



Indian Society for Study of Pain
(Indian Chapter of IASP)

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ISSPCON 2023

3rd to 5th Feb, 2023

IAPM Entry Exam 2022

4th Dec, 2022

EXIT Exam 2023

15th Jan, 2023



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From the Secretariat



Dr. Pravesh Kanthed

Hon. Secretary, ISSP

Dear esteemed members of ISSP

Season's Greetings from the Secretariat.

First of all we wish to extend our gratitude & heartfelt thanks for electing us as Hon. Secretary/Treasurer of ISSP. We sincerely hope that with your help and blessings, we will be able to discharge our duties & shoulder the responsibility entrusted upon us by you.

ISSP has come a long way since its inception in 1984 till today, with a strong force of 3500 members which is now rapidly multiplying, thanks to our past office bearers and members, who had the vision to see and make this speciality of Pain Medicine, as the torch bearer to relieve pain and suffering of humankind. We are on the right path but still a lot needs to be done. It is our moral and ethical responsibility to help our patients with chronic pain to live a good quality of life.

From 1984 till today, we have come a long way from doing OPD's and offering basic interventional procedures to doing MIPSIs, the spectrum of which now extends to Endoscopic discectomies & percutaneous implant placement/fusion. Let us collectively generate lot of good quality evidence & publish in our Indian Journal of Pain & other journals with good impact factor. Also we should use a standardised terminology & codes, which are already available in our website for reference. It will establish our Pain Medicine as the speciality & us as Consultant Pain Medicine, trained and skilled to execute this aspect of patient care with ease and finesse. This will strengthen our cause of delivering quality care & improving overall quality of life of our patients.

Our academic wing, IAPM is also doing a wonderful job & in due course of time, we are hopeful that IAPM will become one of the most coveted fellowships, both in India & Internationally.

From the Secretariat

37th edition of ISSPCON is being organized at the holy city of Amritsar this time from 3rd - 5th Feb 2023 at SGRD University of Health Sciences. Pre-conference workshop will be held on 2nd Feb. Kindly register in large numbers to enjoy the academic, gastronomic and spiritual feast. We are sure that the Organizing Chairman Dr AP Singh and Organizing Secretary Dr Ruchi Gupta will make it an event to be remembered for a lifetime.

The Secretariat is committed to represent our society at NMC/ Government/ Ayushman & insurance levels & with the help of each & every member, we should be able to achieve our common goal. We would also request each & every member to come forward & communicate with secretariat about any idea/leads/plans which we can implement for the betterment of our specialty in general and for our patients in particular.

Secretariat will communicate from time to time with you regarding the future activities and updates. Kindly visit our website (www.issp-pain.org) & follow our page on Facebook/ LinkedIn for any update on ISSP and IAPM.

We have issued a dedicated ISSP helpline number +91-888-999-8301. For any help/query/suggestion, we can be reached through this number or through e-mail, issphq@gmail.com

Together, we can achieve a lot for our specialty of PAIN MEDICINE.

Jai Hind
Long live ISSP

Dr. Pravesh Kanthed
Hon. Secretary, ISSP



Dr. Hitesh Patel
Treasurer, ISSP

President's Message



Dear Friends

Greetings of the day!

The 19th World Congress of Pain was organized in Toronto Canada from 19-23rd September 2022, it was a very well-organized conference represented in large numbers by Indian Pain Physicians despite many failing to attend the conference because of VISA issues.

I must congratulate Dr Ashok Saxena for getting the award for “Excellence in Pain Research & Management” at the 19th World Congress of Pain in Toronto, Canada.

Many important points were discussed during the lunch on presidential meetings of different chapters of IASP. As an Indian chapter representative, I expressed my view that IASP should involve all the chapters in their activities and provide pain awareness and educational material to all the chapters. All presidents and secretaries to get free registration for IASP conferences. There should be better coordination and all activities of the chapters to be shared with the IASP headquarters.

ISSP foundation day was celebrated on the 9th of July by all pain physicians all over INDIA. Today, we have approximately 3,500 pain physicians serving mankind and relieving the pain and suffering of millions of people and pledge to serve the people in pain by providing education in the field of pain, and training new pain physicians apart from providing research in pain medicine.

11 October was celebrated worldwide as a global day against Pain. ISSP took the secretariat led by Dr Pravesh Kanthed great initiative in spreading awareness about pain and sending creatives for display on social media handles like Facebook, Instagram and LinkedIn etc. These kinds of activities are going to make a great impact on pain awareness among the medical fraternity and the public.

...President's Message

After the success of the Bhuwaneshwar ISSP Conference, we have the upcoming conference in the first week of February 2023 in Amritsar, which is known for great hospitality and food and I hope the conference is going to provide a great academic feast under the leadership of Dr Ruchi Gupta and her team.

Pain medicine all over the world is progressing at a rapid pace and the number of conferences, seminars, workshops, camps and pain awareness public lectures are an indication of the interest that has been generated in young pain physicians and these activities will lead to improving patient outcomes in pain.

Recently, there has been a lot of advancement in the field of Pain Medicine like better drugs, equipment, advanced pain management techniques, guidelines and pain services in India. Much has been achieved but for pain medicine to develop further, there is a need of recognizing and including 'Pain Medicine' as a super-speciality in the field of Anesthesiology under NMC. To include pain management as a drive to objectives of national health mission (NHM) like Ayushman Pradhan Mantri Jan Arogya Yojna which include the of minimally invasive pain and spine procedures under health insurance policies

The growth of the ISSP has been phenomenal due to the able guidance of senior colleagues and past governing council members of ISSP & IAPM. The present governing council team members are very dynamic dedicated enthusiastic and I hope with the team efforts we will try to achieve more and scale new heights for the welfare of society. ISSP activities towards the promotion of pain awareness, education & training will continue with the team efforts.

Long live ISSP!

Dr Pradeep Jain
President, ISSP

ISSP UPDATES



- [Insurance Policy](#) – ISSP has a tie-up with Star Health Insurance for 14 procedure categories. The procedures are divided under day care and indoor, both categories according to patient's clinical condition. Other insurances like ICICI Lombard, GIPSA, CGHS, ECHS and Ayushman also discussed and ISSP office bearer are trying hard to convince them and under process.
- [Indemnity Insurance](#) – An exclusive Doctors Risk Indemnity policy for ISSP members has been circulated through email and is also posted on official website. Parallely other indemnity policy with Cover U is being explored. Multiple online communications and a physical meeting with Cover-U executives was conducted on 9th Nov 2022.
- [Life Membership](#) -Online membership is working well & members are registering. Total 2727 members till 25th Nov 22
- [ID Cards](#) - disbursed till 31st Oct 2022, new will be disbursed every month.
- The current GC members body has been updated to IASP and SARPS.
- Meeting was conducted with Hon Governor of UP, Smt Anandi Ben Patel, by Dr Pravesh, Dr. Hitesh, Dr. Anurag and Dr. Shivani Rastogi. Importance of Pain Medicine as a super specialty in all universities has been explained to her. Hon. Governor has suggested to follow proper channel and communicate with VC of University. The Secretariat has communicated through mails & letters with the VC'S of 3 universities (RMLIMS, KGMU & SGPGI) in UP.

