

**Invited Speakers :** A. Prof Carina Li, University of Hong Kong, HK  
Prof Ramani Vijayan, PPUK  
Dr. Mary Cardoso, H Selayang  
Dr. Kauthaman Mahendran, H Melaka  
Matron Goh Siew Kuan, H Selayang  
Dr. Kavita Bhojwani, H Raja Permaisuri Bainum, Ipoh  
Prof Felicia Lim Siew Kiau, PPUK  
Dr. Hayati Binti Yaakup, PPUK  
Dr. Raha Abdul Rahman, PPUK  
Dr. Toh Charng Jeng, Neuro Surgeon, PPUK  
Dr. Shahridan Mohd Fathil, PPUK

## Conference Organizing Committee:

**Advisor :** A Prof Dr. Jaafar Mohd Zain

**Organiser :** A Prof Choy Yin Choy  
Office : 03-9145 5555 ext 5595  
Email: choyyinchoy@hotmail.com

**Member :** Dr. Azarinah B Izaham  
Dr. Nadia Binti Md Nor  
Dr. Navin Durairatnam  
M/s Ho Siew Eng

**Registration fees :** Early Bird Specials  
Specialists/General Practitioners RM200  
Masters Students/Medical Officers RM100  
Allied Health Professionals RM80  
After 31 Oct 2009 & onsite registration : additional RM30

**Payment :** cash / cheque  
payable to:  
Malaysian Association for the Study of Pain  
**CIMB Bank, Account Number : 14400007040057**

**Secretariat :** Pfizer (Malaysia) Sdn Bhd  
Contact Person : Dee Dee Quah  
(012 239 0081 / deedeede.quah@bloomcomm.biz)

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# Acute and Chronic Pain Management Conference 2009, PPUKM

## ***"The multimodal approach in pain management"***

*Department of Anaesthesiology & Intensive Care Faculty of Medicine,*



**Universiti Kebangsaan Malaysia**



*conjoint with*

**Malaysian Association for the Study of Pain**

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*supported by*



**KEMENTERIAN KESIHATAN MALAYSIA**

**Venue :**  
**Lecture Hall 2, Academy Block, PPUKM**

**Date :**  
**4<sup>th</sup> – 5<sup>th</sup>, December 2009**

### **> Introduction**

Pain is one of the most common reasons why people seek medical treatment. Experience all over the world show that pain is still not well managed. Many barriers of pain management have been identified and failure of healthcare providers to assess and document pain has been one of the major barriers to relief of pain. Pain management can be improved with education of healthcare providers and well as partners.

The Department of Anaesthesiology and Intensive Care, Universiti Kebangsaan Malaysia Medical Center and The Malaysian Association for the Study of Pain have made a conjoint effort to organize this conference to promote better quality in pain management by improving the knowledge and skills of healthcare providers with regards to acute and chronic pain management. The theme of this conference is ***"The multimodal approach in pain management"*** emphasizing on the importance of understanding this important principle in achieving effective results and patient safety. The conference aims to provide not just theoretical information on pain and its management, but also has workshops where participants can gain practical experiences and tips on how to make pain management achieve its impact.

**A Prof Dr. Choy Yin Choy**

*Organiser,*

Hon. Treasurer, Malaysian Association for the Study of Pain  
Consultant Anaesthesiologist, Dept. of Anaesthesiology & Intensive Care, PPUKM

**Target audience :** Anaesthetist, Pain Specialist, Oncologist, Surgeon, General Practitioner, Medical Officer, Palliative Care Team, Hospis, Nurse, Physiotherapist, Pharmacist, Allied Health.

**4<sup>th</sup> Dec 2009 – Friday**

## Preconference workshop *(concurrent sessions)*

### 1 **ULTRASOUND GUIDED PERIPHERAL NERVE BLOCK**

**Faculty** : **A Prof. Carina Li**,  
FANZCA, University of Hong Kong  
**Venue** : **Lecture Hall 1**,  
Academy Block, PPUKM  
**Time** : **8.00 am to 5.00 pm**  
**Limit** : 50 participants



This workshop aims to introduce the principles of ultrasound imaging for peripheral nerve blocks. It will consist of lecture / live video demonstration of block performed by experts. Hands-on session will include scanning of the upper and lower limbs on models and visualization of needle tip by ultrasound.



