



**THE BRITISH  
PAIN SOCIETY**  
EXPERTISE WHERE IT MATTERS

ANNUAL REPORT 2019





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## INTRODUCTION

┌ The British Pain Society is the largest multidisciplinary professional organisation in the field of pain within the UK.

Membership comprises medical pain specialists, nurses, physiotherapists, scientists, psychologists, occupational therapists and other healthcare professionals actively engaged in the diagnosis and treatment of pain and in pain research for the benefit of patients. The membership comprised 1,091 members at the end of 2019.

The Society promotes education, training, research and development in all fields of pain. It endeavours to increase both professional and public awareness of the prevalence of pain and the facilities that are available for its management. The Society is involved in all aspects of pain and its management through the work of the Council, Committees, Working Parties, Special Interest Groups and via its Annual Scientific Meeting, publications and guidelines.

The British Pain Society is the British Chapter of the International Association for the Study of Pain (IASP) and is part of the European Federation of IASP Chapters (EFIC).

# OFFICERS, ELECTED COUNCIL MEMBERS, CO-OPTED COUNCIL MEMBERS & STAFF

Year end 2019

## Officers

*Dr Arun Bhaskar, President, Consultant in Anaesthesia & Pain Management*

*Prof. Andrew Baranowski, Immediate Past President, Consultant in Pain Medicine*

*Prof. Roger Knaggs, Vice President, Associate Professor in Clinical Pharmacy Practice and Advanced Pharmacy Practitioner - Anaesthesia & Pain Management*

*Dr Ayman Eissa, Honorary Secretary, Consultant in Paediatric Anaesthesia & Pain Management*

*Dr Ashish Gulve, Interim Honorary Treasurer, Consultant in Pain Management*

## Elected Members of Council

*Prof. Sam Ahmedzai  
Emeritus Professor and Consultant in Palliative Medicine*

*Dr Peter Brook  
Consultant in Anaesthesia and Pain Management*

*Dr Neil Collighan  
Consultant in Pain Medicine*

*Mr Martin Hey  
Consultant Physiotherapist in Pain Management*

*Dr Ramanarayanan Krishnamoorthy  
Consultant in Anaesthesia and Chronic Pain Management*

*Dr Sarah Love-Jones  
Consultant in Pain Medicine & Anaesthesia*

*Dr David Pang  
Consultant in Pain Management*

*Dr Amelia Swift  
Clinical Academic Lead and Senior Lecturer, Nursing*

## Officers And Elected Members Of Council



From left to right

Back row: Ms Jenny Nicholas, Mr Martin Hey, Dr Sarah Love-Jones, Dr Ramanarayanan Krishnamoorthy, Prof. Sam Ahmedzai, Dr Neil Collighan

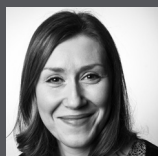
Front row: Dr Ashish Gulve, Prof. Roger Knaggs, Dr Arun Bhaskar, Prof. Andrew Baranowski, Dr Ayman Eissa

Absent From Photograph: Dr Peter Brook, Dr David Pang, Dr Amelia Swift

## Staff



Jenny Nicholas,  
Chief Executive Officer



Dina Almuli,  
Secretariat Manager



Dylan Taylor  
Membership and  
Events Officer

## Co-Opted Members of Council

Dr Chris Barker *Representative; Royal College of GPs*  
Mr Neil Betteridge *Representative; Chronic Pain Policy Coalition (CPPC)*

Ms Felicia Cox *Editor, British Journal of Pain & Representative; Royal College of Nursing*

Dr Andrew Davies *Representative; Palliative Medicine*

Dr Andreas Goebel *Chair, Science & Research Committee*

Ms Leila Heelas *Representative; Physiotherapy Pain Association*

Dr Patrick Hill *Representative; British Psychological Society*

Dr John Hughes *Representative; Faculty of Pain Medicine of the Royal College of Anaesthetists*

Dr Martin Johnson *Representative; Chronic Pain Policy Coalition*

Dr Rajesh Munglani *Editor, Pain News*

Ms Stephanie Stevens *Chair, Patient Liaison Committee*

Dr Stephen Ward *Chair, Scientific Programme Committee*

Dr Amanda C de C Williams *Representative; Science*

## Staff

Ms Jenny Nicholas *Chief Executive Officer*

Ms Dina Almuli *Secretariat Manager*

Mr Dylan Taylor *Membership and Events Officer*

## Officers, Elected Council Members and Co-Opted Council Members



From left to right

Back row: Ms Felicia Cox, Dr Patrick Hill, Ms Stephanie Stevens, Dr Andrew Davies, Mr Neil Betteridge, Dr Lorraine De Gray (Vice-Dean of The Faculty of Pain Medicine RCoA, standing in for Dr John Hughes)

Middle row: Ms Jenny Nicholas, Mr Martin Hey, Dr Sarah Love-Jones, Dr Ramanarayanan Krishnamoorthy, Prof. Sam Ahmedzai, Dr Neil Collighan

Front Row: Dr Ashish Gulve, Prof. Roger Knaggs, Dr Arun Bhaskar, Prof. Andrew Baranowski, Dr Ayman Eissa

Absent from photograph: Dr Chris Barker, Dr Peter Brook, Dr Andreas Goebel, Ms Leila Heelas, Dr John Hughes, Dr Martin Johnson, Dr Rajesh Munglani, Dr David Pang, Ms Stephanie Dr Amelia Swift, Dr Steven Ward, Dr Amanda C De C Williams



**THE BRITISH  
PAIN SOCIETY**

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## OFFICERS AND COMMITTEES' REPORTS





Dr Arun Bhaskar

## PRESIDENT'S REPORT

**This is my first annual report, which I am writing nine months into my Presidency. Being elected as the President of the oldest pain Society in the world is probably the greatest honour for me and I intend to serve the Society and its members to the best of my ability.**

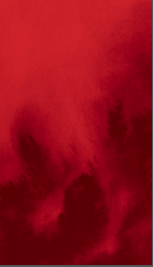
I would start by reiterating our mission statement “to enable best pain management for all” and would strive towards achieving our vision to “stop suffering from pain” through our various campaigns to “make pain visible”.