... ISSP UPDATES

- Meeting with Executive Director (HP&QA), National Health Authority, Ayushman Bharat PM-JAY, Government of India, New Delhi, Dr Shankar Prinja was done. On 9th May 2022, ISSP was represented by Dr Pravesh Kanthed, Dr Pankaj Surange & Dr Anurag Agarwal. Very fruitful meeting was done wherein all the data regarding inclusion of Pain Medicine as a specialty with Interventional Radiology/ Neurosurgery & addition of procedures not listed in Ayushman Bharat scheme were discussed. The NHA assured that our proposal will be discussed & implemented as per their policy.
- A follow up meeting was again done on 9th Nov 2022 with Dr Prinja in which ISSP was represented by Dr Pradeep Jain and Dr Pravesh Kanthed. NHA assured that the packages with inclusion of Pain Medicine will be rolled out shortly.
- [National Medical Commission](#) – E-Mail and letter, both from ISSP has been submitted to NMC to recognize Pain Medicine as a super specialty and also to start courses in DM Pain Medicine under institutions governed by NMC. A physical meeting with Dr Vijay Oza, President of Post Graduate Medical Education Board, NMC, was also conducted on 9th Nov. 2022 at Delhi. Dr Pradeep Jain, Dr Pravesh Kanthed, Dr Naveen Malhotra and Dr Anurag Agrawal represented ISSP. We presented our claim of starting DM Pain Medicine as a super specialty of Anaesthesiology. We were patiently heard and assured of putting up our demand with their board.
- It has been suggested by GC that support letter, if requested by institutions should be given to individual institute from ISSP. The Secretariat is supportive of the idea & the society will back every member who needs any type of help from the Secretariat.
- Website and software upgradation is done from time to time. There are some names/ details of members, missing from the software. We request members to connect to us for any help, updation of their membership or personal details in software like phone number, mail ID and address.
- We are revamping our ISSP app. Once updated, you can login in it through your membership number and will be able to edit your details. We are also planning to do case discussions and live interactions through the app. We will furnish the details once these are available.
- A successful campaign was undertaken with participation from each and every member for World Trigeminal Neuralgia Awareness Day (7/10/22), Global Day against Pain (11/10/2022), World Arthritis Day (12/10/22), World Spine Day (16/10/22) and World Osteoporosis Day (20/10/22). The Secretariat shared creatives for each day and members added their own credentials and shared the same creatives on social media handles. The feedback received for this campaign were moral boosting and from next year, we will upscale our efforts in the field of patient awareness. Members can reach out to us if they have any other ideas for public awareness.

... ISSP UPDATES

- West Bengal State Government officially has approved “Swasthyasathi” (government insurance policy) for most of the pain procedures in the state. And it has become possible only by the gracious leadership and hardest efforts of Dr. Subrata Goswami. Officially the government order was published in the month of August and it’s now successfully working in the state of West Bengal. The link to the order is - <https://tms.swasthyasathi.gov.in/portal/SSPPackage.asp?dw=2> ISSP appreciates and recognizes the efforts of WB office bearers in general and Dr Subrata Goswami in particular for the same. Other states can also liaison with their respective state government officials to list pain procedures in their government health insurance scheme or Ayushman Bharat.
- ISSP Secretariat urges state chapter/ city branch President and Secretary to conduct a GBM annually and elections, no later than three years as is mandated by our constitution. To maintain uniformity across the country, the elections should be held in the month of December, so that the new executive council takes over by Jan. and represent their respective Chapter/ Branch in ISSPCON in Feb. The minutes of the meeting and activities done by the chapter/ branch should be communicated with the Secretariat so that they can be published in the newsletter. Annual returns of the society should be filed with the tax authorities and a copy of audited accounts should be sent to the Secretariat for their record.
- To maintain uniformity ISSP Helpline number is generated as 8889998301. Whatsapp communications will be available on the same. This number will be passed from Secretary to Secretary.



STAR
HEALTH INSURANCE
CORPORATION LIMITED

STAR HEALTH AND ALLIED INSURANCE COMPANY LIMITED

Regd. & Corporate Office : 1, New Taram Street, Vakkam Kattam High Road,
Nungambakam, Chennai - 600 034. Phone: 166-2338 8888
CIN: U00020TN199900010001 STAR Insurance Co., Ltd.

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Rehabilitation: The company will pay the expenses for rehabilitation, if there is an admissible claim for In-patient hospitalization for an injury, disease or illness specified below.

1. Poly Trauma
2. Head injury
3. Diseases of the spine
4. Stroke

Pain Management treatment:

Sl. No.	Subject - Pain Management Cover	Sub-limits (Per Policy Period)	
		5 Lacs	7.5 and 10 Lac
	Sum Insured Rs.		
	Name of the covered pain management treatment		
1		50,000/-	65,000/-
2	Caudal epidural injection for Discogenic pain	30,000/-	40,000/-
3	Lumbar and cervical selective nerve root block for Lumbar and Cervical radicular pain	40,000/-	50,000/-
4	Caudal Neuroplasty for Failed back spine surgery	70,000/-	85,000/-
5	Stellate ganglion ablation for upper limb CPSPS	50,000/-	65,000/-
6	Occipital nerve Pulsed RF Irrigation for Migraines, Cluster headache and cervicogenic headaches	50,000/-	65,000/-
7	Lumbar sympathetic chain RF ablation for lower limb CPSPS, diabetic periphery painful neuropathy and Ischaemic limb pain	50,000/-	65,000/-
8	Gasserian ganglion ablation for Trigeminal neuralgia	50,000/-	65,000/-
9	Intercostal nerve Ablation for post thoracotomy pain and Thoracic malignancy pain	30,000/-	65,000/-
10	Celiac plexus ablation for upper gastrointestinal malignancies pain	40,000/-	65,000/-
11	Superior hypogastric plexus ablation for lower Gastro intestinal malignancies pain	40,000/-	65,000/-
12	Ganglion impar ablation for perineal cancer pain and coccydynia	50,000/-	65,000/-
13		75,000/-	1,00,000/-
14		40,000/-	65,000/-

Important Note:

- (i) The above mentioned sub-limits will apply, even if these treatments are taken as part of Rehabilitation Care.
- Rehabilitation and/or Pain management treatment can be taken only at the Authorized centres mentioned in the website - www.starhealth.in

Star Cancer Care Platinum Insurance Policy
Policy Wording

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Letter of acceptance from
Star health and Allied insurance company Limited



... ISSP UPDATES

Trigeminal Neuralgia and Facial Pain sufferers around the world.


Don't suffer in pain. Our network of renowned pain physicians is here to help you.

read the blog - www.leturl.com/tna2022

Solidarity
Trigeminal Neuralgia Awareness Day - 2022

Pravesh Kanthar
Hon. Secretary
Indian Society for The Study of Pain

ISSP Support
Trigeminal Neuralgia Awareness Day - 2022

 www.issp-pain.org

Trigeminal Neuralgia Awareness Creative

We are India's largest network of **Pain Physicians** committed to providing pain relief to our patients.

Do not suffer in pain. Pain relief is a basic human right.

In Solidarity
Global Day Against Pain - 2022

Pravesh Kanthar
Hon. Secretary
Indian Society for The Study of Pain

Indian Society for Study of Pain Supports
Global Day Against Pain
11th October 2022

 www.issp-pain.org

Global Day Against Pain Creative

IAPM UPDATES



It is with great pleasure that I write the report of achievements and initiatives taken by IAPM – Indian Academy of Pain Medicine, the academic wing of ISSP.

The exit exam of IAPM was conducted at Sri Aurobindo Institute of Medical Sciences (SAIMS), at Indore on 21st of August 2022. Dr Pravesh Kanthed was the local coordinator for the exam. 15 candidates applied for the exam, 1 wasn't eligible, 2 candidates deferred the exam and 12 appeared for the same and all cleared.

Details of the upcoming exam

Entry Examination Of IAPM Fellowship	4 th December, 2022, Sunday
EXIT Examination Of IAPM Fellowship	15 th January, 2023, Sunday

The last date for application of ENTRY Exam is : 30th November, 2022

The last date for application of Exit Exam is : 17th December, 2022

Since there was not much development over the SIG front, it was decided by the GB to dissolve all the existing SIG's and make new SIG's. As per ISSP decisions on "reframing the Special Interest Groups", ISSP is inviting to join as SIG Chairperson/ Members from among the ISSP members.

... IAPM UPDATES

The Criteria for being SIG Chairperson and SIG Members are as follows -

For the Chairperson -

- 10 years of ISSP Membership and at least one Publication on the respective topic.

For the Members

- 10 years of ISSP Membership
- 5 years of ISSP Membership and at least one Publication on the respective topic.

The SIGs are as follows-

- Regenerative Medicine
- Neuropathic Pain
- Endoscopic Spinal Procedures
- Vertebral augmentation Procedures
- Neuromodulation
- Ultra sound guided chronic pain procedures/interventions

Please send email to registrar.iapm@gmail.com

Last date for application is 25th December 2022.

ISSP City Branch Activities

Aurangabad City Branch

A Guidance & awareness camp on 'Knee Pain and Modern Medical Treatment' was conducted on Sunday, 18th September 2022 in association with Sadachar Sanwardhan Senior Citizens Organization. Dr. Amol Pandav and Dr. Jyeshtharaj Patangankar gave in-depth guidance on the above mentioned topic.

