



# 2026 PainSA Congress

Date: 22<sup>nd</sup> - 24<sup>th</sup> May 2026  
Venue: Indaba Hotel & Conference Centre,  
William Nicol Drive, Johannesburg



HPCSA Accredited  
FULL PROGRAMME & WORKSHOPS  
CEU points: 16 | Ethics points: 3



## Provisional Programme

Friday, 22<sup>nd</sup> May 2026

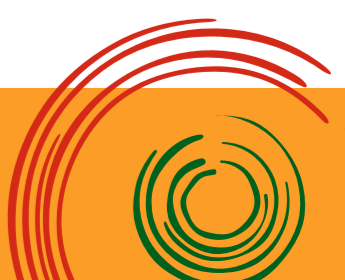
09h00 – 10h00	Registration			Venue: Kgotla 1
Workshops				
10h00 – 12h00	<p><b>Interventional ultrasound pain</b> Venue: Lecture Room 8</p> <p>The boutique ultrasound workshop for pain management is designed to provide healthcare professionals with a comprehensive introduction to the role of ultrasound in diagnosing &amp; managing chronic pain</p> <p>With advancements in medical imaging, ultrasound has become a valuable tool for precision-guided interventions, enhancing both safety &amp; efficacy in pain management</p> <p><b>Who Should Attend?</b> This workshop is designed for pain specialists, anaesthetists, physiotherapists, rheumatologists, sports medicine practitioners, &amp; other healthcare professionals involved in the treatment of acute &amp; chronic pain. Whether you are new to ultrasound or looking to refine your skills, this workshop will provide valuable practical knowledge to enhance your clinical practice.</p> <p><b>Co-ordinator:</b> Caridad Velázquez</p> <p><b>Facilitators:</b> Dennis Agbazue Pauline Du Plessis Johannes Meyer Siyabonga Mkhize Estienne Neuhoff Caridad Velázquez</p>	<p><b>Paediatric</b> Venue: Lecture Room 7</p> <p><b>Feeling is believing:</b></p> <p>Children experience pain differently – and yet their pain is often misunderstood, under-recognised or under-treated. This interactive half-day workshop explores how pain presents across the paediatric age spectrum, why it matters and what we can do to respond with compassion and evidence-based care.</p> <p><b>You'll learn to:</b></p> <ul style="list-style-type: none"> <li>Recognise pain in neonates, toddlers, children and teens – even when they can't say "it hurts".</li> <li>Approach special cases like cerebral palsy and neuropathic pain</li> <li>Integrate non-pharmacological techniques from Child Life Specialists.</li> <li>Understand the emotional and spiritual dimensions of paediatric pain.</li> <li>Explore new developments in paediatric pain management.</li> <li>Practise using pain scales, communication tools and hands-on strategies</li> </ul> <p>Join us for a dynamic blend of talks, case discussions, practical stations and team collaboration. Let's change the way we see – and treat – pain in children.</p> <p><b>Co-ordinator:</b> Nicolette Brown</p> <p><b>Facilitators:</b> Nicolette Brown Jacqui Bezuidenhout Dean Nolte Jonita Van Wyk</p>	<p><b>Motivational interviewing</b> Venue: Lecture Room 6</p> <p><b>Conversations that change behaviour:</b></p> <p>4-hour interactive skills-based workshop. How patients live a good life with pain is strongly influenced by what they do day to day—how they move, pace activity, take medication, manage stress, sleep and engage with care.</p> <p>Yet supporting meaningful behaviour change in the context of pain is challenging. Fear, ambivalence, low confidence and previous treatment failures often lead to resistance, disengagement, or non-adherence, even when patients understand what is recommended. Motivational Interviewing (MI) is an evidence-based, person-centred approach that helps clinicians move beyond persuasion and education alone, enabling conversations that strengthen patient's intrinsic motivations, their confidence, and their readiness to change. This interactive 4-hour workshop will introduce participants to Motivational Interviewing and through a combination of teaching, demonstrations and skills practice, aims to help clinicians learn practical MI strategies to enhance collaboration, reduce resistance and improve outcomes for people living with pain.</p> <p>This is not a one-size-fits-all training. The workshop is designed to first explore participants current understanding, experience and use of MI (if any) and then to tailor the teaching to fill any gaps and enhance existing skills. The workshop aims to help participants explore new ways of working so they can leave with renewed insight, practical strategies and greater clarity on how MI can enhance their effectiveness as clinicians.</p> <p><b>Co-ordinator:</b> Beverley Bolton</p>	<p><b>Essential pain management</b> Venue: Kgotla 2</p> <p>This is an entry level type workshop, for those just learning about pain management.</p> <p>Enhance your knowledge, network with experts &amp; advance your clinical practice. This immersive 4-hour workshop, developed by ANZCA equips healthcare professionals with the crucial foundational skills to manage pain effectively.</p> <p><b>Co-ordinator:</b> Romy Parker</p>
	Lunch Break			
Workshops				
13h00 – 15h00	<p><b>Interventional ultrasound pain</b> Venue: Lecture Room 8</p> <p>[Continued]</p> <p><b>Co-ordinator:</b> Caridad Velázquez</p> <p><b>Facilitators:</b> Dennis Agbazue Pauline Du Plessis Johannes Meyer Siyabonga Mkhize Estienne Neuhoff Caridad Velázquez</p>	<p><b>Paediatric</b> Venue: Lecture Room 7</p> <p><b>Feeling is believing:</b></p> <p>[Continued]</p> <p><b>Co-ordinator:</b> Nicolette Brown</p> <p><b>Facilitators:</b> Nicolette Brown Jacqui Bezuidenhout Dean Nolte Jonita Van Wyk</p>	<p><b>Motivational interviewing</b> Venue: Lecture Room 6</p> <p><b>Conversations that change behaviour:</b></p> <p>[Continued]</p> <p><b>Co-ordinator:</b> Beverley Bolton</p>	<p><b>Essential pain management</b> Venue: Kgotla 2</p> <p>[Continued]</p> <p><b>Co-ordinator:</b> Romy Parker</p>
Refreshment Break				
15h30 – 17h40	Plenary session: Presidential reflections; legacy of leadership			Venue: Kgotla 2 Sponsored by:
15h30 – 15h40	Welcome			Ruben Naidoo
15h40 – 16h10	IASP update, 5 year strategic plan			Andrew Rice
16h10 – 16h40	PainSA past, present and future			Milton Raff
16h40 – 17h10	Bringing pain management to the community			Romy Parker
17h10 – 17h40	The future of pain research in South Africa			Peter Kamerman
18h00 – 19h00	Welcome Meet & Greet			