When I took over as President, I was fully aware of the challenges faced by the Society which was on a financial decline, despite the best efforts of the previous Executives and Council; this was mainly due to dropping membership numbers as well as declining attendance at the Annual Scientific Meeting, both being the predominant source of income for the Society. The running costs of the Secretariat as well as the publications have been reduced, yet we are in financial deficit. The priority was to focus on loss mitigation and try to achieve financial security with the support of the pain fraternity and industry partners. Additionally, we are focussing on harnessing more patient support for the organisation and ensuring that their voices are heard. The Interim Honorary Treasurer’s report will be giving details of the various financial actions we have undertaken during the past year to address the current situation.

### **The Annual Scientific Meeting 2019**

The 2019 Annual Scientific Meeting (ASM) was held at the Hilton London Tower Bridge, London. The 52nd edition of our ASM was originally planned for Belfast, but due to the feedback from members and to attract better attendance





to improve the financial position, it was decided to move the venue to London. Despite the very short preparation time of less than three months, we managed to attract four hundred delegates. We also supported a hands-on cadaver workshop, which was a satellite meeting to the ASM, filled to capacity and the general feedback was that this should be offered at future ASMs. This meeting also initiated a change in having more clinically relevant topics in the scientific programme and the feedback from the delegates was positive about the changes made to the ASM content. The meeting also attracted better industry support compared to previous years, which was also an improvement from a financial perspective.

Our plenary speakers and topics for the main ASM were:

- Pat Wall Lecture: Prof. Bridget Lumb – Descending pain modulatory systems: mechanisms, significance and translation
- BPS Lecture: Prof. David Bennett– How can we better stratify patients with neuropathic pain and what are the implications for treatment?
- Prof. Paul Eldridge – Neuromodulation; a review of the evidence and its clinical applications
- Prof. Richard Langford – What’s new in acute pain?
- Dr Stephen Alexander – Barriers to the user of Cannabis and cannabinoids to treat pain
- Prof. Nanna Finnerup – Neuropathic pain following cancer treatment
- Prof. Steven Linton – The role of social context in pain: why communication is central

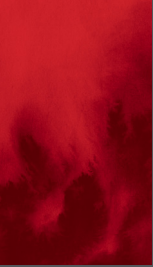
- Dr Benjamin Ellis – Analogue Symptoms. Digital Health

I would like to take this opportunity to thank Prof. David Walsh and the Scientific Programme Committee for their contribution towards the success of the meeting. I would also like to thank the Secretariat, Mr Ciaran Wazir and Dr Ashish Gulve, Interim Honorary Treasurer, for their efforts in securing a good attendance in such short time and also for getting good industry support for the meeting. I would like to thank Dr Ashish Shetty and Mr Ciaran Wazir for organising the cadaver workshop at the Gordon Museum, Guys & St Thomas campus.

### **Annual General Meeting 2019**

The AGM was held on Thursday 2 May 2019 at the ASM in London and results of the 2019 Elections for Council Members were announced. Dr Amelia Swift and Mr Martin Hey were elected to Council, and I would like to congratulate them. I would also like to thank outgoing Council Members Dr Tim Johnson and Dr Zoey Malpus for their support and hard work for the Society during their term of office. Prof. Roger Knaggs was announced as starting his two-year term as Vice President, following a vote by Council.

The British Pain Society continues to function as a multidisciplinary organisation and the aim is to support every member, as well as attract more members from other specialities, and also from a large number of



colleagues who are practising pain management in the primary care services and the independent sector. There were suggestions from some colleagues on increasing the membership fees, but the vast majority felt that this would deter new members, especially junior colleagues and early-career colleagues to join or continue to support the Society as members.

### **Honours and Awards**

Two BPS members were awarded Honorary membership at the 2019 AGM:

Dr Frances Cole, in recognition of the contributions she has made during her career furthering the understanding and management of pain, and her support of the Society; and Prof. Roger Knaggs for his services to the Society as well as Pain Medicine, and for being Co-Editor of the British Journal of Pain. Prof. Knaggs also served as Honorary Secretary of the Society for three years. On behalf of the Council and the membership, I would like to congratulate them as well as express our thanks for their continuing support to the Society.

### **New Appointments**

Mr Kevin Bowers and Mrs Margaret Whitehead, Co-Chairs of the Patient Liaison Committee had to step down due to personal reasons. Ms Stephanie Stevens was successful in the interview and is currently the Chair of the Patient Liaison Committee. Stephanie comes with a wealth of experience and is leading the efforts to make the patient

group an integral aspect of The British Pain Society. Mrs Victoria Abbott-Fleming has been appointed as Co-Chair of the National Awareness Campaign of the Society. Dr Patrick Hill was co-opted as the Psychology representative, and Ms Leila Heelas was co-opted as the Physiotherapy Association representative to Council. Dr Andrew Davies was co-opted as the Palliative Care Representative to Council, and Dr Chris Barker as the RCGP representative to Council of The British Pain Society.

