



NEWSLETTER

IAPM

February 2020- April 2022



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REFLECTIONS

President's Message

Dear friends,

Pain medicine as a super-specialty is one of the fastest growing branches of medicine. Indian society for study of pain is an association of most talented pain practitioners in India.

Keeping the pace of the advancement in the field of pain medicine, ISSP has established Indian academy of Pain Medicine (IAPM) in the year 2016. The academy is having its independent governing council. Since its inception, we have seen tremendous amount of work being put in by the members of GC of IAPM. The untiring efforts by all the past and present members is the reason why IAPM has become one of the best governed academies in India. There are multiple challenges and issues which keep surfacing over the years. The GC IAPM has overcome all these hurdles with flying colors.

I would like to congratulate the current Acting Registrar, Dr. Pratibha Matche, who took over from Dr Pradeep Jain in 2019, for her fabulous performance and keeping the activities of IAPM even during covid times. She made sure the IAPM fellows keep getting continuous pain education from the best minds in India, through webinars. All the exams during last 2 years were conducted with perfection, making sure all the facilities were available for smooth conduct of the examination. Along with ISSP secretary Dr. Pankaj Surange, Team IAPM really made sure that no Fellow is affected due to the Covid restrictions. The time was tough but determination of team was much stronger.

Today I am very proud to say that each and every pain practitioner in India wants to pursue IAPM. The goal of IAPM is to achieve basic uniformity and minimum standard in the pain practice in India..

I am confident that IAPM will grow much faster and stronger in the coming year. I wish good luck to team IAPM for an even brighter future.

Long live ISSP, Long live IAPM, Jai Hind

Dr Kailash Kothari

MD, FIAPM

President, ISSP



REFLECTIONS

Dean's Message

Dear friends,

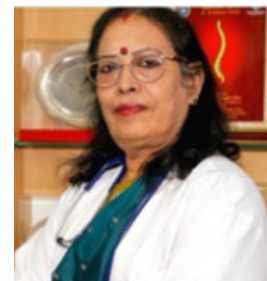
Warm greetings!

I am really honoured and privileged to serve the academic wing of our society as Dean for two terms. I am thankful to the Presidents, Secretaries and GC members of ISSP for their immense help and support. Needless to emphasise the dedication, untiring efforts of our IAPM- Registrars Dr. Pradeep Jain, Dr. Pratibha Mache and all our IAPM-GC members to bring IAPM to the present status. Good number of institutions received affiliations for Fellowship. We could succeed to organise Convocations, Examinations even during Pandemic. My heartfelt gratitude to each and every office bearer of IAPM, the Examination Committee members, the Examiners. Now it's time to say good bye to this chair. I tried my best to improve the quality and standard of our training. Many proposals are in the pipeline and I hope my successor will make them materialised.

Long live ISSP, Long live IAPM

Prof.(Dr.) Bibhukalyani Das

Dean-IAPM





REFLECTIONS

Registrar's Message

Dear Friends,

Warm Greetings!

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

Martin Luther King Jr.

While the COVID-19 pandemic became a defining period for the world, the unusual circumstances under which I took over the responsibility as the Acting Registrar of IAPM will remain in my memory forever. The task of ensuring safety while figuring out how to maintain the continuity and standards of the FIAPM Examination and academics, all during a period of absolute uncertainty was quite the predicament. However, it was the same unusual circumstances that provided me a wonderful and enriching experience. I feel privileged for the opportunity to have worked closely with all the IAPM fellows and examinees - from understanding their problems to working on the solutions, it was immensely gratifying for me to be an easily approachable guide and friend to them during a stressful phase in their lives.

It gives me a great sense of pride that FIAPM is one of the most valued examinations amongst the pain physicians in India and we have strived hard to maintain its high standard. I agree there are various challenges, as IAPM is still in its infancy, but we shall strive to transform IAPM and make it the benchmark of academic excellence. It was an achievement to get three more new centres accredited for IAPM fellowship during my tenure.

I am proud to announce that we have achieved a milestone with the introduction of the IAPM newsletter within a short notice by the gracious involvement of all its members.

I was fortunate to have an IAPM GC team that made every effort and hard work transpire seamlessly. My journey was smooth thanks to the rock solid support and encouragement by Dr. Kailash Kothari (ISSP President), guidance of Dr. Bibhu Kalyani Das (IAPM Dean) and immense support provided by Dr. Pankaj Surange (Hon Secretary).

