



# 2025 PainSA Congress

Date: 16<sup>th</sup> - 18<sup>th</sup> May 2025 | Venue: Century City Conference Centre, Cape Town



## Provisional Programme

Friday, 16<sup>th</sup> May 2025

09h30 - 10h20	Registration	
10h30 - 13h00	Plenary Session 1	Speaker
10h30 - 10h40	Opening Welcome	Michelle King
10h40 - 11h20	Where are we in pain in South Africa?	Keith Cloete
11h20 - 11h50	AI Powered Pain Management: The New Frontier	Ruben Pillay
11h50 - 12h20	Regaining the sense of self through resiliency and capacity building	Renata Schoeman
12h20 - 12h40	A collaborative future for pain management	Adriaan Liebenberg
12h40 - 13h00	Discussion and Q&A	
13h00 - 14h00	Lunch Break	



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14h00 - 17h00

## Workshops

### Management of Pain in the Insurance context

Target audience: Practitioners working with insurance companies and doing medicolegal work

What the workshop will cover

#### Part 1 (1.5 hours)

The Association for Savings and Investment South Africa (ASISA) which guides the savings, investment and insurance industry of South Africa has compiled a guideline for the assessment and claims management of spinal pain in the insurance context published in 2024. The workshop will present these guidelines and facilitate a discussion with clinicians on how spinal pain is assessed and managed by the insurance industry. This will lead to a better understanding by both parties regarding issues and concerns faced by patients, healthcare providers and insurers in managing disability due to spinal pain in this context.

Dershnee Devan & Marize Gresse

#### Part 2 (1.5 hours)

Panel discussion of specific case studies from an insurance context. These cases will include a range of chronic pain diagnoses.

The workshop will serve to highlight the best way to manage and communicate with all role players in the insurance context to achieve the best clinical outcome for these clients while the insurer manages their disability claim.

Dershnee Devan, Ruben Naidoo, Ingrid Sellschop, Barbara Bayne & Shani Sroussi

### Essential pain management

This is an entry level type workshop, for those just learning about pain management

Romy Parker

### Chronic pelvic pain:

Dive into the complexities of chronic pelvic pain, comorbidities, and multisystemic dysregulation.

Join us for an insightful and interactive session designed to enhance your understanding and management of chronic pelvic pain. Let's work together to make a difference!

#### This workshop will cover:

Chronic pelvic pain in the context of musculoskeletal, bladder, bowel, and sexual function.

- Highlighting somatic and autonomic aspects.
- Presenting recent research findings.
- Exploring simple, actionable self-management techniques.

#### Learning Objectives:

- Understand multisystemic comorbidity.
- Appreciate multidirectional relationships.
- Assess people and systems, not just symptoms.
- Acquire simple self-management strategies.

Corina Avni

### Ultrasound workshop at Stellenbosch medical school skills lab

Target audience: Doctors and specialists working in ultrasound guided interventions.

5 candidates per station (maximum 6)  
8 stations only for ultrasound

1. Blocks for headache
2. Blocks for shoulder, elbow, and wrist
3. Blocks for hips and knees
4. Blocks at spine/paraspinal area - facet/ESP/caudal
5. AMA

Acute pain blocks:  
Phillipe Macaire

Chronic pain:  
Prit Singh  
Manish Mittal  
Kamini Singh  
Pauline du Plessis

17h00 - 19h00

Cocktail meet & greet - Open to all registered congress delegates



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**Saturday, 17<sup>th</sup> May 2025**

06h30 - 07h00	Wellness activity: Breath work		Venue: Conference Centre
07h00 - 08h00	Registration		
07h00 - 07h50	Breakfast symposium - Meeting Room 11 Safety in pain management - Phillipe Macaire		Sponsored by 
08h00 - 10h00	Plenary Session 2: Where we are now, and how can we move forward?	Speaker	
08h00 - 08h30	National strategy for pain. Driving advocacy for pain in SA	Romy Parker	
08h30 - 08h50	Novel treatments for neuropathic pain	Johan Smuts	
08h50 - 09h10	Modulating neural pathways	Marcelle Stastny	
09h10 - 09h40	ETHICS 1: The rise of Polypharmacy: How did we arrive at this critical juncture?	Thabo Mogotlane	
09h40 - 10h00	Discussion and Q&A		
10h00 - 10h30	Refreshment Break		



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**Saturday, 17<sup>th</sup> May 2025**