In the said camp, PRP treatment and Radiofrequency Ablation, two latest treatment modalities in pain management, were extensively discussed. President of the organization Shri. Acharya expressed hope that all patients will benefit from this treatment. Secretary of the organization Shri. Chaudhary thanked everyone.



... ISSP City Branch Activities

Aligarh City Branch

The Aligarh City Branch of ISSP celebrated the foundation day of ISSP (9th July) on the theme "Translating pain knowledge to practice". Prof Rakesh Bhargava, Dean, faculty of Medicine, J.N.Medical College, Aligarh Muslim University, Aligarh addressed the teachers and students on this occasion. Dr Hammad Usmani, secretary, Aligarh City branch of ISSP extended warm wishes of the day to the teachers and students.

On this occasion a poster competition was also organised for the post graduate students on the said theme. A large number of students participated in the poster competition.



... ISSP City Branch Activities

Chandigarh City Branch

FOUNDATION DAY CELEBRATIONS

The Indian Society for Study of Pain (ISSP), Chandigarh City Branch organized a CME on "Making the Invisible Visible: USG Guided Nerve Blocks" on 9th July 2022 in commemoration of the foundation day of ISSP, the 10th of July. The program was held at the large Seminar Hall, of the Department of Anaesthesia and Intensive Care, Government Medical College and Hospital, Chandigarh. More than 64 attendees participated during the CME event. The program started with welcoming of the dignitaries, faculty and the residents. Prof Kajal Jain welcomed the august gathering comprising of senior pain physicians of tricity including DrAjitKayal, Senior Consultant, St George's, University of London, UK, Dr Rupinder Gill, Pain Physician from USA, senior and junior residents from GMCH and PGI Chandigarh. Prof Sukanya Mitra, Secretary, ISSP, Chandigarh branch and Head, Department of Anaesthesia and Intensive Care, GMCH, Chandigarh highlighted the importance of ultrasound and pain in the medical profession and thanked the faculty and the attendees.

Prof YK Batra, President, ISSP Chandigarh branch and Director-Anaesthesia and Pain management, Max Super specialty hospital, Mohali emphasized on the main aim of the CME program which was to understand the concept of pain and the role of ultrasound in relieving pain by instituting regional nerve blocks as a part of total pain relief.

The first lecture was delivered by Dr. Prit Anand, Director, Pain Management Service at Changi General Hospital, Singapore on ultrasound guided PENG block. The lectures were delivered by Dr. Varun Singla, Prof Neerja Bharti and Dr. Prateek Upadhyay, eminent and budding pain physicians of the tricity.

A panel discussion was moderated by Prof Deepak Thapa, Department of Anaesthesia and Intensive Care, GMCH, Chandigarh and the panelist included both international and national faculty Dr. Prit Anand Singh, Dr. Jeetinder Kaur Makkar, Dr. Vanita Ahuja, Dr. Anudeep Jafra and Dr. Neetika Goel. All the sessions had excellent discussions and clinical practical pearls were discussed for effective pain management of patients.

The CME program was well appreciated by all. Program of CME ended with a vote of thanks followed by high tea.

... ISSP City Branch Activities

... Chandigarh City Branch

... FOUNDATION DAY CELEBRATIONS



... ISSP City Branch Activities

Indore City Branch

The new Executive members were appointed in December 2021

The office bearers are as below :

President - Dr. Sadhana Sanwatsarkar

Vice President - Dr. Paritosh Dubey

Secretary - Dr. Rachna Varma

Clinical Secretary - Dr. Ritu Pauranik

Treasurer - Dr. Anshul Agarwal

The first clinical meet was organised on 13th of May 2022 . The event was held at Hotel Marriott and was sponsored by Sun Pharma. The agenda of the meet was Taking of charge from previous body, formation of new executive members. Dr Swapnil Baraskar talked on Chronic Neuropathic pain. The executive members were appointed. The meet was followed by cocktails and dinner.



... ISSP City Branch Activities

... **Indore** City Branch

The second meet was organised on June 17th, 2022 at Hotel Sayaji which was Sponsored by Jansens (Johnson's and Johnson's). The national Secretary Dr Pravesh Kanthed was felicitated, Dr Sumit Khatri presented a case report on Trigeminal neuralgia in a patient on pacemaker treated with RF ablation, Dr Rachna Varma delivered a talk on Osteoarthritis Knee joint. It was followed by fellowship cocktails and dinner.



... ISSP City Branch Activities

... Indore City Branch

The next meet was organised to celebrate ISSP foundation day on 9th July 2022. It was an event which was all musical as we celebrated it at Sayaji Hotel sponsored by Intas Pharma. Dr Rashpal Singh delivered a talk on Fibromyalgia. Then all the members joined hands in cake cutting. It was followed by Musical night which had all the members singing and dancing late in the night. Followed by a grand dinner with cocktails.



... ISSP City Branch Activities

... **Mumbai** City Branch

SSPM (Mumbai branch) Organised many academic meetings and Pain awareness activities.

- Management of shoulder pain (5th April 2022)
3-4 lectures and discussion
Attended by 30 pain physicians
- Full day CME on Pain management and multidisciplinary approach In occasion of pain awareness day (9th July 22), Attended by 120 including pain physicians, surgeons, anaesthetists and doctors from other branches too.
- Clinical meeting on Interesting cases and outcomes (17th August 22) , Discussed 5-6 ceases with good discussion, Attended by 30 pain physicians .



... ISSP City Branch Activities

Nagpur City Branch

AMS Conference (UNDERSTANDING PAIN- MULTIDISCIPLINARY APPROACH)

For the first time in Nagpur, in the Annual Conference of Association of Medical Sciences(AMS- a multi disciplinary organisation) a complete four hour program on UNDERSTANDING PAIN- MULTIDISCIPLINARY APPROACH was organised. Dr Archana Deshpande, Secretary SSPN Nagpur was the Convenor and Faculty. The program comprised of Lectures, Panel discussion and Interactive sessions. Dr Dhruv Bibra, Senior Pain Physician DPMC, was the Guest Faculty. Dr Kiran Vyawhare, president elect SSPN was also present as faculty . There were Rheumatologists, Orthopaedicians, Surgeons, Physicians, Neurologists, Onchologists, Anaesthesiologists, Gynaecologists, Radiologists, Physiotherapists (more than 100 clinicians from different fraternities)present in the audience. They were astonished to see the revolution in PAIN management over past few years.



... ISSP City Branch Activities

... Nagpur City Branch

New Team Announcements (2022 - 2025)

CG- Dr. Pradeep Jain

GOH - Dr. Bhau Rajurkar

President - Dr. Sunita Lawange

Secretary - Dr. Archana Deshpande

Treasurer- Dr. Umesh Ramtani

Past President - Dr. Chandrashekhar Cham

President Elect - Dr. Kiran Vyawhare

Vice President - Dr. Pratibha Deshmukh

Spl Executive Member-Dr Anjali Kolhe

Executive Members-

- Dr Hemlata Sherke
- Dr Vivek Chakole
- Dr Vrishali Ankalwar
- Dr Nilesh Mathankar
- Dr Gauri Arora



... ISSP City Branch Activities

... Nagpur City Branch

Lokmat Times

New techniques, drugs working wonders in pain management

SNEHLATA SHRIVASTAV
LOKMAT NEWS NETWORK
NAGPUR, JULY 8

Diagnosing, treating and managing chronic pain, be it due to smaller ailments like sports injuries or big diseases like cancer has become better, more effective and long lasting over past few years. Developments in ultrasound guided techniques have improved the diagnostic aspects while using better drugs through nerve blocks have made treatment much simpler and effective.

In fact 'pain medicine' has emerged as a new subject, a super specialty of anaesthesia, and doctors can now specialize in it through DM degree. The Nagpur Society for Study of Pain headed by new president Dr Sunita Lawange and secretary Dr Archana Deshpande has launched an aggressive and vast plan for educating not just the anesthesiologists who specialize in pain management but also physicians, oncologists, onco-surgeons and neurologists on when and where to refer the patients with chronic pain at the right time. 'Manging pain - brightening lives' is the theme for this year's educative programmes by the national body, the Indian Society for Study of Pain which will be celebrating its foundation day today.

