






**Malaysian Association for the Study of Pain**  
**Annual Scientific Meeting 2010**  
25-27 March 2010  
Swan Convention Centre, Sunway Medical Centre

**PRE-CONGRESS WORKSHOPS**  
**Thursday, 25 March 2010**

<b>Workshop 1: Case studies in cancer pain management</b>	<b>Time: 2:00-5:00pm</b>	<b>Venue: Ginger Room</b>
<p><b>Coordinator:</b> <i>Dr Mary Cardosa</i> <b>Facilitators:</b> <i>Dr Mary Cardosa, Dr Ednin Hamzah</i></p> <p>This workshop will consist of case studies in cancer pain. Participants will be given various clinical scenarios and options for management will be discussed in small groups. The case discussions will focus on practical challenges that are commonly encountered in the management of patients with cancer pain, especially those with advanced cancer and widespread disease. This workshop is suitable for doctors and allied health professionals with post basic training or experience in oncology and/or palliative care. The number of participants will be limited to 60 on a "first come first served" basis.</p> <p>Sponsored by </p>		
<b>Workshop 2: Ultrasound of the musculoskeletal system</b>	<b>Time: 2:00-5:00pm</b>	<b>Venue: Lotus Room</b>
<p><b>Coordinator:</b> <i>Assoc. Prof. Choy Yin Choy</i> <b>Facilitators:</b> <i>Dr Ong Swee Gaik, Dr Anwar Arshad, Dr Ling Kwong Ung, Dr Shahridan Mohd. Fathil</i></p> <p>This workshop will give participants an opportunity to learn how ultrasound scanning can be used to aid in diagnosis and management of musculoskeletal disorders giving rise to chronic pain. Scanning of specific areas related to common musculoskeletal disorders encountered in chronic pain and rheumatology practice will be demonstrated – this includes ultrasound of muscles, joints, the spine and paravertebral region. Participants will also have hands-on practice with scanning using live models. The number of participants will be limited to 30 on a "first come first served" basis.</p> <p>Sponsored by  </p>		
<b>Workshop 3: Psychological approaches used in the treatment of chronic pain - the role of allied health professionals</b>	<b>Time: 2:00-5:00pm</b>	<b>Venue: Ladybird Room</b>
<p><b>Coordinator:</b> <i>Dr Zubaidah Jamil Osman</i> <b>Facilitators:</b> <i>Dr Zubaidah Jamil Osman, Norhana Md. Darus</i></p> <p>This workshop will give participants a clearer idea of how psychological approaches can be used to by allied health professionals (physiotherapists, occupational therapists and nurses) to make treatment of chronic pain patients more effective. Participants will learn the practical aspects of relaxation, stretching, goal-setting, pacing and other strategies to cope with chronic pain. Specific case illustrations will be included. The number of participants will be limited to 50 on a "first come first served" basis.</p>		



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**MAIN MEETING – DAY 1**  
**Friday 26 March 2010**

