

# Pre-Congress Programme

## PAIN MANAGEMENT REFRESHER COURSE

8<sup>TH</sup> ASEAPS CONGRESS, MALAYSIA | 2019  
www.aseaps2019.com



11th April 2019



Pullman Kuching, Sarawak

### Registration Fees

Category	Early Bird (Before 31st January 2019)	Post Early Bird (1st February - 31st March 2019)
Malaysian	MYR 200	MYR 250
ASEAN Countries	USD 100	USD 125
Non-ASEAN Countries	USD 150	USD 175

### Faculty

**Prof Lars Arendt-Nielsen**

Department of Health Science and Technology  
Fredrik Bajers Vej 7, Denmark

**Prof Andrew S. C. Rice**

Department of Surgery and Cancer  
Imperial College  
Chelsea and Westminster Hospital Campus, UK

**Prof Troels S. Jensen**

The Danish Pain Research Center, Denmark

**Assoc Prof Sasikaan Nimmaanrat**

Prince of Songkla University, Thailand

**Dr Andi Muhammad Takdir Musba**

Fakultas Kedokteran UNHAS, Indonesia

**Prof Michael Nicholas**

Royal North Shore Hospital Australia

**Prof Ramani Vijayan**

University of Malaya Medical Centre, Malaysia

**Assoc Prof Stefan J. Friedrichsdorf**

Children's Hospitals and Clinics of Minnesota USA

**Assoc Prof Cynthia Goh**

National Cancer Centre Singapore, Singapore

**Assoc Prof Roger Goucke**

The University of Western Australia, Australia

**Prof Eva Kosek**

Karolinska Institutet, Sweden

### Programme Overview

#### LECTURE HALL A

0830 - 0900	Musculoskeletal Pain (with focus on osteoarthritis)
0900 - 0930	Recent Advances in Developing Individualised Treatments for Neuropathic Pain
0930 - 1000	Peripheral Neuropathic Pain - Mechanisms and Management
1000 - 1030	Tea Break
1030 - 1100	Pain Syndromes in Cancer Survivors
1100 - 1130	Update on Acute Pain Management – What is New? (ERAS, ketamine, gabapentinoids, peripheral nerve blocks, etc)
1130 - 1200	Engaging the Patient in Pain Coping skills (including an introduction / synopsis on CBT)
1200 - 1230	Pain Management in Trauma Patients
1230 - 1330	Lunch
1330 - 1400	Managing Pain in Children - General Principles
1400 - 1430	Episodic Pain in Cancer Patients
1430 - 1500	Challenges of Managing Pain in the Elderly
1500 - 1530	Update on Fibromyalgia
1530 - 1600	Presentation of Certificates and Tea Break
1730 - 1830	Opening Ceremony followed by Welcome Reception

# Pre-Congress Programme ULTRASOUND WORKSHOP

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Category	Early Bird (Before 31st January 2019)	Post Early Bird (1st February - 31st March 2019)
Malaysian	MYR 350	MYR 400
ASEAN Countries	USD 200	USD 225
Non-ASEAN Countries	USD 250	USD 300

## Faculty

**Dr Ahmad Afifi Mohd Arshad**

Hospital Sultanah Bahiyah, Malaysia

**Prof Babita Ghai**

Postgraduate Institute of Medical Education and Research,  
India

**Dr Ng Kim Swan**

Ara Damansara Medical Centre, Malaysia

**Dr Khoo Eng Lea**

National Cancer Institute, Malaysia

**Asst Prof Nantthasorn Zinboonyahgoon**

Mahidol University, Thailand

**Dr Lai Hou Yee**

University of Malaya Medical Centre (UMMC), Malaysia

**Dr Lee Pui Kuan**

Subang Jaya Medical Centre, Malaysia

**Assoc Prof Sasikaan Nimmaanrat**

Prince of Songkla University, Thailand

**Prof Philip W. H. Peng**

Toronto Western Hospital, Canada

## Programme Overview

### LECTURE HALL B

0830 - 0900 Principles of Ultrasound

0900 - 0930 Knobology

0930 - 1030 Tea Break

Skill Stations - Chronic Pain Blocks

**Station 1 : Upper Limb**

*(Interscalene, Supraclavicular, Axillary Block)*

**Station 2 : Lower Limb**

*(Femoral, Adductor Canal, LFCN, Obturator Nerve Block)*

**Station 3 : Upper Trunk**

*(Thoracic Paravertebral, Intercostal, PECS Block)*

1030 - 1300

**Station 4: Lower Trunk**

*(Rectus Sheath, Transverse Abdominis Plane (TAP), Ilio-inguinal Ilio-hypogastric Nerve Block)*

**Station 5: Lumbar Region**

*(Lumbar Epidural, Lumbar Plexus Block)*

**Station 6: Sacral Region**

*(Subgluteal sciatic, Popliteal Nerve Block)*

1300 - 1400

Lunch

**Station 7: Head and Neck I**

*(Superficial cervical plexus, Stellate ganglion, Cervical Nerve Root)*

**Station 8: Head ad Neck II**

*(Cervical medial branch, Greater occipital nerve)*

**Station 9: Shoulder Region**

*(Acromioclavicular joint, Bicipital tendon, Glenohumeral joint injection, Subacromial subdeltoid bursa, Suprascapular nerve, Supraspinatus tendon)*

1400 - 1700

**Station 10: Lumbar Spine**

*(Lumbar facet joint, Lumbar medial branch)*

**Station 11 : Hip and Knee Joint**

*(Hip joint injection, Muscle injection)*

**Station 12: Sacrum**

*(Sacroiliac Joint, Piriformis injection, pudendal nerve block)*

1730 - 1830

Opening Ceremony followed by Welcome Reception

# Pre-Congress Programme TRANSDISCIPLINARY APPROACH IN THE MANAGEMENT OF PAIN



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ASEAN Countries	USD 100	USD 125
Non-ASEAN Countries	USD 150	USD 175

## Faculty

**Assoc Prof Zubaidah Jamil Osman**  
Universiti Putra Malaysia, Malaysia

**Ms Syarifah Nora**  
Hospital Kuala Lumpur, Malaysia

**Dr Shawn Lee Ji Kwan**  
Cyberjaya University College of Medical Sciences, Malaysia

**Ms Siti Nur Ayishah Basari**  
Ministry of Health Malaysia, Malaysia

## Programme Overview

### LECTURE HALL C

0830 - 0900	The Concept of Transdisciplinary in Pain Management
0900 - 0930	Assessment and Management of Patients: The ABCs of Motivational Interviewing Approach
0930 - 1000	Pain Behaviour: Is It Always Bad?
1000 - 1030	Tea Break
	Skill Stations
	<b>Station 1:</b> Why Do I Have Chronic Pain?: Communicating Pain to Patients.
1030 - 1230	<b>Station 2:</b> Physiotherapy <b>Station 3:</b> Psychology <b>Station 4:</b> Occupational Therapy
1230 - 1330	Lunch
1330 - 1530	Transdisciplinary Approach in the Management Of Pain: Case Studies
1530 - 1600	Summary and Conclusion Q & A
1730 - 1830	Opening Ceremony followed by Welcome Reception