Following a review of the ASM 2018 and 2019, it was felt that the views of the Scientific Programme Committee Chair did not align with the vision of the Council and it was decided to disband the Committee. Dr Glyn Williams, Honorary Treasurer, also felt that his views did not match the rest of the Executives and tendered his resignation, which was accepted. Dr Ashish Gulve was appointed as Interim Honorary Treasurer and has continued to address the financial situation. Prof. Sam Eldabe was appointed as the Chair of the Scientific Programme Committee and put together the committee for ASM 2020. Unfortunately, Prof. Eldabe resigned citing personal reasons and Dr Stephen Ward took over as the Chair of the Scientific Programme Committee.

### **Committees and Special Interest Groups (SIGs)**

I wish to express my thanks to all our working Committee members and in particular the Chairs of the various

Committees and Special Interest Groups for their outstanding commitment and work that is essential in moving the Society forward.

Prof. Sam Ahmedzai,  
Chair of the Education Committee.  
Dr Andreas Goebel,  
Chair of the Science and Research Committee;  
Dr Ramanarayanan Krishnamoorthy,  
Chair of the Communications Committee;  
Ms Stephanie Stevens,  
Chair of the Patient Liaison Committee;  
Dr Stephen Ward,  
Chair of the Scientific Programme Committee.

### **The BPS Trading Arm**

The trading arm continues to work with the Society regarding the trade and industry relations as well as help develop a business plan for the organisation. I have taken over from Prof. Andrew Baranowski as the Chair and the Directors of the BPS Pain Business Ltd. are: Dr Arun Bhaskar, Dr Joan Hester, Dr William Campbell, Dr Mark Martin, Dr Ashish Gulve and Prof. Richard Langford. The trading arm is supported by Ms Jenny Nicholas, CEO, of the Society. I would like to take this opportunity to thank the above mentioned colleagues and the Directors for their valuable support.

### **Secretariat**

The Secretariat continues to work hard to support the members and undertakes the responsibility of the day to day functioning of the Society. I would like to thank Jenny Nicholas - CEO, Dina Almuli – Secretariat Manager and Dylan Taylor – Membership and Events Officer for all their work over the past year.

### **The Patient Liaison Committee (PLC) and the Patient Reference Group**

The Patient Liaison Committee under the stewardship of Mrs Margaret Whitehead and Mr Kevin Bowers started putting together a plan to develop the Committee, but due to personal reasons both the Co-Chairs had to resign from their posts. After the appointment of Ms Stephanie Stevens as the new Chair, the PLC is now injected with her enthusiasm and drive and I look forward to working closely with her to ensure that the patient aspect is developed as this will add a lot of strength and motivation towards taking the Society forward into the future. Ms Stevens and her group have already made positive suggestions on how to make the Patient Reference Group more efficient and are looking at renaming the group to reflect its emerging role.

### **The National Awareness Campaign (NAC)**

Following poster launches earlier in 2018-19, the campaign needed an impetus. Dr David Pang had taken over from Dr Paul Wilkinson as Chair and there has been a further boost with the appointment of Mrs Victoria Abbott-Fleming, a trained barrister, who after having both her legs amputated following sepsis and CRPS, is an inspiring figure that set up a very successful charity "Burning Nights" to raise awareness on CRPS and its management options. I am sure we will be hearing more about the National Awareness Campaign in the coming months.

### **The British Pain Society Website and Media**

Over the past few months there has been an increase in our presence in print, radio and television media. Following the announcement by the government regarding the role of medicinal cannabis, The British Pain Society responded positively to support the patients, but also highlighted the importance of better-quality evidence to support its use in the long-term management of chronic pain. The media responses were mainly handled by Dr Rajesh Munglani, Prof. Sam Ahmedzai and Prof. Roger Knaggs. We also wrote to The Times, representing more than 160 consultants in pain medicine with a signed letter to the Editor. Prof. Sam Ahmedzai and Dr Stephen Humble keep us active on various social media platforms including Twitter and Facebook. I would like to thank all those colleagues mentioned above as well as Dr Alan Fayaz and Dr Krishnamoorthy, Chair of Communications Committee,

for their support in this matter. Ms Stephanie Stevens, who is the current Chair of the Patient Liaison Committee will also be actively supporting in this, lending the very important patient perspective and ensuring that the patient voice is heard in all matters pertaining to pain and pain management.

### **Relationships with other organisations**

#### **The Faculty of Pain Medicine, Royal College of Anaesthetists**

The British Pain Society continues to have excellent relationship with the Faculty of Pain Medicine, Royal College of Anaesthetists, with the President of the BPS being a co-opted member on the board of the Faculty and this is reciprocated with the Dean, Faculty of Pain Medicine, serving as a co-opted Council member of The British Pain Society. I would like to take this opportunity to congratulate Dr John Hughes and Dr Lorraine de Gray for being elected as the Dean and Vice-Dean of the Faculty of Pain Medicine. We are engaged in collaborative working with the Faculty on various publications and will be following the professional standards set by the Faculty.