As I lay down office after 2 years I wish to reiterate that although my tenure is near its completion, my service to IAPM shall continue and I shall always be available for the association.

Long live ISSP, Long live IAPM!

Dr. Pratibha Matche

Registrar IAPM



REFLECTIONS

Secretary's Message

Dear Colleagues

Greetings from ISSP Secretariat!

We hope that everyone is enjoying the festive season and you and your loved ones have kept safe, despite the extreme pandemic conditions that have impacted so many world over!

The secretariat had identified key issues pertaining to the specialty of pain medicine which include

1. education and trainings
2. uniformity in the pain practice
3. insurance coverage of MIPS
4. credentialization and professional recognition.

Clearly we have much to celebrate for the accomplishments and contribution towards our alma mater! It is intuitive to those who have been witnessing the ongoing maturation of our specialty that, Indian society for the study of pain (ISSP) has had a remarkable and progressive influence. We have advanced by leaps and bounds in the knowledge of both science as well as the art of Pain medicine and in doing so we have reaped significantly beneficial and far-reaching rewards.

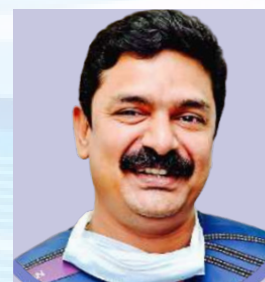
The academic wing of ISSP- Indian Academy of Pain Medicine which was established to meet the need for standardization and exam based credentialing of pain physician in the country, has become one of the finest standards of examination process. We are working on the advanced certifications as we move from supportive to definitive interventions. With the introduction of DM and Fellowship national board, pain medicine is now a recognized super specialty in India.

ISSP is undoubtedly, an outstanding national organization. Our prestige and influence is significant and growing and the future looks bright.

We have many challenges still in the pursuit of our mission to bring relief to those who are in pain. This underscores the significance of, continuing vitality and concerted efforts, to enhance our potential and impact the future of generations to come.

Dr (Maj) Pankaj N Surange

Hon Secretary, ISSP National





THE DREAM TEAM

IAPM GC Members



DR. BIBHU KALYANI DAS
DEAN IAPM



DR. PRATIBHA MATCHE
ACTING REGISTRAR IAPM



DR. KAILASH KOTHARI
PRESIDENT ISSP



DR. PANKAJ N SURANGE
HON. SECRETARY ISSP



DR. PRADEEP JAIN
Past Registrar IAPM



DR. ASHOK SAXENA
VICE-PRESIDENT ISSP



DR. KRISHNA PODDAR
IAPM GC MEMBER



DR. MADHUR CHADHA
IAPM GC MEMBER



DR. BABITA GHAI
IAPM GC MEMBER



DR. PRAVESH KANTHED
IAPM GC MEMBER

THE TASK MASTERS

Program Heads



Dr. Gautam Das

Daradia Pain Hospital, Kolkata



Dr. Ashu Jain

Artemis Hospital, Gurgaon



Dr. Sudheer Dara

Epione- centre for pain relief and beyond, Hyderabad



Dr. Preeti Doshi

Jaslok Hospital, Mumbai



Dr. Krishna Poddar

Belle Vue Clinic, Kolkata



Dr. Pratibha Matche

JSS Medical College Hospital, Mysore



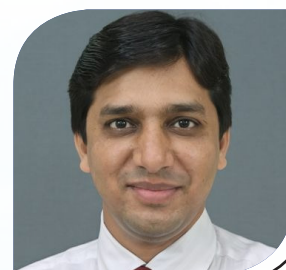
Dr. Pravesh Kanthed

Choithram Hospital and Research Centre, Indore



Dr. Navita Purohit

Kokilaben Dhirubhai Ambani Hospital, Mumbai



Dr. Shiraz Munshi

Cheers Interventional Pain Management, Ahmedabad



Dr. Jaideep Singh

Bhopal Spine and Pain Relief center, Bhopal



Dr. Varsha Kurhade

K K Multi Speciality Hospital and Painex pain Management Centre



Dr. Khaja Javed Khan

Alleviate Pain Management Center, Bangalore



PERSPICERE

Program Heads

Indian Academy of Pain Medicine (IAPM) the academic arm of ISSP has been much needed for the structured education and training of Pain Medicine in India. Overall IAPM fellowship is evolving at a satisfactory pace but, there always is scope for improvement. Regular interaction with fellows and program heads is very crucial for the healthy progress of this wonderful body.

