

2020 PainSA Congress

Date: 18 - 20 September 2020

Venue: Century City Conference Centre
Cape Town



PROVISIONAL PROGRAMME

Friday 18 September 2020

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|---------------|----------------------------|--|---------------|--|---|---------------|---|--|
| 09h30 – 17h00 | REGISTRATION | | | | | | | |
| | VENUE: | | | VENUE: | | | VENUE: | |
| 10h30 – 12h30 | Ultrasound Workshop | Co-Ordinators Francois Retief Carl Steadman, Renilda Pillay, Aneet Kessow, Alma de Vaal, Annemie Burke | 10h30 – 12h30 | Clinical Research Workshop | Co-Ordinators Romy Parker, Murray McDonald | 10h30 – 12h30 | Clinical Reasoning for Pain Workshop: Key concepts in assessment and identifying potential mechanisms. Exploring a clinical reasoning model for use in practice | Co-Ordinators Dershnee Devan, Linda Hiemstra, Gill Coetsee |
| 12h30 – 13h30 | LUNCH | | | | | | | |
| | VENUE: | | | VENUE: | | | VENUE: | |
| 13h30 – 15h00 | Ultrasound Workshop | Co-Ordinator Francois Retief Carl Steadman, Renilda Pillay, Aneet Kessow, Alma de Vaal, Annemie Burke | 13h30 – 15h00 | Paediatric Pain Workshop: 'Head strong, Body strong' | Co-Ordinators Angelina Schrikker, Kofie Bester, Rukiaya Mowzer, Stewart Dix-Peek | 13h30 – 15h00 | Keeping the Unconscious in Mind – Important psychological concepts in pain management | Co-Ordinators Kerry Louw Maia Zway |
| 15h00 – 15h30 | REFRESHMENTS | | | | | | | |

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| | VENUE: | |
| 15h30 – 17h30 | Plenary Session 1 | Chair: Romy Parker |
| 15h30 – 15h40 | Opening Welcome | Dershnee Devan |
| 15h40 – 16h10 | The Opioid Conundrum | Flaminia Coluzzi |
| 16h10 – 16h40 | A national strategy for public health crisis – chronic pain management in the public sector | Liz Gwyther |
| 16h40 – 17h40 | Why relationships matter: Paediatric pain and attachment | Anusha Lachman |
| | VENUE: | |
| 17h45 – 18h45 | Trade symposium (Sponsored by Spectrum Therapeutics) Cannabis and pain: the challenges facing the clinician when a patient asks about cannabis | Prof Mark A. Ware |

Saturday 19 September 2020

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| 07h00 – 17h00 | REGISTRATION | | | | |
| | VENUE: | | | | |
| 07h30 – 08h20 | Sponsored breakfast symposium | | | | |
| | VENUE: | | | | |
| | Plenary Session 2 - Pain neuroscience education | | | Chair: Murray McDonald | |
| 08h30 – 09h00 | Metaphors for Pain | | | Kotie Bester | |
| 09h00 - 09h30 | Explain Pain | | | Bev Bolton | |
| 09h30 - 10h00 | Evidence, efficacy of why PNE works? | | | Romy Parker | |
| 10h00 – 10h30 | REFRESHMENTS | | | | |
| | VENUE: | | | VENUE: | |
| 10h30 – 13h00 | Parallel Session 1 – Pain physiology | Chair: Dershnee Devan | 10h30 - 13h00 | Parallel Session 2 – Paediatric pain | Chair: Anisa Bhattay |
| 10h30 – 11h00 | Sleep physiology and impact on pain | Stella Iacovides | 10h30 - 11h00 | Cognitive outcomes in neonates exposed to painful procedures | Asma Salloo |
| 11h00 – 11h30 | Cannabinoids and effect on pain physiology | Peter Kamerman | 11h00 – 11h30 | Managing the child with neuro-irritability? | Jenny Thomas |
| 11h30 – 12h00 | Biomarkers, nerve conduction studies, MRI's - evidence | Natanya Fourie | 11h30 – 12h00 | Linking physical, social & spiritual pain: Implications for paediatric pain mx | Annemarie Oberholzer |
| 12h00 – 12h30 | Physiology of illness | Kobus Roux | 12h00 – 12h30 | Complex pain in children | Stewart Dix-Peek |
| 12h30 – 13h00 | Cannabis and pain: art or science? | Mark Ware | 12h30 – 13h00 | Managing 'whole pain' in oncology through multidisciplinary engagement | Marc Hendricks |