#### **The Pain Consortium**

The Pain Consortium is an alliance represented by the President of The British Pain Society, the Dean of The Faculty of Pain Medicine, Royal College of Anaesthetists, representative of the Royal College of General Practice and

the Chairs of The Chronic Pain Policy Coalition (CPPC) to collaborate on shared goals and highlight the importance of pain management in Parliament, on various political forums and with policy makers. We are planning to review the function of the Consortium and look at how we can take things forward.

#### **NHS England Clinical Reference Group (CRG)**

The British Pain Society is represented by Dr Sarah Love-Jones on the NHS England Clinical Reference Group (CRG), on Specialised Adult Pain Services (CRG – SPS) which is currently chaired by Prof. Sam Eldabe. There was a move to merge the Adult pain CRG to Neurology, but this was deferred and the CRG term was extended and it is being considered once again in 2020 by NHS England.

#### **NICE (National Institute for Health and Care Excellence)**

The British Pain Society is a stakeholder in various NICE guidelines on aspects related to pain management. Dr Neil Collighan leads on behalf of The British Pain Society after taking over from Dr Tim Johnson once the latter finished his term as elected Council Member. I take this opportunity to thank Tim for his hard work and I am sure Neil would continue the good work. NICE had recently brought out its guidelines on the use of medicinal cannabis and is expected to bring out its draft recommendations on chronic pain management in the not too distant future.

#### **European Pain Federation EFIC/ International Association for the Study of Pain IASP**

The British Pain Society is the UK chapter of the European Federation of IASP Chapters (EFIC) and the International Association for the Study of Pain (IASP), and is represented by the President as Councillor. EFIC had a successful meeting in Valencia, Spain in 2019 and IASP is having its biennial meeting in 2020 in Amsterdam, The Netherlands.

#### **Publications**

The British Journal of Pain and Pain News continue to be the main scientific and informative publications of the Society. By popular request, it was decided to continue these journals both as print and online copies that are available for free to our members. Ms Felicia Cox and Prof. Roger Knaggs continue their sterling work as Editors of the BJP, and Dr Rajesh Munglani after taking over as Editor of Pain News last year has rejuvenated it and is attracting excellent articles that are of interest to the multidisciplinary membership of the Society. On behalf of the Council and the membership, I would like to thank them for their continuing services to the Society.

### The Annual Scientific Meeting 2020

Due to the pandemic, the 2020 ASM planned for 31 March - 2 April has been postponed until March 2021.

I would like to close by stating that my Executive colleagues and I were fully aware of the challenges we faced when we took over the reins of the Society. I would like to thank Prof. Roger Knaggs, Dr Ayman Eissa and Dr Ashish Gulve for their hard work, support and advice. I would also like to thank my Council members, both elected and co-opted, who have been a constant source of support and inspiration with their counsel to keep us focussed on the task at hand.

Finally, I would like to thank Prof. Andrew Baranowski and his team of Executives who had been managing the Society for the past three years, and I am committed and determined to ensure that Society continues to grow in the coming years.



Dr Ayman Eissa

## HONORARY SECRETARY'S REPORT

I am very excited to write my first report as the Honorary Secretary, taking over from Prof. Roger Knaggs.

Taking this responsibility opened a new whole world of an extremely complicated and interactive world where medical profession and the public deals with a problem (Pain) which clearly affects millions in the Society with huge social and economic consequences.

Running a multidisciplinary Society like the BPS and facing the professional and financial challenges that we are all aware of that the Society has been facing for several years now is immensely challenging. I have to admit that without the very promising and ambitious views and strategy of Arun's as the new President, I would have not accepted this role at such a difficult time for the BPS!

I would like first to thank the team led by Prof. Andrew Baranowski for the hard work and leadership in the few years before.

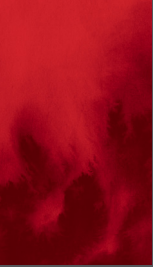
Recognising the multidisciplinary role and nature of the Society is the core for any decision or step we take, including widening the scope of our advisors and including all interested parties in all our decisions. Patient advocates continue to be at the heart of the Society and we added strength to our Council recently by appointing Ms Stephanie Stevens as the new PLC Chair to add a new dimension to our thoughts regarding patients' interests.

In the last 12 month we welcomed the following new members of the elected Council:

Mr Martin Hey Elected Council Member  
Dr Amelia Swift Elected Council Member

The Society has been at the centre of some very interesting debates, and we decided to take the initiative as advocates to the profession and the public in debates like the Cannabis one. BPS managed to be the platform for all





parties involved in a very neutral and professional style. This role was much appreciated by patients' groups who got the opportunity to express their views and concerns. BPS added a lot of depth in the discussion by inviting speakers from abroad to share experiences and challenges from other countries in a very successful event that was well represented by all parties.

BPS will continue to interact with different professional bodies and organisations to promote good standards of pain management in its two forms, acute and chronic, including: the Department of Health, Royal Colleges, the National Institute for Health and Clinical Excellence (NICE), the Medicines and Healthcare products Regulatory Agency (MHRA), the Faculty of Pain Medicine, the Chronic Pain Policy Coalition and the Association of Medical Research Charities.

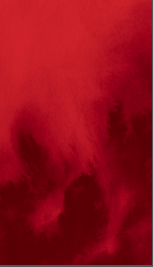
We have made some major changes in our ASM strategy to meet the expectation of our members and to attract many of the professionals who left or never joined our Society; including venues; a reasonable balance in the programme to satisfy different professions who are part of multidisciplinary nature of pain management; a balance between the clinical and the scientific material, and between the theory and the practice. These steps attracted more industry sponsorship and interest; I will leave the figures to our hard working Treasurer Dr Ashish Gulve to update you. I am sure these figures are just the start of big

changes in the trend of losses in the last few years. We are quite optimistic that we are moving in the right direction from the financial aspect of the Society's survival.