Dr Sunita Lawange, the president of Nagpur Society for Study of Pain (NSSP) shared a lot of details on latest techniques for chronic pain management in patients.

'In last 4-5 years the ultrasound is being used as the



Dr Prakash Deo



Dr Archana Deshpande



Dr Sunita Lawange



most important tool for diagnosing the exact spot of the pain." After identifying the spot of the pain we use 'nerve blockers' to relieve the patient of the pain. The blocks actually cut the 'pain signal' and do not allow it to reach the brain. This takes off the feeling pain from the patient," said Dr Lawange.

The nerve blockers, which are chemicals which block the pain signal, are injected at the spot after administering local anaesthesia by 'pain medicine clinicians and experts'. These experts now have their own treatment clinics where the physicians and

specialists can refer their patients with chronic pain. "The family doctors and physicians as well as specialists need to be educated themselves to know when and where to send the patient for treatment of pain rather than putting them on prolonged medications," said Dr Deshpande.

Pain caused due to musculo-skeletal problems can be easily diagnosed and treated using intra-articular injections, trigger point injections, dry needling and nerve blocks. In case of cancer patients the plexus blocks are used to treat the patient for debilitating pain.

Modern methods playing key role

Modern neurolytic agents and modern radio-ablation techniques have also emerged as good tools in managing the pain efficiently.

Dr Lawange explained how modern imaging tools like CT robotics can be a very good tool for precise diagnosis. "All these new drugs and techniques have improved the quality of life of patients to a large extent," she added. Many diseases where thrombosis or blood clotting causes pain is intractable and continuous over a large part of the body, can also be treated by delivering medicines through catheter in the epidural or suprachnoid space instead of the traditional oral delivery. The appropriate combination of neuropathic drugs and their dosing with Newer range of opioids new drugs also help skip the use of conventional steroids.

Post 'Covid-19' complications like pain in neck, shoulder, back etc due to prolonged sitting in awkward postures at home, depression due to loss of jobs can also be treated easily by pain medicine specialists.

Some patients, especially women, have prolonged whole body pain with no specific cause or origin. They are manageable through medicines and counselling and exercise in pain clinic. Dr Deshpande said that people with herpetic neuralgia keep suffering from years, but now they can get relief with neuropathic medicines and specific nerve blocks.

Citing an example of a woman who had been suffering from unbearable facial pain called as 'trigeminal neuralgia' Dr Lawange said that she was relieved of all pain in just one dose of a latest form of drug. "Such are the wonders of newer drugs and techniques like radio-ablation," she added.

Dr Deshpande admits that earlier it was difficult to treat patients with infections caused post surgery but now even they can be treated.

However both pain management experts say that the pain management requires a team effort which includes counselling, physiotherapy and interventions at the same time.

"It is said that the pain clinics are not there in government medical colleges and hospitals which draw a huge majority of patients. Government needs to take up the issue seriously and adopt immediate measure to train its doctors in pain medicine. I am a doctor from community medicine and hence I would advocate that government considers pain as a public health issue and acts accordingly," said Dr Prakash Deo, the president of Nagpur branch of Indian Medical Association.

The IMA president, also stressed on the need for including pain in the insurance schemes run by both government and private agencies. "Such experts in pain management can also be trained and posted at district hospitals," he said.

Musculoskeletal pain

Dos

- Treat the pain as early as possible
- Do massage and hot fomentation for a couple of days
- Take medication adequately so the pain does not become chronic
- Do stretching exercises only
- Follow lifestyle modifications like posture, frequent break for stretching

Cancer Pain Dos

- Involve a Pain consultant at the beginning of cancer treatment
- Attend counselling sessions regularly
- Join a social support group
- Know more for emergency needs and medicines in advance so panic situation doesn't arise

Don'ts

- Do not take pain killers for long duration. It has bad effects on kidney and liver
- Do not do unnecessary weights or heavy exercises as that would increase pain
- Do not fall for quacks' therapy. It may contain high dose of steroids

Nagpur First
Page No. 4 Jul 09, 2022
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MEDIA COVERAGE ABOUT AWARENESS BY PRESIDENT SECRETARY,INTERVIEW IN PAIN FOUNDATION WEEK

... ISSP City Branch Activities

... Nagpur City Branch

On ISSP Foundation day, an awareness program was jointly organised by JNMC Sawangi in association with SSP Nagpur on 9th July 2022 for postgraduates and staff. At the outset Dr, Vivek Chakole spoke on Foundation day and the need to spread awareness about Pain Medicine Specialty. Then Dr Priyanka Dev, (Assistant Professor Anaesthesia), gave a brief overview on History of ISSO. Dr Sunita Lawange, (President SSPN) was the Guest Speaker for the program. she have a brief overview on Clinical prearls in chronic pain assessment and management, Dr Jeshnu Tople, (Pain Specialist at JNMC Sawangi) presented a very interesting case of multiple myeloma with Trigemianl Neuralgia and its management. Dr Aditi Conducted the proceeding with Dr Vivek Chakole, (Professor and HOD Anaesthesiology). The programme was well appreciated and attended by a good number of delegates.

Department of Anaesthesiology and Pain Medicine
JNMC, Sawangi, in association with
Society for Study of Pain Nagpur (SSPN)
INVITES you to celebrate

ISSP Foundation Day

09th July, 2022
11:30 am to 01:30 pm

Anaesthesia Seminar Room, Department of Anaesthesiology, JNMC, Wardha

Programme Schedule

History of ISSP	Dr. Priyanka Dev Assistant Professor, Dept. of Anaes
Clinical Pearls in Chronic Pain Management	Dr. Sunita Lawange President, SSPN, Nagpur branch

Organising team:
Dept. of Anaesthesiology, JNMC, Wardha
Dr. Vivek Chakole Dr. Jeshnu Tople Dr. Aditi Shetalewar Dr. Kapil Khandewar

... ISSP City Branch Activities

... **Nagpur** City Branch

September is celebrated as Pain Awareness month all over the world. Continuing our efforts for Awareness of Pain Management Society for study of Pain Nagpur (SSPN) in association with Department of Anesthesiology GMCH organised a program for Nursing Staff on 29th September at Anaesthesiology. GMC welcomed and gave introductory speech Dr Vrushali Ankalwar (Associate professor department of Anaesthesiology). GMC explained Acute Pain Management in details. Dr. Sunita Lawange (President SSPN) gave an overview of different treatment modalities for various chronic pain conditions. Dr. Archana Deshpande (Secretary SSPN) delivered talk on how to approach the CNE. The program was attended by almost 75 staff nurses and many residents of Anaesthesiology. We also did a pre and post CNE questionnaire test to observe the impact of our efforts Dr. Ankalwar worked very hard for the success of this program.



Some more activities were done are as follow:

- Pain awareness program on Cancer pain at RST on 10th September, 2022
- Pain awareness program at DMMC on 16th July, 2022

... ISSP City Branch Activities

Jaipur City Branch

This is regarding our Jaipur city branch activity. We have conducted a CME of Jaipur City branch of ISSP on the topic of "ISSP coding system for Pain Practitioner" and "Role of Duloxetine in Neuropathic Pain Management" at Hotel Ramada on 03/09/2022. There was good discussion held upon topics and universal consent form. Dr Gaurav Sharma delivered the lecture and explained all the activities of ISSP national body. The program was presided by Dr Neena Rungta (President Jaipur City Branch). More than 20 ISSP members attended and discussed the future program of city branch.



th



... ISSP City Branch Activities

Pune City Branch

- **National appreciation** - Dr. Madhuri Lokapur for her contribution towards pain in India on the occasion of ISSP Foundation Day
- **Faculty at ISSPCON 2022** - Dr. Madhuri Lokapur, Dr. Yashwant Nankar, Dr. Joyshankar Jana, Dr. Uttam Sidhaye, Dr. Varsha Kurhade, Dr. Sanjog Mekewar as faculty and Dr. Asha Barge, Dr. Kashinath Bangar, Dr. Nivedita Page, Dr. Gayatri Bangar, Dr. Archana Nankar
- **Paper Presentation at ISSPCON 2022** - Dr. Shweta Puntambekar, Dr. Medha Phadke
- **Honours** - Dr. Kashinath Bangar, Dr. Nivedita Page awarded with FIAPM
- **Monthly SSPP academic activities** from January 2022 on various topics as listed below
 1. Neuropathic Pain
 2. How I Do It : USG Shoulder interventions
 3. Chronic Pain & Pregnancy
 4. Needling in Chronic Pain
 5. Palliative Care and Pain management
 6. Advanced Spine MIPSIs for Pain Physician

These are online webinar, which are made live on various platforms like You Tube, Facebook & Anaesthesia TV having viewership more than 1000.