| 13h00 – 14h00 LUNCH | | | | | | | | | |
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| | VENUE: | | | VENUE: | | | VENUE: | | |
| 14h00 – 15h30 | Parallel Session 3 - Free communications | Chair: Sudha Bechan | 14h00 – 15h30 | Parallel Session 4 - Psychosocial risk factors and role in pain | Chair: Fanie Meyer | 14h00 – 15h30 | Pharmacy Workshop | Chair: | |
| 14h00 – 14h15 | Free papers | | 14h00 – 14h30 | PTSD and pain | Sean Chetty | 14h00 – 14h30 | Managing pain as a minor ailment in Pharmacy | Sham Moodley | |
| 14h15 – 14h30 | Free papers | | 14h30 – 15h00 | Social context and non-specific effects | Dershnee Devan | 14h30 – 15h00 | Providing pain management in cancer patients and in palliative care - community pharmacy perspective | Natalie Shellack | |
| 14h30 – 14h45 | Free papers | | 15h00 – 15h30 | Mood and pain | Eugene Allers | 15h00 – 15h15 | Q & A | | |
| 14h45 – 15h00 | Free papers | | | | | 15h15 – 15h45 | REFRESHMENTS | | |
| 15h00 – 15h15 | Free papers | | | | | | | | |
| 15h15 – 15h30 | Free papers | | | | | | | | |
| 15h30 – 16h00 REFRESHMENTS | | | | | | | | | |
| | VENUE: | | | VENUE: | | | VENUE: | | |
| | Parallel Session 3 (Continued) - Free communications | Chair: Sudha Bechan | | Parallel Session 5 - Topical Symposium - Immunology and Pain | Chair: Tarin Penberthy | | Pharmacy Workshop | Chair: | |
| 16h00 – 16h15 | Free papers | | 16h00 – 16h30 | Pain management for autoimmune conditions | Safoora Karolia | 15h45 – 16h15 | Managing pain at community pharmacy should not turn patients into addicts | Paul Sinclair | |
| 16h15 – 16h30 | Free papers | | 16h30 – 17h00 | Glial cell and their role in pain | Gill Bedwell | 16h15 – 16h45 | Pharmacist role in managing back pain | TBA | |
| 16h30 – 16h45 | Free papers | | | | | 16h45 – 17h00 | Q & A | | |
| | | | | | | 17h00 – 18h00 | Networking interaction & beverages | | |
| VENUE: | | | | | | | | | |
| 17h00 – 18h00 | Plenary Session 3 | | | | | | | Chair: Christa du Toit | |
| 17h00 – 18h00 | Ethics: Children's right to pain relief: Advocating for realisation in SA | | | | | | | Michelle Meiring | |
| 18h00 – 18h30 | AGM | | | | | | | | |
| 19h00 NETWORKING DINNER | | | | | | | | | |

Sunday 20 September 2020

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|---------------|--|------------------------------|---------------|---|---------------------------|
| 06h30 | SUNRISE WALK | | | | |
| 08h00 – 09h00 | REGISTRATION & ARRIVAL TEA/COFFEE | | | | |
| | VENUE: | | | VENUE: | |
| 09h00 – 11h00 | Parallel Session 6 - Targeting the brain in treatment | Chair: Michelle Casey | 09h00 – 11h00 | Parallel Session 7 - Pharmacological interventions for neuropathic and centrally mediated pain | Chair: Liz Gwyther |
| 09h00 – 09h30 | Using cortical reorganisation in treatment – GMI etc. | Katleho Dimakatso | 09h00 – 09h30 | Pain associated with neurological conditions | Vuyiswa Mandita |
| 09h30 – 10h00 | Targeting descending inhibition | Murray McDonald | 09h30 – 10h00 | Ketamine use in chronic pain | Fanie Meyer |
| 10h00 – 10h30 | Mindfulness, relaxation, hypnosis – mechanisms, effects, neuroscience and evidence | Warwick Phipps | 10h00 – 10h30 | Neurosurgeon's view on neuropathic pain | Nico Enslin |
| 10h30 – 11h00 | Use of TMS for pain | Shaquir Salduker | 10h30 – 11h00 | Headache – practical approach to treatment | Dion Opperman |
| 11h00 – 11h30 | REFRESHMENTS | | | | |
| | VENUE: | | | VENUE: | |
| | Plenary Session 4 - Acute pain management | | | | Chair: Sean Chetty |
| 11h30 – 12h00 | Pre-emptive analgesia | | | | Janieke van Nugteren |
| 12h00 – 12h30 | Trauma and fibromyalgia | | | | Michelle King |
| 12h30 – 13h30 | Ethics: The experience of opioid management in a vulnerable population | | | | Flaminia Coluzzi |
| 13h30 | CLOSING | | | | |