

## Conference Review World Congress on Pain August 2005 - Sydney

The IASP 11<sup>th</sup> World Congress on Pain was recently held in Sydney and attended by over 4800 delegates from 90 countries from all over the world. There was an enormous amount of information presented over the five days with over 1800 presentations including plenary lectures, workshops and posters.

Many excellent papers were presented regarding the latest advances in the neurobiology of pain and techniques for imaging pain as well as advancing our understanding of central processing and neuroplasticity.

Other papers were focussed on clinical topics such as narrative medicine, risk factors for the development of chronic pain and treatments for chronic pain.

In reviewing the epidemiological evidence for who is most likely to develop chronic low back pain Gary MacFarlane from University of Manchester UK stated that environmental, workplace and psychosocial factors are likely to influence the development of chronic low back pain.

He stated that professional workers were less likely to develop chronic low back pain compared with non-manual, manual and skilled workers. Obesity, lack of exercise and cigarette smoking were also considered as risk factors for increased low back pain.

Workplace factors such as mechanical load, forceful movements, vibration and awkward positions appear to be associated with those who develop chronic low back pain.

Perception of the workplace as stressful, monotonous work, hectic work and support from co-workers were all considered as work-related psychosocial factors which increased the likelihood of developing low back pain.

It was stated that general health and psychological factors appeared to be more predictive than disease pathology itself.

Gary MacFarlane also discussed individual biological factors such as peoples' response to stress as measured by variations in salivary cortisol and response to dexamethasone suppression test as possible predictors for development of chronic pain.

McBeth J, Chiu YH, Silman AJ, Roy D, Morriss R, Dickens C, Gupta A, MacFarlane GJ. *Arthritis Research*

and Therapy 2005 Z: R992-R1000 Harkness EF, Nahit ES, MacFarlane GJ, Silman AJ, McBeth J, Dunne G. *Occupational and Environmental Medicine* 2003 60 378-381

Ian McKenzie

## "Developing Risk Factor Targeted Interventions for Pain-Related Disability"

A conference workshop session was run by psychologists Steven Linton from Orebro University Hospital, Orebro Sweden, Michael Sullivan from the University of Montreal and William Shaw from Liberty Mutual Center for Disability Research, Massachusetts USA.

Steven Linton discussed the prevention of chronic pain by identifying psychosocial risk factors.

Linton is noted for developing the Orebro Musculoskeletal Pain Questionnaire which assesses for psychological risk factors that predict the potential for chronic pain. He stated that it is important to assess risk factors for chronic pain and disability in order to target interventions. He stated then that the resources which are often limited, can be used for those most in need.

He stated that too often clinicians offer the same treatment to all patients with the same diagnosis and he stressed we must tailor our treatment to the individual.

Linton concluded that screening for psychosocial risk factors and understanding these risk factors is the key to more effective communication between patients and treating professionals.

Michael Sullivan outlined the *Pain Disability Prevention Program* which he implemented in the province of Nova Scotia, Canada.

He described a community-based approach looking at reducing psychosocial risk factors. The program utilises a cognitive behavioural therapy approach to enhance understanding of pain and how to manage it. It also encourages individuals to increase fitness / activity levels with the aim of facilitating return to work.

The strategy used a standardized intervention lasting ten weeks involving a treatment manual, video information, reassurance and the patient being managed by their General Practitioner and local Psychologist who had been trained in the specific techniques outlined by the intervention.

Sullivan highlighted that the

intervention had a positive effect on return to work rates and that the type of intervention was to be implemented in other provinces of Canada to reduce the economic and human cost of pain and resulting disability.

The third workshop speaker William Shaw discussed the use of functional restoration programs in conjunction with early intervention in the workplace for low back pain sufferers.

He stressed that early intervention in the form of assessing duties, communicating with the employer and specifically training supervisors in the role they have to play in assisting injured workers back to work was vital.

He concluded, making reference to the study by Gatchel et al 2003, that functional restoration programs are cost-effective in conjunction with workplace interventions to prevent disability, but the two must be integrated.

Gatchel RJ, Polantin PB, Noe C, Gardea M, Pulliam C, Thompson J. *Treatment and Cost-Effectiveness of Early Intervention for Acute Low Back Pain Patients: A One Year Prospective Study* Journal of Occupational Rehabilitation 2003 13 (1) 1-9

Linton SJ, Boersma K. *Early Identification of Patients at risk of developing a persistent back problem: the predictive validity of the Orebro Musculoskeletal Pain Questionnaire* Clinical Journal of Pain 2003, 19 (2):80-86

Melissa Walter

## Don't Forget Wednesday

05 October 2005 @ 6 pm

*Pinot by the Pool*  
Wine Tasting hosted by  
Bill Ryan

Our Guest Speaker will be  
Newly Appointed  
District Court Judge

*Her Honour*  
Julie Rylie  
"Workers'  
Compensation  
and the Law"

RSVP: 29 September 2005

## Conference Calendar

*Compensable Injuries -  
Improving Rehabilitation and  
Real Long Term Health Outcomes*

28 September 2005  
Crowne Plaza - Sydney

**Contact:**

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Email: enquiries@ppleducation.com.au  
Website: www.ppleducation.com.au