1. A list of standard preparation resources can be given to the fellows at the start of the one year program.
2. IAPM should conduct a structured training course and a cadaver workshop for the candidates to better prepare them for the exit examination.
3. The entrance exam for selection of fellow should be done at least two months in advance of start of fellowship. Many a times due to late joining their precious time from the tenure of 12 months is lost
4. The academy needs to acknowledge the selfless efforts of the centres and IAPM program heads to support the fellowship initiative with due recognition during the annual ISSPCON events with a certificate of acknowledgement.

Dr Preeti Doshi IAPM Program Head Jaslok Hospital and Research Centre, Mumbai

Dr Preeti Doshi

I always wanted Pain medicine to emerge as an independent specialty and believed the fact that this specialty can sustain itself as an independent subject. Practicing Pain medicine for over two decades I always realized that the biggest challenge was creating awareness about this specialty and train young budding anesthesiologist into Pain Physician. Being able to provide an affiliated structured course to these budding pain physicians through the IAPM fellowship was the first step toward a recognized course in Pain Medicine in India. My center got accredited by IAPM IN 2020 and since then I have already trained 4 students and two are under training. It gives me a sense of satisfaction to be able to train these young doctors and pass on my learning and experiences to them through this platform in one year's comprehensive course. All my IAPM fellows are now practicing exclusive Pain medicine which is most rewarding for me.

I would also like to share some ideas and feedback on making this fellowship better. First, if we can make it bigger by giving it international recognition as many of my international trainees wanted to pursue it. Second, giving more opportunities for learning to these trainees through exchange programs among the accredited centers.

