

# 2021 PainSA Congress

**Date:** 17 - 19 September 2021

**Venue:** Century City Conference Centre  
Cape Town



## PROVISIONAL PROGRAMME

### Friday 17 September 2021

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

	<b>VENUE:</b>	
15h30 – 17h30	<b>Plenary Session 1</b>	<b>Chair:</b> 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
	<b>VENUE:</b>	
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 18 September 2021

<b>07h00 – 17h00</b>	<b>REGISTRATION</b>				
	<b>VENUE:</b>				
07h30 – 08h20	Sponsored breakfast symposium				
	<b>VENUE:</b>				
	<b>Plenary Session 2 - Pain neuroscience education</b>			<b>Chair:</b> 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	
<b>10h00 – 10h30</b>	<b>REFRESHMENTS</b>				
	<b>VENUE:</b>			<b>VENUE:</b>	
10h30 – 13h00	<b>Parallel Session 1 – Pain physiology</b>	<b>Chair:</b> Dershnee Devan	10h30 - 13h00	<b>Parallel Session 2 – Paediatric pain</b>	<b>Chair:</b> 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									
	VENUE:			VENUE:			VENUE:		
14h00 – 15h30	<b>Parallel Session 3 -</b> Free communications	<b>Chair:</b> Sudha Bechan	14h00 – 15h30	<b>Parallel Session 4 -</b> Psychosocial risk factors and role in pain	<b>Chair:</b> Fanie Meyer	14h00 – 15h30	<b>Pharmacy Workshop</b>	<b>Chair:</b>	
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					<b>15h15 – 15h45</b>	<b>REFRESHMENTS</b>		
15h00 – 15h15	Free papers								
15h15 – 15h30	Free papers								
15h30 – 16h00 REFRESHMENTS									
	VENUE:			VENUE:			VENUE:		
	<b>Parallel Session 3 (Continued) -</b> Free communications	<b>Chair:</b> Sudha Bechan		<b>Parallel Session 5 - Topical Symposium - Immunology and Pain</b>	<b>Chair:</b> Tarin Penberthy		<b>Pharmacy Workshop</b>	<b>Chair:</b>	
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		
						<b>17h00 – 18h00</b>	<b>Networking interaction &amp; beverages</b>		
VENUE:									
17h00 – 18h00	<b>Plenary Session 3</b>							<b>Chair:</b> 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 19 September 2021

06h30	SUNRISE WALK				
08h00 – 09h00	REGISTRATION & ARRIVAL TEA/COFFEE				
	VENUE:			VENUE:	
09h00 – 11h00	<b>Parallel Session 6</b> - Targeting the brain in treatment	<b>Chair:</b> Michelle Casey	09h00 – 11h00	<b>Parallel Session 7</b> - Pharmacological interventions for neuropathic and centrally mediated pain	<b>Chair:</b> 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:	
	<b>Plenary Session 4</b> - Acute pain management				<b>Chair:</b> 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				