- **One day CME on 'Craniofacial Pain Updates'** was conducted by SSPP on 5th June 2022. It was conducted in hybrid form attended by 120 people
- Dr Varshali Keniya, Dr. Asha Barge, Dr. Kashinath Bangar, Dr. Varsha Kurhade were invited as faculty at international pain conference & workshop, ICRAPAIN 2022, at Dhaka, Bangladesh
- Dr Varshali Keniya, Dr. Varsha Kurhade and Dr Shweta Puntambekar completed MSK USG fellowship certificate course . Dr. Medha Phadke completed Advanced certificate course
- SSPP members celebrated PAIN AWARENESS WEEK in first week of July on the occasion of ISSP Foundation Day. Various activities were conducted all over the city by Dr. Sarita Swami, Dr. Varshali Keniya, Dr. Uttam Sidhaye, Dr. Madhuri Lokapur, Dr. Joyshankar Jana, Dr Vasudha Jadhav, Dr Sanjog Mekewar, Dr Varsha Kurhade, Dr Kashinath Bangar, Dr Pradnya Bhalerao, Dr. Kirti Pawar, Dr Vivek Deshmukh, Dr Nivedita Page, Dr Manas Manohar, Dr. Priya Rathi, Dr. Priya LahaneSaoji, Dr. Shweta Puntambekar, Dr Medha Phadke .

... ISSP City Branch Activities

...Pune City Branch



Dr Sanjog Mekewar – Pain awareness



Dr Manas Manohar – Pain awareness



Dr Sarita Swami, Dr Varshali Keniya, Dr Uttam sidhye, Dr Shweta Puntambekar – Pain awareness



Dr Sanjog Mekewar – Pain awareness



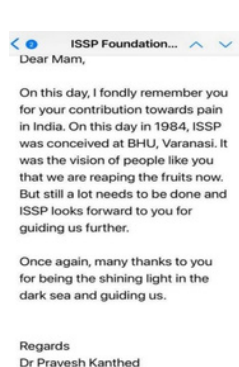
Dr Priya Rathi – Pain awareness



Dr Kashinath Bangar – Pain awareness



Dr Madhuri Lokapur – Pain awareness



Dr Pradnya Bhalerao – Pain awareness



Dr. Madhuri Lokapur



Dr Kirti Pawar – Pain awareness

... ISSP City Branch Activities

...Pune City Branch



Dr Vasudha Jadhav – Pain Awareness



Dr Vasudha Jadhav – Pain Awareness



Dr Nivedita Page – Pain Awareness



Dr Priya Lahane– Pain Awareness



Dr Joyshankar Jana – Pain Awareness



Dr Keniya, Dr Barge, Dr Bangar, Dr Kurhade - ICRA – Pain Faculty at Dhaka



SSPP academic activities - Monthly webinar



SSPP Organizing Committee & members – Craniofacial Pain CME

ISSP State Chapter Activities

Karnataka State Chapter

BIMONTHLY ISSP CME AND CHANGE OF OFFICE BEARERS FOR THE TERM 2022- 2055

DATE 20/08/2022

Venue : - Hotel Renaissance , Bengaluru

The Bimonthly CME of the Karnataka chapter of the Indian Society for the study of pain was conducted on the 20th August 2022 at Hotel Renaissance Bengaluru.

Dr Raghavendra R , Hon Secretary ISSP Karnataka welcomed all the participants .

The event began with a wonderful presentation about Attitude in Health Care – Focus on the Anaesthetist and Pain Physician by Dr Muralidhar TS , Consultant Pain Physician And Anaesthetist Apollo Hospitals Bengaluru. This was followed by a case presentation on Ultrasound guided Hydro release for a post traumatic Ulnar Nerve Entrapment by Dr Ashwini Deepak, Associate Professor , Department of Anaesthesiology, Basaveshwara Medical College , Chitradurga . The next talk was a case presentation on Lumbar Sympathectomy in a patient on Anticoagulation by Dr Raghavendra R , Lead Consultant, Pain , Palliative Care and Rehabilitation , Aster Hospital ,Bengaluru . This was followed by talks on Anticoagulation Guidelines for Interventional Pain and Spine Procedures by Dr Aysha , DNB resident Manipal Hospitals Bengaluru and POCUS for the Regional Anaesthetist and Pain Physician by Dr Ajay Vishnu, DNB resident Manipal Hospitals Bengaluru. Both these talks were moderated by Dr Sadasivan S Iyer , Consultant Pain Physician , Manipal Hospitals Bengaluru.

The talks were followed by reports given by the outgoing President Dr Vinod NK, Secretary Dr Raghavendra R and treasurer Dr Manoj GK .

This was followed by election of the New Office bearers for the term 2022- 2025. The election was presided by the outgoing President Dr Vinod NK. The results of the election is as follows :-

President : - Dr Pratibha Matche

President Elect : - Dr Muralidhar T S

Vice President : - Dr Raghavendra R

Secretary : - Dr Sadasivan S Iyer

Joint Secretary : - Dr Nazeer Ahmed

Treasurer : - Dr Manoj G K

ISSP State Chapter Activities

... **Karnataka** State Chapter

General Council Members : - Dr Ashwini Deepak, Dr Tushaar M, Dr Khaja Javed Khan , Dr Wiquar Ahmed, Dr Prashant Putran, Dr Kalpana Ravikumar and Dr Satish Kumar MN (Dr Vikas from Gulbarga had sent his nomination to become a GC member , but since he was physically absent for the meeting, Dr Satish Kumars request had been accepted and nominated as GC member).

An advisory board consisting of Senior Pain Physcians was also constituted at the meeting . The members of the advisory board are as follows

1. Dr N S Chandrashekar
2. Dr Akkamah Devi Patil
3. Dr Namrata Ranganath
4. Dr Vinod N K
5. Dr Arun V
6. Dr V B Gowda

Dr Prathibha (President ISSP Karnataka Chapter) thanked the previous team of office bearers and hoped that the new team will strive hard to increase the awareness about pain management amongst clinicians, health care workers and public to benefit those suffering with pain.



Dr Muralidhar TS -- Talk on Attitude for the Pain Physician



Dr Ashwini – Talk on Hydrorelease of Entrapped Ulnar Nerve

... ISSP State Chapter Activities

... **Karnataka** State Chapter



Dr Raghavendra R --- Talk on Lumbar Sympathetic block in patient on Anticogulants



Outgoing President Dr Vinod s Report



Dr Ayesha and Dr Ajay (Manipal Hospitals)



Newly Elected President
Dr Prathibha Report



Treasurer Dr Manoj Report



... ISSP State Chapter Activities

... **Karnataka** State Chapter



Newly Elected Office Bearers of ISSP Karnataka



Members of Advisory Board ISSP Karnataka



KARNATAKA ISSP NEW TEAM 2022-25





PRESIDENT
DR. PRATIBHA MATCHE





HON SECRETARY
DR. SADASIVAN IYER

PRESIDENT ELECT: DR.MURALIDHAR THONDEBHAVI
VICE PRESIDENT: DR.RAGHAVENDRA R
JOINT SECRETARY: DR.NAZEER AHMED
HON TREASURER: DR. MANOJ
GC MEMBERS: DR.ASHWINI,
DR.TUSHAR,DR.JAVED, DR.WIQUAR,
DR.PRASHANTH,DR.KALPANA, DR.SATISH

... ISSP State Chapter Activities

West Bengal State Chapter

1) The new committee of WBSSP 2022 was formed on 10th April 2022 in the Stadel Hotel, Kolkata.