07:30-08:30	Registration	
08:30-09:15	<b>Opening Ceremony &amp; Plenary 1: Global Year against Pain: Musculoskeletal Pain “When Moving Hurts...Assess, Understand, Take Action”</b> <i>Speaker: Prof. Ramani Vijayan</i> <div style="text-align: right;"><i>Chaired by: Dr Mary Cardosa (Venue: Lotus Room)</i></div>	
09:15-10:00	<b>Plenary 2: Incorporating Traditional &amp; Complementary Medicine into the Pain Clinic</b> <i>Speaker: A. Prof. Pradit Prateepavanich</i> <div style="text-align: right;"><i>Chaired by: Prof. Ramani Vijayan (Venue: Lotus Room)</i></div>	
10:00-10:30	Tea break	
10:30-12:00	<b>Symposium 1: Low Back Pain</b> <i>Chaired by: Dr Azlina Amir Abbas</i> <div style="text-align: right;"><i>(Venue: Lotus Room)</i></div> <b>Understanding low back pain from a bio-psycho-social perspective</b> <i>Speaker: Dr Mary Cardosa</i> <b>Surgical interventions for low back pain</b> <i>Speaker: Mr Ozlan Izma Muhd Kamil</i> <b>Non-surgical interventions for chronic back pain</b> <i>Speaker: Dr Nizar Abdul Jalil</i>	<b>Symposium 2: Chronic Pain in the Community</b> <i>Chaired by: Dr Ednin Hamzah</i> <div style="text-align: right;"><i>(Venue: Hibiscus Room)</i></div> <b>Musculoskeletal pain in primary care</b> <i>Speaker: Dr Zailinawati Abu Hassan</i> <b>Occupational therapy at home for cancer pain</b> <i>Speaker: Mr Raymond Toe</i> <b>The culture of pain</b> <i>Speaker: A. Prof. Pradit Prateepavanich</i>
12:00-13:00	<b>Lunch Symposium: Optimizing Cancer Pain Management with Opioids</b> <i>Speaker: Dr Ghauri Aggarwal</i> <div style="text-align: right;"><i>Chaired by: Dr Richard Lim (Venue: Lotus Room)</i></div>	
13:00-14:30	Lunch followed by prayers	
14:30-16:00	<b>Symposium 3: Generalized Chronic Pain Syndromes</b> <i>Chaired by: A. Prof. Choy Yin Choy</i> <div style="text-align: right;"><i>(Venue: Lotus Room)</i></div> <b>Fibromyalgia and approaches to its management</b> <i>Speaker: Dr Yeap Swan Sim</i> <b>Role of CBT in generalized chronic pain</b> <i>Speaker: Dr Zubaidah Jamil Osman</i> <b>Myofascial pain syndromes / Trigger points</b> <i>Speaker: Dr Anwar Arshad</i>	<b>Symposium 4: Rehabilitation</b> <i>Chaired by: Dr Toh Charng Jeng</i> <div style="text-align: right;"><i>(Venue: Hibiscus Room)</i></div> <b>The role of the rehabilitation specialist in the management of chronic non-cancer pain</b> <i>Speaker: Dr Kumaran Ramakrishnan</i> <b>Acupuncture for musculoskeletal pain</b> <i>Speaker: Dr Kavita M. Bhojwani</i> <b>Physiotherapy for chronic musculoskeletal pain</b> <i>Speaker: Ms Sarkuna Devi</i>
16:00-16:30	Tea break	
16:30-18:00	<b>Symposium 5: Interventions and Drugs for Chronic Pain</b> <i>Chaired by: Dr Ungku Kamariah bt Ungku Ahmad</i> <div style="text-align: right;"><i>(Venue: Lotus Room)</i></div> <b>Opioids in the management of chronic non-cancer pain</b> <i>Speaker: A. Prof. Choy Yin Choy</i> <b>Current evidence for radiofrequency facet denervation</b> <i>Speaker: Dr Charles Brooker</i> <b>Placebo effect</b> <i>Speaker: Prof. Marzida Mansor</i>	<b>Symposium 6: Case Studies</b> <i>Dr Mary Cardosa, Dr Kavita M. Bhojwani, Dr Abdul Hadi Mohamed</i> <div style="text-align: right;"><i>(Venue: Hibiscus Room)</i></div>
18:00	<b>End of Day 1</b>	



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## **MAIN MEETING – DAY 2** **Saturday 27 March 2010**

07:30-09:00	Registration	
09:00-09:45	<b>Plenary 3: Long Term Outcomes from Pain Management Programs: Experience of the ADAPT Pain Management Program</b> <i>/ Speaker: Dr Charles Brooker</i> <i>Chaired by: Dr Ednin Hamzah (Venue: Lotus Room)</i>	
09:45-10:15	Tea break	
10:15-11:45	<b>Symposium 7: Pain in Children and the Elderly</b> <i>Chaired by: Dr Raveenthiren Rasiah</i> <i>(Venue: Lotus Room)</i> <b>Pain management in the elderly- Issues and challenges</b> <i>Speaker: Dr Ungku Kamariah bt Ungku Ahmad</i> <b>Management of osteoporosis / vertebral collapse</b> <i>Speaker: A. Prof. Kwan Mun Keong</i> <b>Growing pains</b> <i>Speaker: Dr Tang Swee Ping</i>	<b>Symposium 8: Acute Pain Management Updates</b> <i>Chaired by: Dr Kavita M. Bhojwani</i> <i>(Venue: Hibiscus Room)</i> <b>Protocols for managing acute pain in opioid tolerant patients</b> <i>Speaker: Dr Charles Brooker</i> <b>Pain as the 5<sup>th</sup> Vital Sign: Will it improve the management of pain in our hospitals</b> <i>Speaker: Dr Mary Cardoso</i> <b>Multimodal analgesia for acute pain- Where are we now?</b> <i>Speaker: Dr Abdul Hadi Mohamed</i>
11:45-12:00	Closing ceremony <i>(Venue: Lotus Room)</i>	
12:00-13:00	Lunch (all delegates) <i>(Venue: Lotus Room)</i>	
12:00-13:00	MASP AGM (members only) <i>(Venue: Hibiscus Room)</i>	
13:00	<b>End of Day 2</b>	