Dr.Sudheer Dara

ACHIEVERS

IAPM fellows – Batch of 2020



DR. NAJWA PT

Aster MIMS Hospital
Kozhikode



DR. PRASHANTH PUTRAN

Epione- centre for pain relief
and beyond, Hyderabad



DR. KARTHIKA K

Epione- centre for pain relief and
beyond, Hyderabad



DR. POORNA MS

JSS Medical College &
Hospital, Mysuru



DR. SAMIR BASAK

Belle Vue Clinic, Kolkata



DR. GOVARDHINI

Yashoda Hospital,
Hyderabad



DR. SAYAN MANNA

Daradia Pain Clinic, Kolkata



DR. BHUVNA AHUJA

Cheers Interventional Pain
Management, Ahmedabad



DR. DEEP DIVANSHU LALL

Artemis hospital, Gurugram

ACHIEVERS

IAPM fellows – Batch of 2021



Dr. Kalpana K

JSS Medical College & Hospital, Mysuru, Karnataka



Dr. Vinoth Kumar

Epione - Centre for pain relief and beyond, Hyderabad



Dr. Gotety Sahitya Valli

Epione - Centre for pain relief and beyond, Hyderabad



Dr. Varalika Sharma

Kokilaben Dhirubhai Ambani Hospital, Mumbai



Dr. Nagamani

Cheers Interventional Pain Management, Ahmedabad



Dr. Nithya Dinesh

Artemis Hospital, Gurugram



ASPIRANTS

IAPM fellows – Batch of 2022



Dr Akanksha Bansal

Daradia pain clinic, Kolkata



Dr Mohit Gupta

Artemis hospital, Gurugram



Dr Prabhakar S

JSS medical college hospital,
Mysore



Dr Ahmedi Fathima

Epione, Hyderabad



Dr Dheeraj Kumar

Epione Centre, Hyderabad



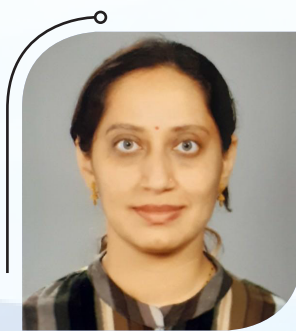
Dr Rituja Tambe

Jaslok Hospital Mumbai



Dr Medha Bapat

K K multispeciality centre Pune



Dr Satish Kumar

Alliviate pain management
centre, Bengaluru



Dr Firoz Khan

Kokilaben Dhirubhai Ambani
Hospital, Mumbai



FIAPM LAURELS

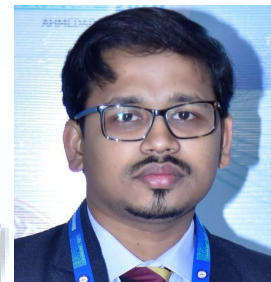
Gold Medalist

After passing MD Anaesthesiology, it was my dream to become a Pain Physician. I had seen my grandparent die from Gastric cancer pain in a remote village without proper treatment. It was my programme head, Dr. Krishna Poddar, who first informed me about the fellowship and how FIAPM was running very successfully across the country. Each and every faculty across the country, the programme head was very active from the beginning. Our IAPM Registrar, Dr Pratibha Matche madam introduced and organised many new teaching methods into the fellowship. Apart from regular classes, case discussions and clinical examinations there was a mock examination conducted in the final quarter of the fellowship programme. Methodical approach of FIAPM fellowship organised by IAPM was very much impressive. I would definitely recommend the FIAPM fellowship for those who are interested in treating pain in a holistic approach or want to pursue a career in Pain Medicine. Thank you, ISSP team!

Dr Samir Basak

FIAPM Fellow (2020)

Belle Vue Clinic, Kolkata



FIAPM LAURELS

Gold Medalist

I had a dream, a dream of building a career in pain medicine. After having worked as an anaesthesiologist for 10 yrs when I decided to upgrade myself I learnt pain medicine is the best viable option. Today, I am very proud that I have successfully completed IAPM affiliated fellowship in pain medicine at JSS hospital Mysore. I'm extremely grateful to all my teachers who helped me in shaping my future.

Special mention about my ROLE MODEL AND PROGRAM HEAD Dr Pratibha Matche maa'm, whose dedication and passion towards practising pain medicine has always left me astonished. She is a very good academician equipped with excellent clinical skills. She took utmost care in planning and scheduling teaching program and also organised interdepartmental classes as well. Her teaching was very methodical and taught me step by step plan to approach any chronic pain patient.

IAPM has one of the best curriculums with excellent Course material. Though there are numerous centres offering fellowship courses ranging from 15 days to 3 months, I would highly recommend 1 year full time residential IAPM fellowship. During this one year course IAPM program is oriented to empower students with adequate knowledge, provides enough time to get familiar with wide variety of chronic pain conditions and acquire hands on training in interventional techniques. It encourages students to do more effective learning.

IAPM Exit Examination-2022 was so neatly organised and well conducted. It is an honour and a moment of pride to receive "GOLD MEDAL" for scoring highest in IAPM Exit Exam 2022. The experienced, knowledgeable faculty coupled with systematic learning and sincere efforts were some of the main reasons I was able to score highest.

Overall the experience has been unique and rewarding and I would highly recommend it to anyone who aspires to pursue pain medicine course.

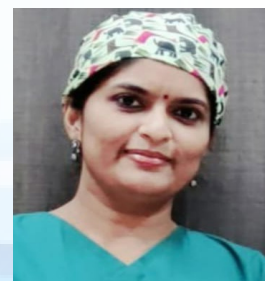
"A dream doesn't become reality through magic; it takes sweat, determination, and hard work."

Thank you

Dr. Kalpana K

FIAPM Fellow (2021)

JSS Medical College & Hospital, Mysuru





ENCOMIUM

IAPM Fellows

As an anesthesiologist sometimes we feel proud of ourselves for our skills and knowledge to make world a better place for sick and sufferers. But often being behind the curtain can be disheartening. Specialty of Pain Medicine can bring us more face to face with the patients, so that our jobs in reducing agony can be noticed, our ability to alleviate pain can be cherished, our skills of perfectionism and precision can be applauded, and we can have an unprecedented job satisfaction. Becoming a fellow of IAPM is one of the best opportunity I can have in my student life and truly it had changed my life since then. A great learning experience with a meticulously planned academic schedule and thorough training made me a confident pain physician to start my own practice. I am really grateful to almighty for this wonderful opportunity. Proud to be a pain physician, proud to be a fellow IAPM



DR. SAYAN MANNA

As everyone in the medical field is well aware, this field of pain management is relatively new. Most pain physicians in India and around the world are anesthesiologists to begin with. This is my background too, but I went into the field knowing exactly what I wanted to specialize in. I was sure that I wanted to be a pain physician. It was not a field I stumbled into, but one I actively sought out. I've always been fascinated by how pain relief works, and it's always been my ambition to learn the various dimensions of pain and how to best treat it.