### 2 **"PAIN" AS 5<sup>TH</sup> VITAL SIGN** KEMENTERIAN KESIHATAN MALAYSIA

**Faculty** : **Dr. Kauthaman Mahendran**, Consultant Physician, Hospital Melaka  
**Dr. Mary Cardosa**, Hospital Selayang  
**Matron Goh Siew Kuan**, Hospital Selayang  
**Venue** : **Postgraduate room**,  
Department of Anaesthesiology & Intensive Care, 2nd floor, PPUKM  
**Time** : **8.00 am to 1.00 pm**  
**Limit** : 30 participants

The workshop aims to initiate and increase awareness among healthcare providers regarding the importance of monitoring pain & its' management options. The session will include theoretical information on pain and its management. The objective is for participants to gain practical experience and tips on how to make "Pain as the 5th Vital Sign" contribute to improved patient wellbeing and safety. There will also be brief discussion of acute pain including demonstrations and discussion on pain management techniques e.g. the use of PCA pumps. There will be opportunities for participants to have hands-on experience.

### 3 **ACUPUNCTURE FOR PAIN MANAGEMENT**

**Faculty** : **Dr. Kavita Bhojwani**,  
Consultant Anaesthesiologist, Hospital Raja Permaisuri Bainun, Ipoh  
**Venue** : **Postgraduate room**,  
Department of Anaesthesiology & Intensive Care, 2nd floor, PPUKM  
**Time** : **2.30 pm to 5.30 pm**  
**Limit** : 30 participants

This workshop aims to introduce the principles of needle acupuncture with its various forms for the management of chronic pain. There will be lecture, demonstration of meridian and acupuncture points, needling technique and participants will be able to have hands-on practice under guidance.

*Participants can choose to attend both workshop 2 & 3.*

*Registration for workshop day is at Entrance of Lecture Hall 1, Academy Block for all workshops.*

**5<sup>th</sup> Dec 2009 – Saturday**

## Scientific conference & Healthcare product trade exhibition *(Lecture Hall 2, Academic Block)*

0800 – 0830	Registration	
0830 – 0840	Welcome Address	<i>A Prof Dr. Jaafar Mohd Zain, Deputy Dean / Director , Clinical services, PPUKM</i>
0840 – 0910	Overview of pain management	<i>Prof. Ramani Vijayan</i>
0910 – 0940	"Troubleshooting in APS – what to do when your patient is still in pain"	<i>Dr. Mary Cardosa</i>
0940 – 1010	Pain as 5th Vital Sign	<i>Dr. Kauthaman Mahendran</i>
1010 – 1030	Morning tea	
1030 – 1100	Ultrasound guided nerve block	<i>A Prof. Carina Li</i>
1100 – 1130	The management of cancer pain	<i>Dr. Hayati Binti Yaakup</i>
1130 – 1200	Pain management in Paediatrics	<i>Prof Felicia Lim Siew Kiau</i>
1200 – 1230	Pain management in ICU setting	<i>Dr. Raha Abdul Rahman</i>
1230 – 1330	Lunch Symposium	<i>by Pfizer</i>
1330 – 1400	Interventional management in chronic pain	<i>Dr. Mary Cardosa</i>
1400 – 1430	Neuropathic pain – Assessment & Management	<i>A Prof Choy Yin Choy</i>
1430 – 1500	Pain management – Surgeon's Perspective	<i>Dr. Toh Charng Jeng</i>
1500 – 1530	Afternoon tea	
1530 – 1600	Pain management in the Emergency Department	<i>Dr. Shahridan Mohd Fathil</i>
1600 – 1700	Case presentation & panel discussion	<i>Dr. Nadia Binti Md Nor Dr. Navin Durairatnam</i>

*All participants will receive one complimentary copy of Neuropathic Pain Guideline and Lower Back Pain Guideline each*