Let me give you an update regarding membership which shows the challenges we are facing. There is obviously a huge area for improvement to change this declining trend that we have had now for several years. I promise to make this a priority, and the way forward is to ensure we meet the professional expectations and needs of our members and members to be.

At the end of December 2019, the membership of the Society was 1,091; the major professional groups were anaesthetists, nurses, physiotherapists, psychologists, and other disciplines and specialties.

BPS will not survive without a collaborative effort from the professionals, the public, other organisations and industry. We are moving closer and reaching out to everyone who can support the Society while maintaining the Society's integrity and professionalism. We have reached out to many international organisations in the field of pain management worldwide, and I believe we will see the rewards for BPS in the near future as an International Society.



For our new members here is a list of our Committees and Special Interest Groups (SIGs):

### **Committees**

Communications Committee  
Education Committee  
Patient Liaison Committee  
Science and Research Committee  
Scientific Programme Committee

### **SIGs**

Acute Pain  
Clinical Information  
Headache  
Information, Communication and Technology  
Interventional Pain Medicine  
Medicolegal  
Neuropathic Pain  
Pain Education  
Pain in Children  
Pain in Developing Countries  
Pain in Older People  
Pain Management Programmes  
Philosophy & Ethics  
Primary & Community Care

To see our extensive list of professional and patient publications, please visit the BPS website at <https://www.britishpainsociety.org/british-pain-society-publications/>

The Executives, the Council and the Secretariat (Jenny, Dina and Dylan) will continue with the efforts to listen to your needs, suggestions and criticisms.



Dr Ashish Gulve

## INTERIM HONORARY TREASURER'S REPORT

I took the responsibility of becoming the Interim Honorary Treasurer of the Society in June 2019. I would like to thank Dr Heather Cameron for her hard work over the past three years to turn around the finances.

In spite of huge efforts to cut down expenses and achieve efficiency savings, the Society has been in financial decline over the years registering a 5-6 figure deficit year on year. The key factors contributing to the loss are dwindling membership numbers and attendance at Annual Scientific Meetings. Changes in regulations and declining ASM attendance have also resulted in reduced industry funding. As has been the case for a few years, the membership income does not cover the salaries of the Secretariat, rental of the premises and other associated expenses. In spite of multiple reminders and chasing, we also have a number

of unpaid invoices from NHS Trusts for delegates attending Study Days and ASM. The Society in its current financial situation cannot afford unpaid fees. In future everyone will have to pay upfront to attend any BPS event.

Whilst the accompanying accounts are still being audited, I can advise the Society's year end position shows a consolidated deficit of approximately £28,000. In June 2019, when I stepped in as an Interim Honorary Treasurer the projected deficit for 2019 was approximately £157,000. Whilst this is a substantial improvement, we continue to experience deficit.

### **Society Assets**

Accumulated reserves held by the Society are £801,795 of which £172,759 is in restricted funds, £151,705 being the sum of the Clulow legacy and interest. The net SIG funds of £85,371 are designated within the Society accounts to further the activities of the specific SIGs.

### Special Interest Groups

SIGs remain as essential part of the Society and Council continues to seek opportunities to support them to be active and financially viable. The net SIG funds of £85,371 are designated within the Society accounts to further the activities of the specific SIGs. The Headache SIG has allocated a research grant from within their budget. This will reduce the net balance of SIGs. The Pain Management, and Philosophy and Ethics SIGs, organised educationally and financially successful meetings.

### BPS Pain Business Ltd.

Because of changes to VAT regulations, in order to mitigate VAT liability, BPS Pain Business Ltds was incorporated as a trading subsidiary of the Charity in 2014. This is a normal practice for many societies and businesses. The trading arm also offers us opportunities for further income generation. 2019 is the fifth full accounting year for BPS Pain Business Ltd. and the accompanying accounts are the consolidated accounts of the two entities.

Under the provision of an operating license, BPS Pain Business Ltd. has contributed £36,724 to the office costs of the Society, and has been able to make an additional year end corporate donation of £27,942 to the charity. The trading arm retains only a small operating fund of about £1,000 before tax. Net figure retained is £810.

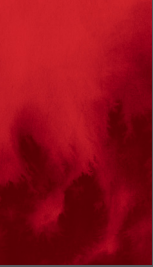
### 2020 Budgets

Sustainable finances remain an ongoing priority for the Society. We have again tried to cut down the expenses as much as possible without compromising the core activities of the Society. With the 2020 budget we are once again predicting a year end deficit. Our efforts through 2020 will focus on mitigating the size of this deficit. For 2020 and beyond, we are also exploring alternative income sources to sustain the activities of the Society at its current level.

In 2019, we managed to reduce the £36,724 projected loss to a great extent. This was achieved by undertaking one-off income generation activities. Unless we take drastic, urgent actions over the next 12-24 months, we cannot guarantee the survival of the Society. It is impossible to achieve this without your support. We need sustainable strategies generating regular income in following ways:

1. Maintain your BPS membership
2. Encourage all your colleagues to become BPS members
3. Attend the Annual Scientific Meeting and educational events in large numbers
4. We are considering revising the membership fee structure to align with our umbrella organisation, the International Association for the Study of Pain.
5. Please consider doing charitable fundraising events for your Society, The British Pain Society.