New Secretary is Dr. Debanjali Ray

New President is Dr. Saikat Sengupta

New Treasurer is Dr. Debasish Jatua

Other members are

- Joint Secretary – Dr. Biplab Sarkar
- Vice President – Dr. Manisha Jaiswal
- Scientific Secretary – Dr. Gargi Nandi
- EC members – Dr. Debolina Ghosh, Dr. Arghya Mukherjee, Dr. Arpita Chowdhuri, Dr. Samir Basak, Dr. Piyali Basak



(New committee President Dr. Saikat SenGupata is deliberating his address

2). The year started with participation of many pain specialists from our state to ISSPCON, 22 in Bhubaneswar as faculty. We have got the best state chapter award in 2022 and it was the fourth consecutive years of our achievement. Dr. Samir Basak, GC member of WBSSP, received the gold medal for IAPM in pain fellowship conducted by ISSP.

... ISSP State Chapter Activities

... West Bengal State Chapter



DR. SAMIR BASAK, RECEIVING THE GOLD MEDAL FOR IAPM IN PAIN FELLOWSHIP

3). In the month of June we celebrated ISSP foundation day on 9th June. On this occasion we conducted an online national quiz competition –‘Think N Click’. There was 16 teams and after preliminary selection 8 teams were considered for final round. The winners were Dr. Shanmuga Priya (AIIMS, New Delhi) and Dr. Maanaveeran U.R. (IGMC, Shimla), the first runners up were Dr. Deepsikha and Dr. Prerna Nijhawan((IMS, BHU). The second runners up were Dr. Hasim Mozzam and Dr. Tanmay Biswas (Peerless Hospital, Kolkata). We spent the evening with Dr. GP Dureja, the pioneer of pain medicine in India and his disciple Dr. Subrata Goswami, who created several milestones in the pain practice of India. Dr. Dureja discussed about “How to successfully practice pain in India” & Dr. Goswami discussed about the “history and evaluation of pain education in India”.

... ISSP State Chapter Activities

... West Bengal State Chapter

The program was organized in Apollo Multispecialty Hospital, Kolkata. The evening was a successful blend of education and emotion. There were remembrances and future potential of PAIN. Dr. Sagarmay Basu and Dr. Amitabha Rudra were felicitated for their contribution in developing the subject PAIN in West Bengal. Dr. Subrata Goswami was honored with lifetime achievement award from our society by his master Dr. Dureja . We are indebted to Dr. Saikat Sengupta, our president, for conjuring up the demigods of pain. Dr. Pravesh Kanthed, Hon. Secretary, ISSP national virtually rendered his greetings for us. The gathering was really promising and interactive with experienced heads and young enthusiasts about pain practice.



... ISSP State Chapter Activities

... West Bengal State Chapter



4). In the month of July we had two programmes. On 15th July in the zonal conference of emergency medicine, the WBSSP conducted workshop on USC guided pain practice and implementation of pain procedure in acute post traumatic pain in collaboration with the Eastern zonal Society of Emergency Medicine. In the CME session also significant numbers of WBSSP members rendered lectures on several topics Dr. Subrata Goswami was the guest of honor. The participants as faculty were Dr. Debanjali Ray, Dr. Arghya Mukherjee, Dr. Biplab Sarkar, Dr. Saswati Mukherjee, Dr. Tanumoy Moulick.

5). On 16th July we had another session on pain education and awareness. In collaboration with IMA, Chandannagar (subdivision of Hooghly District, West Bengal. Speaker was Dr. Debanjali Ray and she discussed about “the role of pain practice in medical science”. Many general practitioner and specialist of other subjects attended the program and made it an interactive one.



Both the programs' were prosperous with basic as well as upgraded knowledge of pain practice.

... ISSP State Chapter Activities

... West Bengal State Chapter

6). August started with field practice. A successful health camp in the subdivision of Nadia district, West Bengal was organized by Lion's Club Krishnanagar. A team with 8 members attended the health camp. In first half an awareness lecture about the subject PAIN was deliberated by our member Dr. Mangalik Das. In the second half we checked 80 genuine pain patients and the whole program was conducted very smoothly in spite of huge number of curious mob.



The participants were

- Dr. Suman Chatterjee,
- Dr. Manisha Jaiswal,
- Dr. Debanjali Ray,
- Dr. Abhirup Nayek,
- Dr. Manish De,
- Dr. Manglik Das,
- Dr. Swati Saha,
- Dr. Asish Jadav.

... ISSP State Chapter Activities

... West Bengal State Chapter

7). Another achievement in the month of August was that the WEST BENGAL STATE GOVERNMENT had approved "SWASTHYASATHI" (Government Health insurance scheme) for most of the pain procedures in West Bengal. It is a milestone in the pain practice of our country and And it has become possible only by the gracious leadership and hardest efforts of Dr. Subrata Goswami. The government order was published on 16th August and now it is successfully running in our state.

8). At the last weekend of August, 28th, we had a grand programme in collaboration with the ESI Institute of Pain Management. The first half was all about hands on training, the live fluoroscopic guided pain procedures in the ESI Institute of Pain Management. The ISSP Secretary Dr. Pravesh Kanthed was very present from the onset and gave us immense enthusiasm in the workshop. Other faculties were Dr. Subrata Ray, Dr. Subrata Goswami, Dr. Arghya Mukherjee, Dr. Gargi Nandi, Dr. Debanjali Ray, Dr. Biplab Sarkar, Dr. Debolina Ghosh, Dr. Debjyoti Datta.

The second half was another exemplary session with practical implementation of pain in society and mankind. The galaxy of dignitaries consisted of Dr. Pravesh Kanthed (Honorable Secretary, ISSP) Dr. Sagarmay Basu (Emeritus Professor, ESI Institute of Pain Management), Dr. Debiprasad Duari (Director, Institute Of Astronomy, Space And Earth Science), Sri Jawhar Sarkar (Member Of Parliament) Sri Suresh Kumar, IAS (Additional Chief Secretary, Power Department) Prof. Dr. Plabon Mukherjee (Ex Dean, WBUHS), Dr. Surinder Singh Bhatia (DMS, Apollo Multispecialty Hospital, Kolkata) Dr. Subrata Goswami (Deputy Director, ESI MB Scheme, Founder and Endowed Chair, ESI Institute Of Pain Management), Dr. Gautam Das (Past President, ISSP and Director, Daradia Pain Hospital). This session was organized in the hotel ITC Sonar Bangla, Kolkata and our President Dr. Saikat Sengupta was the key person for orchestration of such an exceptional event.



... ISSP State Chapter Activities

... West Bengal State Chapter



Glimpses of ISSPCON 2022



... Glimpses of ISSPCON 2022



ISSPCON SHEDS LIGHT ON PAIN TREATMENT

Although tremendous scientific and technological advances have been made in the field of Pain Management, the knowledge and techniques are highly underutilized. This is due to lack of dissemination of information to clinicians. The skill of proper pain management lies not in ability to perform difficult advanced procedures but in the determination of appropriate diagnosis and therapeutic modalities

BY MCL BUREAU

ISSPCON 2022, the annual national conference of ISSP (Indian Society for Study of Pain), was organised by the Bhubaneswar city branch of ISSP. This conference was the first of its kind in Odisha.



"We are looking ahead with hope and a positive attitude to see an even more vibrant and academically active association that can offer a meaningful platform to our young colleagues. We the pain physicians in Odisha are working hard to take this specialty of pain medicine to new heights keeping in mind the ethics and zeal to learn and share knowledge. This platform of the national conference will bring new ideas and show us new dimensions of healthcare facilities. A new challenge for all of us is to show the people of Odisha the new paradigm of pain medicine."



Eminent speakers from India and abroad attended the 4 day event



Prof. Dr. Shovan Kumar Rath, eminent Pain Physician

Guest Smt. Subashini Das, President of ISSP, Dr. Kalish Kishori, Guest of Honor Dr. Umashankar Dash IPS, Vice-President ISSP, Dr. Ashok Saxena, President Elect ISSP, Dr. Pradeep Jain, Editor ISSP, Dr. Harimod Umani, Organising Chairman Dr. Ritesh Roy & Dr. Sukdev Nayak.



The first day was devoted to a workshop for chronic pain management and rest 3 days for conference



The first day was devoted to a workshop for chronic pain management and rest 3 days for conference

of proper pain management lies not in ability to perform difficult advanced procedures but in the determination of appropriate diagnosis and therapeutic modalities.