10h30 - 12h30	Lectures			
	<b>Pain &amp; Inflammation</b> <b>Venue: Hall C</b>	<b>Abstract presentations</b> <b>Venue: Meeting room 10</b>	<b>Paediatric SIG</b> <b>Venue: Meeting room 11</b>	
10h30 - 11h00	Non-operative inflammatory pain conditions. When are blocks indicated? <b>Prit Singh</b>		The first 1000 days <b>Anusha Lachman</b>	
11h00 - 11h30	The bidirectional relationship between chronic pain and circadian rhythms <b>Jaqui Koep</b>		Where are we with paediatric palliative care in 2025? <b>Michelle Meiring</b>	
11h30 - 12h00	TBC		A child in chronic pain: A Nursing perspective <b>Susan Carolus</b>	
12h00 - 12h15	TBC		Managing childhood pain: A physician perspective <b>Asma Salloo</b>	
12h15 - 12h30	Discussion and Q&A		Lessons learnt from starting a multidisciplinary paedics pain clinic in private practice <b>Rudolph Hiemstra</b>	
12h30 - 13h30	Lunch Break			
13h30 - 15h00	Lectures			
	<b>Oestrogen &amp; pain</b> <b>Venue: Hall C</b>	<b>Afternoon abstract submission proposals</b> <b>Venue: Meeting room 10</b>	<b>Beyond basic: Lower back pain (case study)</b> <b>Venue: Meeting room 11</b>	
13h30 - 14h00	Endometriosis and chronic pain: Unravelling the connection <b>Viju Thomas</b>		13h30 - 13h50	How should we be managing lower back pain in 2025? <b>Dawn Ernstzen</b>
14h00 - 14h20	Non-pharmacological management of pain in pregnancy <b>Corina Avni</b>		13h50 - 14h10	Complex lower back pain case presentation <b>Nadah Karriem</b>
14h20 - 14h40	Peri-partum pain still an issue in 2024 <b>Phillipe Macaire</b>		14h10 - 14h30	Ultrasound vs fluoroscopy guided blocks : What does the future look like <b>Manish Mittal</b>
14h40 - 15h00	Peri and postpartum period and psychosocial variables that influence pain <b>Wisani Makhomisané</b>		14h30 - 14h50	ETHICS 2: The legalities of digital scripting for S5 and S6 drugs <b>Mohammed Dalwai</b>



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15h00 - 15h30	Refreshment Break			
15h30 - 17h00	Lectures			
	<b>Plenary Session 3: The impact of Disparities &amp; Inequalities</b> <b>Venue: Hall C</b>	<b>Reconceptualising pain</b> <b>Venue: Meeting room 10</b>	15h30 - 17h15	<b>Pharmacy track: ICPA WC Branch</b> <b>Venue: Meeting room 11</b>
15h30 - 16h00	Gender based violence and its impact on pain  <b>Lavinia Lumu</b>	Suicide & chronic pain. Addressing the overlooked crisis  <b>Michelle King and SADAG</b>	15h30 - 15h40	Welcome and opening remarks
16h00 - 16h20	Oestrogen vs Testosteron: The battle of the hormones in pain pathophysiology  <b>Ruben Naidoo</b>	The intersection of Neurodiversity and pain  <b>Ben Truter</b>	15h40 - 16h00	Session 1: Pain management at the pharmacy level
16h20 - 16h40	ETHICS 3: Ethics of disparities and inequalities in pain  <b>Ryan Davids</b>	Psychoneuroimmunology  <b>Liz Colquhoun</b>	16h00 - 16h20	Session 2: When to refer to a doctor in pain management
16h40 - 17h00	Discussion and Q&A	Discussion and Q&A	16h20 - 16h40	Session 3: Managing opioid abuse and methadone in pain management
			16h40 - 17h00	Session 4: The role of CBD in pain management
			17h00 - 17h15	Q&A Session
17h00 - 18h00	PainSA AGM			
18h45 - 22h30	Auction & Networking Dinner			



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Sunday, 18<sup>th</sup> May 2025

06h30 - 07h00	<b>Wellness activity:</b> <b>Mindfulness in the Park</b> <b>Venue: Ratanga Park, Century City</b>
07h00 - 07h50	<b>Sponsored breakfast symposium</b>
07h30 - 07h50	<b>Registration</b>
08h00 - 10h00	<b>Plenary Session 4: The Future of Pain</b> <b>Venue: Hall C</b>
08h00 - 08h20	Genetic susceptibility and pharmacogenomics of pain: influences on patient outcomes <b>Collet Dandera</b>
08h20 - 08h50	The role of body, mind & soul: Looking within <b>Kerry Louw</b>
08h50 - 09h10	The traditional healer's role <b>Christie van Zyl (Gogo Bazamile) &amp; Nomusa Mfeka</b>
09h10 - 09h30	ETHICS 4: Pain management through a transdisciplinary lens: Bridging multiple disciplines <b>Annemadelein Scherer</b>
09h30 - 10h00	Using virtual technology to improve pain management <b>Deepak Ravindran</b>
10h00 - 10h30	<b>Refreshment Break</b>



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## Sunday, 18<sup>th</sup> May 2025

10h30 - 12h30	<b>Plenary Session 5 - ETHICS</b>	<b>Chair: Michelle King</b>
10h30 - 11h30	ETHICS 5: The ethics of supporting the use of psychedelics for chronic pain and Harm Reduction Therapy and Integration (HRTI)	<b>Christine Knights, Sean Chetty, Thabo Mogotlane &amp; Marcelle Stastny</b>
11h30 - 12h10	ETHICS 6: Balancing empirical evidence with clinical experience panel discussion	<b>Tory Madden &amp; Roland van Rensburg</b>
12h10 - 12h30	ETHICS 7: The need for transcultural approaches in pain management in South Africa	<b>Lerato Dikobe-Kalane</b>
	Closing speech	<b>Gill Coetsee</b>