Great Ilanga	Plenary: Updates on personalised paincare for people living with... Chairs: Romy Parker & Jemimah Kibirige		Venue: North & East Ilanga Sister Leona Thomas pain education session Chairs: Cary Velazquez & Dwayne Mohr	
08h00 - 08h30	Thrombotic endothelialitis in long covid	Resia Pretorius (Virtual)	08h00 - 08h20	Pain and Culture Nozipho Dlamini
08h30 - 09h00	Trigeminal neuralgia	Doug Beere	08h20 - 08h40	Clinical aspects of postoperative pain assessment and management 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	Preoperative pain education Gita Rajaswar
			09h20 - 09h40	Implementing a registry in a chronic pain management clinic. How nurses can make a difference? Lorraine Jantjies
			09h40 - 10h00	Spontaneous Intracranial Hypotension Headaches Salem Bobaker (Virtual)
10h00 - 10h30	Refreshment Break			

2024 PainSA Congress

10h30 - 12h00	Lectures		Workshops	
Venue	Great Ilanga	East Ilanga	Meeting Room (Ground floor)	North Ilanga
	Aspects of immunology & inflammation Linda Hiemstra	Pharmacology Roland van Rensburg & Ndimiso Kheswa	Ethics workshop: Supporting self-management - An ethical imperative	Botulinum Toxin Use of botulinum toxin for headaches and muscle spasms
10h30 - 11h00	The influence of behavioural and lifestyle interventions on neuroimmunology Tory Madden	Transdermal Analgesia – Approaches and insights Roland van Rensburg	A workshop facilitating practitioner-patient interaction and understanding around self-management of persistent pain from the beginning to beyond the therapeutic relationship. Who should attend? Health care providers and people living with persistent pain	Who should attend? Medical professionals who are interested in administering botulinum toxin for these painful conditions.
11h00 - 11h30	From rock bottom to recovery: A patient's autoimmune journey Linda Hiemstra	Debate Ketamine should be used routinely as an adjunct for paediatric pain Lizee Geldenhuys & Jemimah Kibirige	Who should attend? Helen Roome Gavin and Bev Mare (patient-partners)	Pauline du Plessis
11h30 - 12h00	Pain, Food, Inflammation Omy Naidoo & Vonè Heyns	Debate IV vs Oral paracetamol Dwayne Mohr & Ndimiso Kheswa		
12h00 - 13h00	Lunch Break			
Venue: Great Ilanga	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 Bugwandeen
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			