Today, I'm grateful to be working at Epione Pain Management Centre in Hyderabad under the supervision of Dr. Sudheer Dara. I'm proud to have realized a lifelong ambition, and am glad that I am pursuing something as worthwhile as this calling and grateful to IAPM for providing this platform.



Dr. KARTHIKA

ENCOMIUM

IAPM Fellows

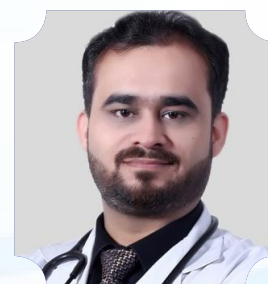
Greetings to everyone.....first of all I would like to mention that if not for the mentoring of Dr.Pratibha madam I wouldn't have been in this field of Chronic Pain Management. So after deciding to enter this new field we had to face the IAPM fellowship 2020 and thus we came to be as the COVID batch. Challenges were faced by all of us in various proportions but our common savior was our madam Dr.Pratibha who helped us out in every facet of issues we faced. Be it taking care of the Academics part or issues at the personal level too. Overall I had a great enriching experience during the fellowship and during the exit exam. Thus a huge thank you to the entire IAPM team for driving us through such a rough and tough times so that we could come out at the end of it in flying colours.

Dr. PRASHANT PUTRAN



IAPM Fellowship has worked as a stepping stone by which I got vision & experience in Chronic Pain Management. IAPM fellowship helps us to attain knowledge & skills of Chronic Pain Management. IAPM members have helped us a lot throughout the fellowship by scheduling our lectures & Case Discussions. I owe a lot to IAPM body, ISSP, my mentors Dr.Ashu Jain Sir & Dr.Rajat Gupta Sir for Conducting IAPM Fellowship by which I got formal training in Chronic Pain Management. I am thankful to all faculty members who guided me directly or indirectly throughout fellowship & also later on.

Dr. DEEP DIVANSHU LALL



ENCOMIUM

IAPM Fellows

I feel fortunate to do Pain Fellowship Programme of IAPM. All the mentors have taken lots of efforts to create a very methodical course. They have set good standards. Our batch's journey started in 2020. Soon it started, and it looked as though sooner it would end. Why? COVID. We thought that our dream to become a pain physician, will just remain a dream. But then, IAPM registrar, Dr Pratibha Matche (our favourite person) came up with online teaching program. Hence, the journey continued. Team IAPM, made understanding of each and every topic easy. Program heads of each institute were very sincere and hard working.

I sincerely, thank Team IAPM for helping us become good pain physicians. I strongly recommend FIAPM program.

DR BHUVNA AHUJA



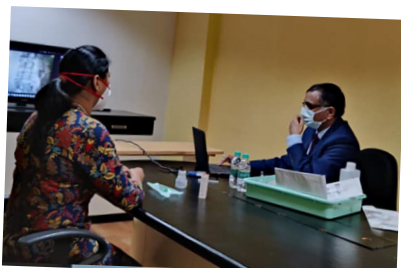
The reason most of us become doctors is to relieve pain and suffering. IAPM has given us the opportunity to learn to go beyond standard care and treat patients of chronic pain. I was indeed extremely lucky to have got the opportunity to learn under the one of the best pain physicians, Dr Pratibha matche ma'am. Although the COVID pandemic affected our academics, Pratibha mam as the registrar of IAPM conducted online classes for us. It gave us the opportunity to learn from the best of the best in this field. The personal interest and encouragement by all the teachers and the program heads and especially our beloved Registrar madam gave us the courage and confidence to achieve this fellowship. Thank you ma'am and thank you IAPM!

DR POORNA MS



CHALLENGING MOMENTS

FIAPM Exit Exam - Jan 2021





CHALLENGING MOMENTS

FIAPM Exit Exam - August 2021



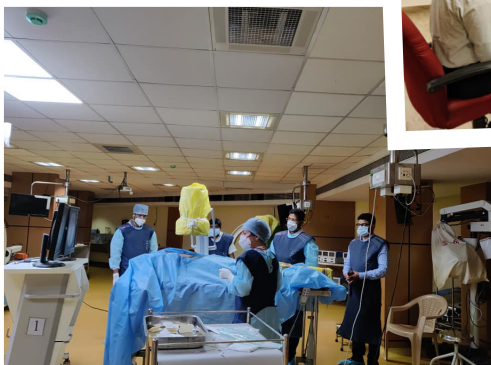
INDIAN ACADEMY OF PAIN MEDICINE
(ACADEMIC WING OF ISSP)

