



2025 PainSA Congress

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



Academic Programme

Friday, 16th May 2025

CPD

HPCSA ACCREDITED
FULL PROGRAMME & WORKSHOPS
CEU: 16 | Ethics: 6

09h30 - 10h20	Registration	
10h30 - 13h00	Plenary Session 1: The past, the present & the future	Chair: Kamini Singh
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	Venue: Hall D



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14h00 - 17h00

Workshops

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:
Pauline du Plessis
Manish Mittal
Kamini Singh
Prit Singh

15h30 – 15h45

Refreshment Break

Venue: Hall D

Essential pain management

(Continued)

Chronic pelvic pain:

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

(Continued)

Ultrasound workshop at Stellenbosch medical school skills lab

(Continued)

17h00 - 19h00

Cocktail meet & greet - Open to all registered congress delegates

Venue: Foyer of Hall C & Hall D



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Saturday, 17th 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 - Philippe Macaire		Sponsored by 
08h00 - 10h00	Plenary Session 2: Where we are now, and how can we move forward?	Chair: Sean Chetty	
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		Venue: Hall D



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10h30 - 12h30	Pain & Inflammation Venue: Hall C Pauline du Plessis	Abstract presentations Venue: Meeting room 10	Paediatric SIG Venue: Meeting room 11 Sudha Bechan	
10h30 - 11h00	Non-operative inflammatory pain conditions. When are blocks indicated? Prit Singh		The first 1000 days Anusha Lachman	
11h00 - 11h25	The bidirectional relationship between chronic pain and circadian rhythms Jaqui Koep		Where are we with paediatric palliative care in 2025? Michelle Meiring	
11h25 - 11h50	Persistent (transitional) post operative pain - it is time to create new pathways Philippe Macaire		A child in chronic pain: A Nursing perspective Susan Carolus	
11h50 - 12h15	Examining the evidence linking chronic pain and obesity Kate Mawson		Lessons learnt from starting a multidisciplinary paed pain clinic in private practice Rudolph Hiemstra	
12h15 - 12h30	Discussion and Q&A		Discussion and Q&A	
12h30 - 13h30	Lunch Break Venue: Hall D			
13h30 - 15h00	Oestrogen & pain Venue: Hall C Ruben Naidoo	Afternoon abstract submission proposals Venue: Meeting room 10	Beyond basic: Lower back pain (case study) Venue: Meeting room 11 Adriaan Liebenberg	
13h30 - 14h00	Endometriosis and chronic pain: Unravelling the connection Viju Thomas		13h30 - 13h50	How should we be managing lower back pain in 2025? Dawn Ernstzen
14h00 - 14h20	Non-pharmacological management of pain in pregnancy Corina Avni		13h50 - 14h10	Complex lower back pain case presentation Nadah Karriem
14h20 - 14h40	Peri-partum pain still an issue in 2024 Phillipe Macaire		14h10 - 14h30	Ultrasound vs fluoroscopy guided blocks : What does the future look like Manish Mittal
14h40 - 15h00	Peri and postpartum period and psychosocial variables that influence pain Wisani Makhomisane		14h30 - 14h50	ETHICS 2: The legalities of digital scripting for S5 and S6 drugs Mohammed Dalwai





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15h00 - 15h30	Refreshment Break			Venue: Hall D
15h30 - 17h00	The impact of Disparities & Inequalities Venue: Hall C Gill Coetsee	Reconceptualising pain Venue: Meeting room 10 Nadah Karriem	Importance of pain management in pharmacy practice Venue: Meeting room 11 <i>Sponsored by</i>  	
15h30 - 16h00	Gender based violence and its impact on pain Lavinia Lumu	Suicide & chronic pain. Addressing the overlooked crisis Michelle King and SADAG	15h30 - 15h40	Welcome and opening Siraaj Adams
16h00 - 16h20	Oestrogen vs Testosterone: The battle of the hormones in pain pathophysiology Ruben Naidoo	The intersection of Neurodiversity and pain Ben Truter	15h40 - 16h00	Pain management at the pharmacy level Roland van Rensburg
16h20 - 16h40	ETHICS 3: Ethics of disparities and inequalities in pain Ryan Davids	Psychoneuroimmunology Liz Colquhoun	16h00 - 16h20	When to refer to a doctor in pain management Raythaan Addinall
16h40 - 17h00	Discussion and Q&A	Discussion and Q&A	16h20 - 16h40	Managing opioid abuse & methadone in pain management Duncan Laurenson
			16h40 - 17h00	Overview of pharmacogenomics & the implications it has on pain management in the pharmacy context Nicole Keuler
			17h00 - 17h10	Q&A Session
17h00 - 18h00	PainSA AGM			Venue: Meeting Room 11
18h45 - 22h30	Auction & Networking Dinner			Venue: Hall C




Sunday, 18th May 2025

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06h30 - 07h00	Wellness activity: Mindfulness in the Park	Venue: Ratanga Park, Century City
07h00 - 07h50	Breakfast symposium - Meeting Room 11 The interplay of obesity, chronic pain, and inflammation - Michelle King	<i>Sponsored by</i> 
07h30 - 07h50	Registration	
08h00 - 10h00	Plenary Session 3: The Future of Pain Venue: Hall C	Chair: Kamini Singh
08h00 - 08h20	Genetic susceptibility and pharmacogenomics of pain: influences on patient outcomes Collet Dandera	
08h20 - 08h50	The role of body, mind & soul: Looking within Kerry Louw	
08h50 - 09h10	The traditional healer's role Christie van Zyl (Gogo Bazamile) & Nomusa Mfeka	
09h10 - 09h30	ETHICS 4: Pain management through a transdisciplinary lens: Bridging multiple disciplines Annemadelein Scherer	
09h30 - 10h00	Using virtual technology to improve pain management Deepak Ravindran	
10h00 - 10h30	Refreshment Break	Venue: Hall D



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Sunday, 18th May 2025

10h30 - 12h30	Plenary Session 4: ETHICS	Chair: Michelle King
10h30 - 11h30	ETHICS 5: The ethics of supporting the use of psychedelics for chronic pain and Harm Reduction Therapy and Integration (HRTI)	Christine Knights, Sean Chetty, Thabo Mogotlane & Marcelle Stastny
11h30 - 12h10	ETHICS 6: Balancing empirical evidence with clinical experience panel discussion	Tory Madden & Roland van Rensburg
12h10 - 12h30	ETHICS 7: The need for transcultural approaches in pain management in South Africa	Lerato Dikobe-Kalane
	Closing speech	Gill Coetsee