Pain Free Odisha, the brainchild of Dr. Rath has become a boon for the people of Odisha who suffer from pain. Pain cannot be avoided but it can certainly be alleviated. Pain is an indivisible part of human life. Problems like back pain, knee pain, neck pain, shoulder pain or pain due to cancer, migraine, herpes, burns, etc or any kind of surgery are very common today. However, it is important to relieve pain as it has a negative effect on mental and physical wellbeing. The good news is that medical research is now making it possible for healthcare professionals to alleviate pain. Pain specialists are working in association with a multidisciplinary team to provide pain care and treatment. And leading the way in Odisha is 'Pain Free Odisha' - the first Pain Clinic in Bhubaneswar that offers a comprehensive range of services for patients suffering from acute or chronic pain.

The Pain Free Odisha's team of pain medicine specialists provide some of the world's most advanced treatment options in a supportive and compassionate environment. The doctors care for thousands of patients, on an inpatient and out-

not have side effects like medicines. These interventional pain procedures produce immediate pain relief, can be performed with ease without anesthesia as outpatient or daycare and the procedure can be repeated safely if required.

In the absence of proper education among healthcare professionals and lack of awareness, in

Glimpses of IASP World Congress 2022

IASP world congress on Pain was held at Toronto, Canada from 19th to 23rd September 2022.

President Dr Pradeep Jain, Joint Secretary Dr. Hammad Usmani and GC member Dr Jeetinder Kaur Makkar represented ISSP. Along with them, Prof Babita Ghai (PGI, Chd), Prof Raghu Thota (TMC, Mumbai), Prof Pratibha Jain Shah (GMC, Raipur), Dr Narender Pal Singh (Mullana, Ambala) Dr Manoj Kamal (AIIMS, Jodhpur), Dr Ravi Sharma (AIIMS Rishikesh), Dr Baibhav Bhandari (AIIMS Rishikesh) and Dr Vinod Tiwari (IIT, BHU) also attended the World Congress in various capacities.

Dr Ashok Saxena was felicitated with 2020 IASP Award for Excellence in Pain Research & Management in Developing countries. President ISSP Dr Pradeep Jain attended the Presidential lunch and interacted with Presidents of various chapters of IASP. As an Indian chapter representative, Dr Jain expressed his view that IASP should involve all the chapters in their activities and provide pain awareness and educational material to them. All Presidents and Secretaries should get complementary registration for IASP conferences. There should be better coordination and all activities of the chapters to be shared with the IASP headquarters.

Dr Babita Ghai, being an executive council member of Pain Education SIG, was involved in organizing and conducting the satellite symposium of Pain Education SIG titled 'Technology, Innovation, and Progress Symposium in Pain Education (TIPS for PainEd)'. She delivered a lecture on "Preparing Inter-professional pain care teams to deliver coordinated patient-centered care". She also presented her abstract titled Effectiveness of Integrated Approach of Yoga Therapy (IAYT) versus usual care in management on Chronic Low Back Pain Patients: A Randomized Controlled Pilot Study

Dr Hammad Usmani got the opportunity to interact with Dr Hunter Hoffman, Director of the Virtual Reality Research Center at the University of Washington in Seattle, USA, on the future scope of Virtual Reality (VR) therapy in the management of acute and chronic pain conditions.

Prof Jeetinder K Makkar presented her research paper "Effect Of Preprocedural Anxiety On Efficacy Of Epidural Steroid Injections In Patients With Radicular Lumbosacral Pain: An Observational Study."

... Glimpses of IASP World Congress 2022

Dr. Pratibha Jain Shah presented her study titled “Analgesic Efficacy of USG Guided Posterior Quadratus Lumborum Block after Caesarean Section under Spinal Anaesthesia: An Interventional Study . Dr Narinder Pal Singh presented the results of his meta-analysis on the Analgesic efficacy of single injection serratus anterior plane block for breast surgery: A systematic review, meta-analysis, and trial sequential analysis of the randomized controlled trials. Dr Manoj Kumar from AIIMS Jodhpur also presented his research work titled “Comparison of human cadaver and blue phantom for teaching ultrasound guided regional anaesthesia to the novice post-graduate students of anaesthesiology: a randomized controlled trial. ”Two budding pain physicians, Dr Ravi Shankar Sharma and Dr Baibhav Bhandari both doing DM in Pain medicine, also availed the opportunity of presenting their research titled Pulsed radiofrequency adjacent to Cervical Dorsal Root ganglion for refractory phantom limb pain: An Interventional study. A stall was also put up to disseminate information on ISSPCON 2023 to be held at Amritsar.



Happy Faces at WCP Toronto



Pain Education SIG symposium Group Photo

Election Notification for the year 2023–2024

President Elect - 1 Post

Tenure - 1 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 10 years
 - He/She Should have served one full term as GC member
 - He/She Should have attended at least three AGBM's out of last 5
 - He/She Should be an IASP member

Vice President - 1 Post

Tenure - 1 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 10 years
 - He/She Should have served one full term as GC member
 - He/She Should have attended at least three AGBM's out of last 5
 - He/She Should be an IASP member

Governing Council Members (ISSP) 3 Posts

Tenure - 3 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 5 years
 - He/She Should have attended at least three AGBM's out of last 5
 - He/She Should be an IASP member

...Election Notification for the year 2023-2024

Governing Council Members (IAPM)

2 Posts

Tenure - 3 Year

Eligibility:

- He/She Should be a life member of ISSP for last 5 years
- He/She Should have attended at least three AGBM's out of last 5
- He/She Should be an IASP member
- He/She Should have 2 publications on pain in indexed journals
- He/She Should be FIAPM qualified

Governing Council Members (IAPM)

1 Post

Tenure - 2 Year

Eligibility:

- He/She Should be a life member of ISSP for last 5 years
- He/She Should have attended at least three AGBM's out of last 5
- He/She Should be an IASP member
- He/She Should have 2 publications on pain in indexed journals
- He/She Should be FIAPM qualified

Note: First two positions will be selected for 3 year tenure and next one for 2 year tenure

NOMINATION FORM FOR 2023 ELECTION OF OFFICE BEARERS

Online Nomination Form



Download Offline Nomination Form



Applications should reach Secretariat Office by: 30 December 2022

Notification for the Awards

- **Life Time Achievement Award:** This is awarded for the ISSP Life member who has done yeoman service to community, ISSP society and exemplary performance on academic, research & pain relief front. For more information please [click here](#)
- **ISSP Oration:** Will be delivered by eminent ISSP members who have contributed immensely to growth of society. Governing Council will select the Orator during Annual National Conference of ISSP. The selection will be announced during AGBM
- **Key Note Address:** Will be delivered by the President of ISSP on second day of conference following ISSP Oration.
- **Ashok Saxena Awards:** Award from Prof. Ashok Saxena & family regarding Two Best Research Papers on Chronic Neuropathic Pain presented during Annual ISSP Conference. Please [Click Here](#)
- **Annacharya Lokapur Foundation Awards:** Award from Lokapur Foundation regarding two best research papers on Basic Sciences & Clinical Research presented during Annual ISSP Conference. Please [Click Here](#)
- **Best State Branch & Best City Branch Award:** The Best 'City' branch & Best 'State' Chapter will be selected as per the decision of the Governing Council according to the format published and will be awarded with a citation and memento. All recognized city branches and state units could compete for this award. For more information. Please [click here](#)
- **Pain management awareness award:** By Pain management research foundation. Please [Click Here](#)
- **Dr PN Jain IAPM Gold Medal Award:** For the Candidate who score highest in FIAPM Exit Exam. Please [Click Here](#)

IAPM EXAM UPDATES

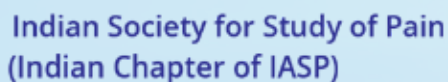
ENTRY EXAMINATION OF IAPM FELLOWSHIP

The last date for submitting the application for FIAPM – 30th November, 2022

Date for Entry Exam :	4 th December, 2022 Sunday
Exam Format	The online assessment exam will comprise of 100 MCQs in 120 minutes. The exam link will be mailed by 3 rd December 2022
Coordinator	Dr. Debjyoti Dutta

EXIT EXAMINATION OF IAPM FELLOWSHIP

Date for Entry Exam :	15 th January, 2023, Sunday
Last Date of form submission	17 th December 2022, Saturday
Time	8 am to 5 pm , Written exam: 8 am to 10am , Written exam will comprise of 100 MCQs in 120 minutes (2 hrs), Practical and Viva voce: 11am to 5pm
Venue	Sri Aurobindo Institute of Medical Sciences, Indore, Madhya Pradesh
Coordinator	Dr. Pravesh Kanthed



Full Name: Dr / Mr / Mrs {Surname} {Name} {Middle name}

Sex: ☐ Male ☐ Female Age:Years Date of Birth :

Qualification (University & Year of Passing): :

ISSP Life Membership Number:

Present Appointment :

Name of Institute :

Address For Correspondence:

Pin : State: Phone:

Email Id: Mobile:

Conference Attended ISSPCON

2018 ☐ Yes ☐ No 2019 ☐ Yes ☐ No 2022 ☐ Yes ☐ No

Research Papers, Publications & Presentation in Pain
(If needed, please use additional paper)

I hereby declare that the information submitted is correct. I will abide by the selection criteria and rules of selection committee.