The BPS Council is determined to ensure that the Society continues to function effectively and to make it useful and valuable to each and every member of the pain team. We



want to return the Society to a stage where our members feel that they are getting good value for their money.

### **Thanks**

This was my first year as the Interim Honorary Treasurer, the post I took up after being on the BPS Council for just one year. I am grateful to the President, Dr Arun Bhaskar, BPS Council, BPS Executives and all the members for having faith and confidence in me during these difficult times. I will dedicate all the possible time I have and all my efforts to turn around the Society.

I would like to thank the BPS Secretariat and our bookkeepers, Caritas Management Group Limited, particularly Viv Trump for their excellent support and for helping me to understand the intricacies of how BPS finances work. I am confident that we have put in measures to reduce losses, however we need to secure new sustainable income streams.



Dr Ramanarayanan  
Krishnamoorthy, *Chair*

## Members Year End 2019

Professor Sam Ahmedzai, *Webmaster / Emeritus Professor*

Ms Dina Almuli, *BPS Secretariat*

Professor Andrew Baranowski, *Executive Officer Link / Anaesthesia & Pain Management*

Ms Felicia Cox, *Editor of the British Journal of Pain / Nursing*

Dr Alan Fayaz, *Media Team / Anaesthesia & Pain Management*

Dr Stephen Humble, *Webmaster / Anaesthesia & Pain Management*

Dr Zoey Malpus, *Psychology*

Mr Pete Moore, *Lay Rep*

Dr Raj Munglani, *Editor of Pain News / Pain Medicine*

Dr David Pang, *Charitable Aims Sub-Committee Chair / Pain Medicine*

Dr Marcia Schofield, *Anaesthesia & Pain Management*

Dr Damien Smith, *Media Team / Anaesthesia & Pain Management*

## COMMUNICATIONS COMMITTEE REPORT

It is a great pleasure and privilege to prepare and write the annual report of the Communications Committee 2019. I took over as Chair of this Committee in May 2019 from Dr Arun Bhaskar, who has done a commendable job in this position for many years before. The Communications Committee is fully committed to support and change course to provide excellent value for money for the multi-disciplinary members of the Society and at the same time to support the people suffering with long term pain. The future plans of the Committee will support both the short and long term sustainability of the Society.

### Membership

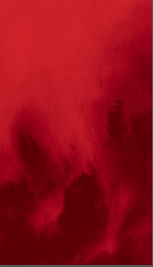
I got elected to Council in 2018, and was offered to lead the Communications Committee from May 2019. The Communications Committee forms the vital link both within and outside the Society. The new model will work in collaboration with the Education Committee and the Patient Liaison Committee. It will liaise with the Faculty of Pain Medicine, Royal College of Anaesthetists, and other national and international bodies. The Charitable Aims Committee forms a sub-committee of the Communications Committee. The Committee had a face-to-face meeting

in September 2019, with a one to one meeting with CEO Ms Jenny Nicholas in January 2020, to discuss the future plans of the Committee.

The Committee has 12 members, most of whom were active in contributing to the Communications Committee business meetings and interactions with sub committees in 2019. Dr Marcia Schofield, Consultant in Pain Medicine, joined in June 2019. Ms Stephanie Stevens became the new Chair of the PLC. She is to work closely with the Communications Committee to ensure patients have a clear voice and to engage with modern digital PR and with the BPS itself. The Council decided that PLC needs to have representation on the Communications Committee.

### Pain News and the British Journal of Pain

The Pain News (Editor, Dr Rajesh Munglani) and the British Journal of Pain (Co-Editors, Ms Felicia Cox and Prof. Roger Knaggs) are the official publications of the BPS. The publications contract with Sage Publishing was renewed and the Council decided these journals are to be published both in the digital and the paper versions with new streamlined contents.



Dr Rajesh Munglani's passion for this job as Editor of Pain News has attracted interesting and high quality articles. The new design with increased number of pages and optimal page formatting delivers more articles of interest to members. It was also proposed to have articles with similar themes published in each of the quarterly publications. This publication reaches a wider audience and has helped the multi-disciplinary team members, advanced pain trainees and clinical fellows to contribute and share their work. The British Journal of Pain, the other publication that provides more academic and scientific research articles, is again published by Sage Publishing and Co-Edited by Ms Felicia Cox and Prof Roger Knaggs. Six issues have been published in 2019 and the manuscript submissions have increased by around 15% compared to 2018. This indexed journal has international readership and manuscripts were submitted from more than 25 countries in 2019. The BJP attracts advertisements from industry, thereby generating income for the Society. The average review speed of the articles reached a new high of 25 days in 2019 from the time to first decision to final decision. The online usage of BJP created another high record in 2019 leading to around 26,000 full text downloads.

### **National Awareness Campaign (NAC)**

Dr David Pang is the lead for the National Awareness Campaign Sub-Committee and is a co-opted member of the Communications Committee. The PAIN:LESS poster

was used in charity fundraising events. A collaboration of the NAC, the Communications Committee and the Patient Liaison Committee will make pain visible, creating awareness and help fundraise for the BPS Charity in the coming year.