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in **PAIN**  
UBUNTU AT THE INDABA

**CPD**

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## Provisional Programme

Saturday, 23<sup>rd</sup> May 2026

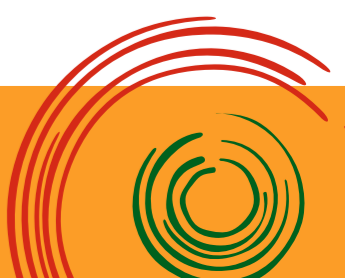
07h00 – 08h00	Registration		Venue: Kgotla 1
08h00 – 10h00	Plenary session: IASP 2026 global year of neuropathic pain	Venue: Kgotla 2 Sponsored by:	Chair: Sean Chetty
08h00 – 08h20	IASP global year lecture: 2025 NEUPSIG neuropathic pain guideline update		Andrew Rice
08h20 – 08h40	Advancing the management of phantom limb pain: Modern clinical approaches		Max Ortiz Catalan
08h40 – 09h00	Surgical reconstruction for post-amputation pain prevention and management		Paolo Sassu
09h00 – 09h20	Beyond pharmacology: Update on neuromodulation		Pauline Du Plessis
09h20 – 09h40	Neuropathic pain experience and self-mangement strategies of spinal-cord injury patients		Briony Gildenhuys
09h40 – 10h00	<b>Quickfire Showcase</b> Hear directly from our exhibitors as they share their bold ideas, new products and industry game-changers - all in quickfire sessions designed to inspire and inform		
10h00 – 10h30	Refreshment Break		
10h30 – 12h30	<b>Parallel session 1: Thriving beyond pain: Everyday pathways to healing and wholeness</b> Chair: Helen Roome Venue: Kgotla 2	<b>Parallel session 2: Paediatric pain</b> Sponsored by: Chair: Caridad Velázquez Venue: Lecture room 7	<b>Abstract / poster presentation</b> Chair: Peter Kamerman Venue: Lecture room 8
10h30 – 11h00	<b>Obesity, pain and GLP1-RA</b> Michelle King	<b>The lesser of two evils for neonatal brain: Pain or analgesics?</b> Nicolette Brown	TBC
11h00 – 11h30	<b>Food fight: Beating chronic pain one bite at a time</b> Mashudu Manafe	<b>The landscape of paediatric pain. How do we move the needle?</b> Anisa Bhattay	TBC
11h30 – 12h00	<b>Rest assured: Mastering sleep despite chronic pain</b> Karine Scheuermaier	<b>Non-pharmacological management of procedural pain</b> Karen Zijl	TBC
12h00 – 12h30	<b>Sex, pain and intimacy</b> Sue Fuller-Good	<b>Where does it really hurt? Pain beyond the physical in adolescence</b> Karl Technau	TBC
12h30 – 13h30	Lunch Break		
13h30 – 15h00	<b>Parallel session 3: The intersection of culture, neuroscience and clinical reality</b> Chair: Laeeqa Sujee Venue: Kgotla 2	<b>Parallel session 4: Novel therapeutic approaches in pain</b> Chair: Pauline Du Plessis Venue: Lecture room 7	<b>Abstract / poster presentation</b> Chair: Peter Kamerman Venue: Lecture room 8
13h30 – 14h00	<b>Multidisciplinary care in TMS: An exploration of the medical evidence</b> Layla Paruk, Joanna Taylor	<b>Voltage-gated sodium channels and pain: From human genetics to new therapeutic</b> Roland van Rensburg	TBC
14h00 – 14h30	<b>Persistent pain vs FND: Convergence, contrast and the rehabilitation role</b> Sharon Maritz	<b>From invasive to innovative: The case for transcutaneous PRF in modern pain practice</b> Caridad Velázquez	TBC
14h30 – 15h00	<b>25 years of “explain pain”: Where to with PNE?</b> Beverley Bolton	<b>Palliative pain blocks for hip fractures</b> Belinda Salmond	TBC
15h00 – 15h30	Refreshment Break		
15h30 – 16h15	PainSA AGM		
16h15 – 18h15	Ethics plenary session: Equity in pain	Venue: Kgotla 2	Chair: Linda Hiemstra
16h15 – 16h45	Is pain care fair? Ethical rehabilitation across the socio-economic divide		Alexia Barbis, Laeeqa Sujee
16h45 – 17h15	Dr AI and ethics		Eugene Allers
17h15 – 17h45	Inclusion / diversity in research		Tory Madden
17h45 – 18h15	Decolonisation of pain in Africa		Sean Chetty
19h00 – 22h00	Networking Dinner		
			Venue: TBC