Australian Society of Rehabilitation  
Counsellors (ASORC)  
National Conference 2005

13 - 15 October 2005

Hilton on the Park - Melbourne

Contact: Sally Lane - PPL Education

Employee Health Forum  
*Confronting the Challenge  
of Chronic Conditions*

26 October 2005  
Brisbane

Contact: Sally Lane - PPL Education

20<sup>th</sup> Annual Meeting  
North American Spine Society

27 September - 01 October 2005  
Philadelphia, Pennsylvania

**NASS**

22 Calendar Court LaGrange IL 60525  
Phone: 708-588-8080 Fax: 7085881080  
www.spine.org

8<sup>th</sup> International Conference  
*Mechanisms and Treatment of  
Neuropathic Pain*

03 to 05 November 2005  
The Fairmont San Francisco

**Conference Secretariat:**

Phone: 585 2754392 Fax: 585 275 3721  
office@cpe.rochester.edu  
www.neuropathicpain.org

American Back Society  
*Advanced Diagnosis and Treatment  
for Neck and Back Pain*

16 - 19 November 2005  
San Francisco - Hilton

Email: info@americanbacksoc.org

The International Society for the  
Study of the Lumbar Spine  
33<sup>rd</sup> Annual Meeting

13 to 17 June 2006  
Bergen Norway

Website: www.ISSLS.org

25<sup>th</sup> Annual Scientific Meeting of the  
American Pain Society (IASP Chapter)

03 - 06 May 2006  
San Antonio, Texas USA

Email: info@ampainsoc.org  
Website: www.ampainsoc.org

*Pain in Europe*  
European Federation of IASP Chapters  
(EFIC)

13 - 16 September 2006  
Istanbul, Turkey

Email: efic@internet.gr  
Website: www.efic.org

## Research Update

*Acute whiplash-associated disorders (WAD): the effects of early mobilization and prognostic factors in long-term symptomatology.* Soderlund A.; Olerud C.; Lindberg P. Clinical Rehabilitation 1 October 2000 14 (5) 457-467(11)

*Interdisciplinary Treatment of Failed Back Surgery Syndrome (FBSS): A Comparison of FBSS and Non-FBSS Patients.* Miller Brandy; Gatchel Robert J.; Lou Leland; Stowell Anna; Robinson Richard; Polatin Peter B. Pain Practice September 2005 5 (3)190-202 (13)

*Failure to Complete a Functional Restoration Program for Chronic Musculoskeletal Disorders: A Prospective 1-Year Outcome Study.* Proctor TJ; Mayer TG; Theodore B; Gatchel RJ. Archives of Physical Medicine and Rehabilitation 2005 86 (8)1509-1515

*Comparing self-report clinical examination and functional testing in the assessment of work-related limitations in patients with chronic low back pain.* Brouwer S; Dijkstra PU; Stewart RE; Goeken LNH; Groothoff JW; Geertzen JHB. Disability and Rehabilitation 2 September 2005 27(17) 999-1005 (7)

*Functional Capacity Evaluation Performance Does Not Predict Sustained Return to Work in Claimants With Chronic Back Pain.* Gross Douglas; Battie Michele. Journal of Occupational Rehabilitation September 2005 15 (3) 285-294 (10)

*Predicting Return to Work After Low Back Injury Using the Psychosocial Risk for Occupational Disability Instrument: A Validation Study.* Schultz I.; Crook J.; Berkowitz J.; Milner R.; Meloche G. Journal of Occupational Rehabilitation September 2005 15 (3) 365-376 (12)

*Three-Year Incidence of Low Back Pain in an Initially Asymptomatic Cohort: Clinical and Imaging Risk Factors.* Jarvik JG; Hollingworth W; Heagerty PJ; Haynor DR; Boyko EJ; Deyo RA. Spine 2005 30 (13) 1541-1549

*Does minor trauma cause serious low back pain? a prospective 5-year study in subjects with pre-existing degenerative changes.* Carragee E; Alamin T; Cheng I. Spine 2005 5 (4) S49

*A Narrative Review of Intra-Articular Corticosteroid Injections for Low Back Pain.* Bogduk Nikolai. Pain Medicine July 2005 6 (4) 287-296 (10)

*Anxiety and Depression in Patients With Lower Back Pain.* Mirzamani SM; Sadidi A; Sahrai J; Besharat MA. Psychological Reports 2005 96 (3) 553-558

## Our First

*Pinot by the Pool  
Wine Tasting hosted by*

*Bill Ryan*

*for 2006*

will be held sometime in  
February

We are pleased to advise that  
psychologists Ms Ronita Neal and  
Dr Sarah Angel for WorkCover  
Queensland's Medical and Allied  
Health Unit will present:

*“ Work Related Psychological  
Injury Claims -  
Preventing Chronicity ”*

They will be examining the complex  
bridge between patient / injured worker,  
employer, treating practitioners and  
insurer and ways to achieve the best  
outcome for all those involved.

## Did you know ?

That Rehabilitation Case Managers and  
Workplace Rehabilitation Co-ordinators  
are welcome to attend our weekly Friday  
Team Meeting at 8 am.

It's a great opportunity to meet with our  
professional team and discuss your  
worker's progress at GTR. Please call  
Narelle Nolan on 38315538 to arrange  
attendance.

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