



Chronic Pain  
AUSTRALIA

# Living With Pain



## The Chronic Pain Update

Provided by Chronic Pain Australia

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### Chronic Pain Australia Activities

#### ■ Grünenthal comes to Australia

Chronic Pain Australia Vice President, Mandy Nielsen and President, Coralie Wales attended a function in Melbourne recently to welcome Grünenthal to Australia. Grünenthal is a pharmaceutical company which specialises in developing medicines for pain. This organisation produces a new form of Buprenorphine in patch form called Transtec.

We found out that Grünenthal, which has headquarters in Germany, sustainably invests 18% of their income into research and development. One of the topics discussed at the reception was 'synaesthesia', a condition in which signals normally producing pain result in the perception of other sensual experiences such as colour or noise (see article in November e-bulletin).

Present at the function were a number of staff members from CSL who will be involved in working with Grünenthal on some of their research and development in Australia. Coralie was invited to make a welcome speech and, in light of Grünenthal's inclusion of consumer representatives at the event, spoke about Australia's policy of social inclusion. She reflected on how this doesn't work so well for many people in pain who often find it difficult to participate in what other people call 'normal' activities,. This can lead to people feeling they are not respected or valued in the community, and to the stigmatisation of the condition of chronic pain.

Mandy and Coralie enjoyed meeting the new CEO of Grünenthal Australia, Mr Christof Burlefinger who spent some years working for the organisation in Latin America before coming to Australia.

We welcome Grünenthal to Australia.



Grünenthal welcome dinner. From left: Mr Christof Burlefinger, Country Manager, Australia; Ms Coralie Wales, President, Chronic Pain Australia; Professor Stephan Schug, Director of Pain Medicine, Royal Perth Hospital; Mr Danny Dimitropoulos, Marketing Manager, Grünenthal

## Chronic Pain Australia Activities continued...

- **The S\*K\*E\*C\*H project – Supporting Knowledgeable and Empowered Communities in the Hunter**  
Chronic Pain Australia is working with the Hunter Integrated Pain Service in an innovative project to help people in pain. The SKECH project is focused on Goals 1 & 2 of the National Pain Strategy. This Strategy can be found at <http://chronicpinaustralia.org/cpa/files/PainStrategy2010Final>. Outcomes of the project will include: a needs analysis of local Hunter communities, a dedicated e-bulletin to tell the community of project progress, a train-the-trainer program, a pain self-management training program suitable for local conditions, and the dissemination of the findings about the program back in to the community.

To begin with program will take place in the Greater Newcastle area. The project aims to work with people in pain in their communities to test a community pain self-management program. The program will be evaluated to see if it helps people improve their quality of life. The project involves several stages. A starting point is to find out what are the needs of people with chronic pain in the Newcastle area, and to involve people in the development of the program so it suits their needs. As part of this process, Chronic Pain Australia will be running a half-day forum for people in pain in Newcastle in February 2011, and will aim to have the program up and running by 1 June 2011.

We of course hope that we can create a model which will be useful for other communities. If you would like to subscribe to the SKECH e-bulletin please click [here](#).

## In The News

- **World-first miniature smartchip for treating chronic pain**  
“Sydney researchers are preparing for human trials of a world-first smartchip designed to treat chronic pain – by implanting it near the spinal cord.” [Southern Courier](#)
- **Chronic Pelvic Pain Equally Troublesome in Men**  
“Prostatitis is used to describe almost all pelvic complaints in men, making it the most common urologic diagnosis in men younger than age 50 and the third most common in those older than 50.”  
[Internal Medicine News](#)
- **Experts Find Brain Enzyme That Makes Pain Last**  
“Researchers working on mice have found an enzyme in the brain that appears to make pain last after nerve injury and they hope to use it as a new target to treat chronic pain in people.”  
[World News Australia](#)
- **The pain suffered by fibromyalgia patients**  
“A new South East Asian survey of 506 people with fibromyalgia and 941 physicians shows that fibromyalgia is a poorly understood condition, which negatively impacts people’s quality of life.”  
[Malaysia Star](#)

## Journal Watch

- Davies, S et al (2010) [Preclinic Group Education Sessions Reduce Waiting Times and Costs at Public Pain Medicine Units](#) *Pain Medicine*
- Newton, BJ et al (2010) [A Narrative Review of the Impact of Disbelief in Chronic Pain](#) *Pain Management Nursing*

## Pain Resources Online

Please note, Chronic Pain Australia does not endorse these online resources. If there are any online resources you find helpful, let us know.

- 🔗 National Health Service (UK) – [Medicines A – Z](#)  
Comprehensive information about medicines, including known possible side effects, interactions and dosages. (Note: as this is a UK resource, brand names etc. may be different).
- 🔗 [Chronic in the Kitchen](#)  
A 'recipe blog' created by someone with chronic pain and fatigue – “Recipes that are easy, healthy, and time-saving, designed for those who suffer from extreme fatigue, pain and low energy. “
- 🔗 NHS Choices (UK) – [How to read health news](#)  
Some tips on how to figure out which articles you're going to believe and which you're not.
- 🔗 National Institutes of Health MedlinePlus (USA) – [Back Pain](#)  
Comprehensive information on back pain, including diagnosis and symptoms, treatment, and prevention .

## Other news...

### [Use of health services for arthritis and osteoporosis](#)

Australian Institute of Health and Welfare

“This report provides an overview of the use of health services for the management of arthritis and osteoporosis in Australia. Information has been used to generate profiles of health service use for three specific conditions—osteoarthritis, rheumatoid arthritis and osteoporosis.”

### [The Australian Charter of Healthcare Rights](#)

Australian Commission on Safety and Quality in Healthcare

A guide for patients, consumers , carers and families

**We wish you a safe and relaxing Christmas,  
and a Happy New Year!**

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