FIAPM EXIT EXAMINATION 2021

SUNDAY, 8th AUGUST 2021

Venue : M.S. Ramaiah Advanced Learning Centre, Gnanagangothri Campus,
Gate - 4, New BEL Road, MSR Nagar, Bangalore - 560 054

RAMAIAH ADVANCED LEARNING CENTER



ENCOMIUM

Senior Pain Physicians

First of all I would like to thank Dr. Pratibha Matche, Dr Kailash Kothari, Dr Pankaj Surange and all the examiners for conducting the exam in a very professional manner. Not only me but all of the candidates appreciated the very high standards maintained during the conduction of the exam. I was amazed to see the enthusiasm and efforts put by all of you.

Let me share my own experience & feeling while preparing for the exam.

It has been almost 12 years since I had given my last exam. The decision to take up the FIAPM exam was the toughest part as it involved a lot of hesitancy, typically due to seniority - why should I give? What if I fail? Etc, etc.

But finally we, Dr Nivedita Page and I, decided to go ahead. We began studying approximately 1 month before. Everyday we came across new things to learn - even though we were both senior Pain Physicians! We thoroughly enjoyed the whole journey. It was one of the most beautiful periods I have experienced. Finally the day came - 10th January 2021. It was altogether a different, excellent & wonderful experience. Everyone must give this exam. Allow me to express my gratitude towards all of those behind this concept of FIAPM.

Thank you.

Dr Bangar Kashinath

Senior Pain Physician

Painex Pain management clinic, Pune

I am happy to be awarded the degree of FIAPM (Fellow Of Indian Academy Of Pain Medicine) from Indian Academy Of Pain Medicine, Academic Wing Of ISSP.

It is really a wonderful exam which covers all aspects both in terms of knowledge related to pain in depth and also the skills and practical knowledge necessary for a pain practitioner. It is one of the toughest exams for people who wants to have pain certification. When compared with other international exams like FIPP which cover only the interventional part mostly, this exam covers pain as a whole.

I suggest everyone to take this exam if they really want to have pain medicine as their career. I am very thankful to Dr. Pratibha Matche, Registrar, and also to the whole team of ISSP who conducted the exam.

Dr G S Anand Kumar

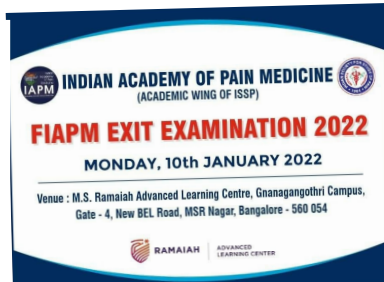
Senior Pain Physician

Apollo Hospitals, Chennai



CHALLENGING MOMENTS

FIAPM Exit Exam - Jan 2022



Ramaiah University of Applied Sciences

Website: www.msruas.ac.in PH: 080 - 4536 6666





MILES TO GO

Pain relief brings joy to a patient as much as satisfaction to the person who relieved that pain, in modern day medicine, it is the designated pain physician. The academic body of ISSP was the brainchild of many pioneers in pain medicine who toiled and worked hard their most fruitful years to establish the Indian Academy of Pain Medicine (IAPM).

The launch of this dedicated academic arena was in 2016, the cruise was bumpy as always and the global pandemic flipped new challenges, but also paved newer opportunities. There is a ton of potential to be tapped and further progress to be made in the field of pain and its associated academic perspective. Constant change in the dynamics of teaching and learning the skills in pain medicine in this short pace has further instigated the members to be vigilant and at the same time competitive. The introduction of IAPM opened an array of opportunity to an aspiring pain physician. In terms of excellence, knowledge, skill and proficiency, it provided a holistic growth to a pain physician along with the standardization of the curriculum and the examination pattern.

The launch of this IAPM newsletter is to disseminate the exceptional noteworthy performance done in the academic section of IAPM. It provides a platform to accentuate the obscured talents and to highlight the unseen prospects of its members.

To achieve success in any field, individual efforts and perseverance as a unit are the main component. Continuing with this team spirit, attitude and grit, I am sure we will be placed as one amongst the best global leaders in the mastery of pain medicine.

DR. PRATIBHA MATCHE

Registrar, IAPM



IAPM GALLERY