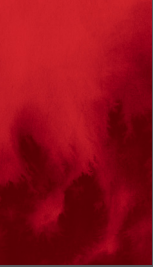
### **BPS and Social Media**

Dr Stephen Humble has become the Webmaster with continued support from Prof. Sam Ahmedzai and the Secretariat. A list of media representatives based on the area of specialisation has been prepared and is available in the Secretariat for urgent media enquiries. Media training for all members has been put on hold in view of the limited funding available. In house training will be provided by the senior experienced members to those who are interested in this area.

### **BPS Publications Update**

Cancer and Neuromodulation publications are to be fast tracked and all necessary help to be provided to the lead authors. Dr Zoey Malpus has agreed to be in the working group as a BPS representative along with Dr Andreas Goebel who is chairing the fibromyalgia publication of the Royal College of Physicians. The BPS Position Statement on Medicinal Cannabis has been updated since the NICE Guideline on Cannabis-based Medicinal Products was published in November 2019. The two joint publications between BPS and FPM; 'Recommendations for good practice in the use of medial branch block (MBB) injections





and radiofrequency denervation (RFD) for low back pain of lumbar facet joint origin' and 'Standards of good practice for spinal interventional procedures in pain medicine' have been updated. The funding for the formatting of these publication updates has also been secured. The BPS Council will be endorsing the FPM publication on epidurals for spinal pain. The Communications Committee is actively engaged with the members in publishing position statements on opioids, community pain clinics, back pain injections, pain in older people and gabapentinoids. The PMP SIG has presented an updated version of the PMP directory. The directory will be published on the BPS website after GDPR compliance has been checked.

Non-BPS publications: BPS Council in general and the Communications Committee, together with the Education Committee, endorsed the manuscript on 'Consensus Practice Guidelines on Interventions for Lumbar Facet Joint Pain from a Multispecialty, international working group chaired by Steven P. Cohen.

### **Thank you**

A lot of work has been achieved in the last six months with the able and untiring support of Ms Jenny Nicholas, Ms Dina Almuli and Mr Dylan Taylor, all from the Secretariat. I thank my predecessor and current president Dr Arun Bhaskar, whose novel ideas are taking shape, and to all the Committee members with whom it would be impossible to accomplish the tasks in the short period of time.



Prof. Sam Ahmedzai, Chair

## Members Year End 2019

Dr Athanasia Chatziperi,  
*Anaesthesia & Pain Management*

Mrs Sue Jenkins, *Nursing*

Dr Ashish Gulve, *Anaesthesia*

Professor Roger Knaggs, *Executive  
Officer Link /Pharmacology*

Mr Dylan Taylor, *BSP Secretariat*

Louise Trewern, *Lay Representative*

## EDUCATION COMMITTEE REPORT

### Membership status

The membership of the Education Committee remains small but productive. During the year Emma Briggs stood down, and will seek to replace her with another co-optee from the Pain Education SIG (at present Sue Jenkins provides that role). We have also rotated our Lay Representative, thanking Margaret Whitehead for her input during the year, but now welcoming Louise Trewern into this role. Dr Athanasia Chatziperi has returned from her fellowship in Canada to a Consultant post, and so continues as an 'early career' member. We will go out to the BPS membership to seek a new trainee member and additionally we would like to add psychology and AHP members. The Committee is grateful to Dylan Taylor for his hard work in the Secretariat supporting us.

### Study Days

2019 was a difficult year for running BPS Study Days. We had to postpone or cancel more than we actually ran. Several factors have caused this, notably the costs of registration and travel to London for members living far away. The Committee is reviewing our pricing plan with the Executives. However, we have been more successful in

holding our first Regional Meeting which was held in the North East (York) under the direction of Dr Ashish Gulve. We plan to repeat this approach in other regions going forwards.

Another successful approach has been to hold joint Study Days and conferences with other organisations. Last year we repeated our very successful collaboration with the Royal College of General Practitioners (conference planned and co-chaired by Prof. Sam H Ahmedzai and BPS member Dr Martin Johnson). Our attempt to hold a joint meeting with the Welsh Pain Society was frustrated because of a late competing meeting for primary care being called on the same day, but the meeting was still boosted by many speakers who are BPS members from England. We were planning a joint meeting with the Northern Ireland Pain Society, collaborating with Dr John O'Hanlon, in May 2020, however this did not proceed due to the pandemic.

If BPS members would like the Education Committee to use its contacts and resources to help organise a local educational event in a different region, please contact us as early as possible!



### **Online education**

We are making slower progress than hoped in developing our online presence in the pain education world. We are considering two approaches – topical webinars with key speakers from UK and abroad; and developing a bank of online presentations made by our members. For the former, we are looking to Royal College of Anaesthetists for technical assistance to establish a working model. We would welcome interested BPS members who have skills in preparing either kind of resource to join with us.



Ms Stephanie Stevens, *Chair*

### Members Year End 2019

Dr Arun Bhaskar, *Exec Officer Link*

Mr Jim Blake, *Lay member*

Dr Peter Brook, *Anaesthesia*

Mr Alan Brown, *Lay member*

Mr Mark Farmer, *Lay member*

Mr Martin Hey, *Physiotherapy*

Mrs Ruth Murran, *Lay member*

Mr Ryan Prout, *Lay member*

Mr Brian Rochford, *Lay member*

Mr William Streek, *Lay member*

Mr Dylan Taylor, *BPS Secretariat*

Mrs Louise Trewern, *Lay member*

## PATIENT LIAISON COMMITTEE REPORT

The Patient Liaison Committee (PLC), under the chairmanship of Stephanie Stevens B.Sc., A.M, M.Phil, appointed at the end of 2019, consists of a mix of lay and professional members and aims to bring the patient's voice to the work of the British Pain Society. To this end, it engages in a range of activities from participation in Special Interest Groups, sitting on various BPS Committees and participating in the ASM.