Date:.....

Signature of Applicant





Application Form for Membership

INDIAN SOCIETY FOR THE STUDY OF PAIN

INDIAN CHAPTER OF INTERNATIONAL ASSOCIATION FOR THE STUDY OF
PAIN Reg. No.: U.P./470/84-85

LIFE MEMBERSHIP FORM

Full Name: Dr / Mr / Mrs
(in block letters) (Surname) (Name) (Middle Name)

Sex: Male / female **Age:** years, **Date of Birth** **Blood group:**.....

Qualification (University & Year of passing)

Specialization: **Registration No.:**

Designation:

Special Interest in field of pain: Pain Relief.....

Permanent Address:

Pin..... State..... Phone.....

Correspondence Address :.....

Pin..... State..... Phone.....

E-mail ID:.....**Mobile No:**.....

I agree to abide by the rules & regulation of Indian Society for The Study of Pain.

I wish to join INDIAN SOCIETY FOR THE STUDY OF PAIN as life member/Associate Member and
enclose Cheque / D.D./ online

No. drawn on Date..... Bank for
Rs.....





... Application Forms for Membership

(Drawn in favor of Indian Society for The Study of Pain) towards subscription for the life Membership.

Date:

Signature of Applicant

1. Sponsor's SignatureISSP LM No
Name

2. Sponsor's SignatureISSP LM No
Name.....

- ☐ **Life Membership Fees:** Within India: Rs 5000/-
○ Outside India: US \$ 250/-
- ☐ **Associate Membership Fees:** Within India: Rs 3500/-
○ Outside India US\$ 150
- ☐ P.S. Outstation Cheque should be accompanied by Rs.100/- extra as bank charges.
- ✓ ☐ Send two passport size photographs for I card.
- ✓ ☐ Cheque / DD / Online in favour of " Indian Society for the study of pain" payable at Indore

Form to be sent to..

Dr Pravesh Kanthed, Hon Secretary, Indian Society for The Study of Pain ,203-204, Manglam Pearl, 633-B.New Palasia, Indore-452001(M.P.)
India
Email: issphq@gmail.com Mob: +91 930144 4007

For Office Use: Receipt No & Year LM No ALM No
LF No.....



Form For I-Card & Change of Address

If so, please complete this form in **BLOCK LETTERS** and send to:

- (1) ISSP Secretariat for correction in records.
- (2) Use this form for sending information for I card. Send 2 passport size photos and Rs 200/- (by cheque or DD or online transaction) . **Get your I - Cards prepared**, as it will be compulsory during ISSPCON
- (3) Cheque / DD / Online in favour of " Indian Society for the study of pain" payable at Indore

Name: Dr / Mr / Ms / Mrs
ISSP Life Membership number.....Blood Group.....
Date of Birth

Old Address

New Address

City..... Pin.....
State.....
Phone : (Resi).....
(Off).....
(Mob).....
Email.....
ID.....

Signature.....Date

Bank Details

A/c No. : 90682010114209
Holder Name: INDIAN SOCIETY FOR THE STUDY OF PAIN
IFSC Code : CNRB0002074
Bank : Canara Bank
Branch : Palasia point, Indore – 452001

Send to:

Dr Pravesh Kanthed,
Meru Spine and Pain Centre
203-204, Manglam Pearl, 633-B, New Palasia
Indore (MP) -452001

By Phone:
+91 888-999-8301



37th Annual National Conference of Indian Society for Study of Pain

ISSPCON 2023

Transforming Knowledge Into Practice

3rd to 5th February 2023

at

SGRD University of Health Sciences

Pre-conference Workshop on 2nd February 2023

37th Annual National Conference of Indian Society for Study of Pain

ISSPCON 2023

Transforming Knowledge Into Practice



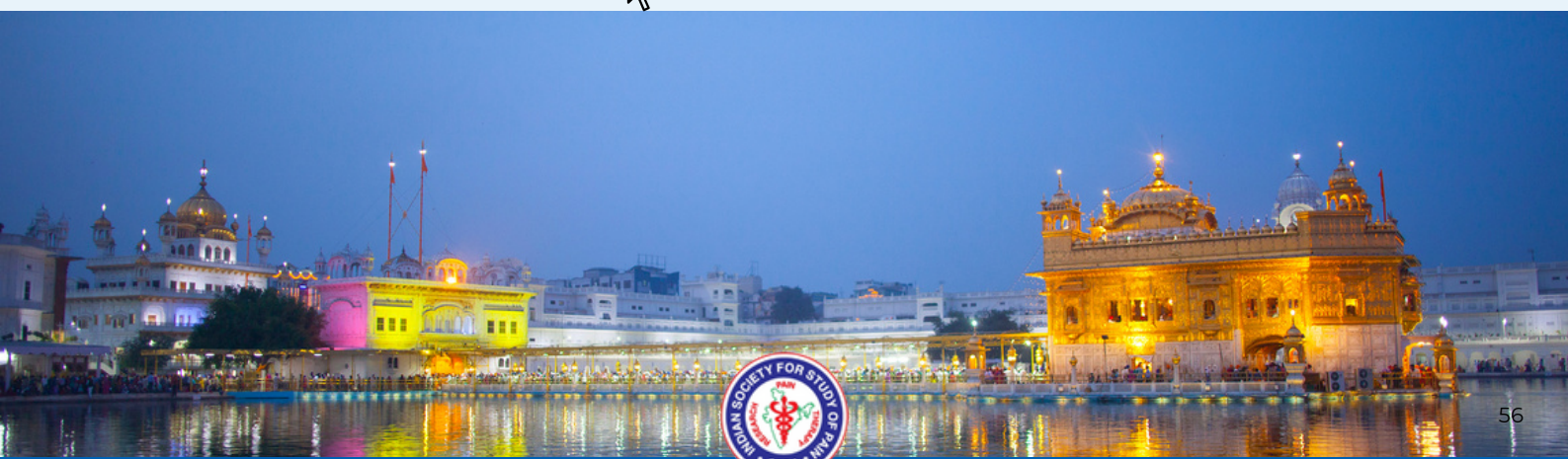
03-05
FEBRUARY

at

SGRD University of Health Sciences,
Mehta Road, Sri Amritsar

Pre-conference Workshop on 2nd February 2023

<http://isspcon2023.sgrduhs.in/>



37th Annual National Conference

ISSPCON

2023

3rd 4th 5th
F E B

AMRITSAR



Workshops Thursday 2nd February

 isspcon2023.sgrduhs.in

Contacts

+91-75084-20805

isspcon2023@gmail.com

Join the event at
Sri Guru Ram Das University of Health Sciences, Amritsar



<http://>

isspcon2023.sgrduhs.in/



Contact Us

We welcome any questions, suggestions you might have.
Please send us your feedback:

By Email:

issphq@gmail.com

By Post:

Dr Pravesh Kanthed

Meru Spine and Pain Centre 203-204, Manglam Pearl
633-B, New Palasia, Indore (MP) -452001

By Phone Number:

+91 888-999-8301

By Website

www.issp-pain.org

Connect Us