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Sunday, 24<sup>th</sup> May 2026

07h00 – 07h30	Wellness Activity		Venue: Lecture room 7
07h00 – 08h00	Registration		Venue: Kgotla 1
08h00 – 10h00	<b>Parallel session 5: Systemic dimensions of pain: From performance to lived experience</b> Chair: Gillian Coetsee <i>Venue: Kgotla 2</i>	<b>Parallel session 6: Reframing pain: Language, cognition and clinical clarity</b> Chair: Sudha Bechan <i>Venue: Lecture room 7</i>	
	<b>Pain and performance: Neurobiological adaptation and function in high-performing individuals living with chronic pain</b> Elize Wethmar	<b>Debate: Should we continue using the term catastrophizing?</b> Barbara Bayne, Dershnee Devan	
08h00 – 08h30			
08h30 – 09h00	<b>Pain and menopause</b> Skye Scott	<b>Brain fog to cognitive decline in chronic pain</b> Johan Smuts	
09h00 – 09h30	<b>Intertwined Pathways: Hypermobility, dysautonomia, and chronic pain</b> Corina Avni	<b>Demystifying spine related leg pain</b> Estienne Neuhoff	
09h30 – 10h00	<b>What patients don't say: Shame, stigma and survival in healthcare settings</b> Catriona Bafford	<b>Cancer pain: A nursing perspective</b> Zanele Wetbooi	
10h00 – 10h45	Refreshment Break		
10h45 – 13h15	<b>Plenary session: Breaking the cycle of pain</b> <i>Venue: Kgotla 2</i>	<b>Chair: Ruben Naidoo</b>	
10h45 – 11h15	<b>Improving trustworthiness pain research: The ENTRUST-PE initiative</b>	Andrew Rice	
11h15 – 11h45	<b>Wisdom of the ages: The science behind old wives tales</b>	Kamini Singh	
11h45 – 12h15	<b>Medical gas lighting</b>	Ruben Naidoo	
12h15 – 12h45	<b>Preventing the transition of acute to chronic pain, non-pharmacological approaches</b>	Linda Hiemstra	
12h45 – 13h15	<b>Can chronic pain be “unlearned?” The novel neuroscience of pain reversal / moving from the cycle of pain to the cycle of wellness</b>	Sudha Bechan	
13h15 – 13h30	Closing		



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