Its Terms of Reference are currently undergoing review with the process supervised by the Chair, the Secretariat and ultimately, the BPS Council. It holds a number of meetings throughout the year, some of which are face -to-face and some by teleconference in which the business of the Committee is discussed and agreed upon. In between meetings members are in regular contact and all members keep the Committee apprised of developments in other pain organisations which can link to its work.

Every member brings their own pain narrative to the table and diversity of experience is welcomed as covering the spectrum of pain experience. In the past year the PLC has been involved with the development of BPS documents and other initiatives. The PLC will work towards a new vision and mission for the future which will see its work continue to be an integral part of the work of the BPS as a whole while building up its own agenda. It intends to continue to participate in active research as well as comment upon BPS publications from the patient's perspective and continue to collaborate in the work of the BPS generally.



Dr Andreas Goebel, Chair

### Members Year End 2019

Professor Julie Bruce

Professor Roger Knaggs

Dr Chris Barker

Dr David Pang

Dr Anushka Soni

Mr Dylan Taylor, BPS Secretariat

*To be appointed: Lay Representative,  
Physiotherapy Representative, Psychology  
Representative.*

## SCIENCE AND RESEARCH COMMITTEE REPORT

Dr Andreas Goebel took over Chair in October 2019. At this time the membership of the Committee was reviewed and the following appointments made: Dr Chris Barker, Dr David Pang and Dr Anushka Soni. Arrangements for the first teleconference have been delayed by secretarial issues.

### Clulow Award 2019

Clulow-award 2019: six applications were received, however the judgement procedure is severely delayed (see above). Plan is to a) filter and agree reviewers once BPS Secretariat sets a doodle poll etc. b) decide winner in a second round.

### Focus on Pain Research Day planning

The 'Focus on Pain Research Day' took place on 6th March 2020. This was a joint BPS/BSR meeting, with 15 confirmed speakers and 80 confirmed participants (including speakers – this was a closed meeting). Theme: patient and public involvement initiatives in Pain Medicine. Part-funding from VA, NIHR, Pain Relief Foundation, Oxford Patient Involvement Fund. Lead: Dr Anushka Soni and Dr Andreas Goebel, with support from Prof. Sam Eldabe and Dr Nick Shenker.

### Registry of Pain Research Activities

Registry of pain research activities and groups in the UK. This could eventually be made available to Industry, controlled by BPS. To be discussed at one of the upcoming 2020 Council meetings.

## Members Year End 2019

Professor Sam Ahmedzai, *Chair, Education Committee / Palliative Medicine*

Ms Dina Almulji, *BPS Secretariat*

Professor Julie Bruce, *Nursing / Epidemiology*

Dr Arun Bhaskar, *Anaesthesia & Pain Management*

Dr Paul Cameron, *Physiotherapy*

Ms Felicia Cox, *Editor, British Journal of Pain / Nursing*

Prof. Anthony Dickenson, *Basic Science*

Dr Ashish Gulve, *Anaesthesia & Pain Management*

Professor Edmund Keogh, *Psychology*

Dr Rajesh Munglani, *Editor, Pain News / Anaesthesia & Pain Management*

Dr Cathy Price, *Anaesthesia & Pain Management*

Dr Chris Wells, *Anaesthesia & Pain Management*

## SCIENTIFIC PROGRAMME COMMITTEE REPORT

Feedback from the 2019 ASM in London was generally positive, with many liking the London location, however it was disappointing to see that attendee numbers had declined from the previous year and a major review of the format of meeting for subsequent years to keep it fresh and relevant was undertaken.

Following the 2019 ASM, a new Scientific Programme Committee was established with Dr Stephen Ward being appointed as incoming Chair for 2020.

Although the 2020 ASM was postponed due to the pandemic, the format of the Annual Scientific Meeting has undergone a major review, with changes including;

### Topical Plenary Sessions

We have moved away from the traditional plenary format, besides our recognised BPS and Pat Wall Lectures, we will be holding 'topical' sessions, with up to three speakers per plenary session. This is to allow us to look in more depth at a topic from different MDT viewpoints.

### Meet the Experts

Sessions will be more informal to allow delegates to interact with various experts in small group discussions. There will be a selection of topics to choose from; delegates are encouraged to go along and ask questions and discuss their queries with them. This session is only open to those attending the ASM.

### Meet the Funders for Early Careers Session

Open to both ASM delegates and non-ASM delegates alike, this session is all about facilitating opportunities for our junior colleagues, and those just starting out in their careers to meet with various funders and discuss research opportunities.

This session will be free to attend for those already at the ASM, but a nominal charge will apply to non-ASM delegates wishing to participate.



### **Ultrasound Workshops**

Providing something a little more practical, small groups of delegates will be able to participate in an Ultrasound workshop with world renowned experts who will demonstrate and guide topics of interest to the delegates. These workshops will be repeated across the three days and will run concurrently with the parallel sessions.

### **Supplementary meetings and sessions:**

There will be a range of supplementary meetings and sessions, which will be open to ASM delegates and non-ASM delegates alike. These are offered at a reduced rate, or in some instances free of charge, to delegates already attending the ASM. Fees will apply to non-ASM delegates wishing to attend.

We look forward to feedback on the new look meeting.





**THE BRITISH  
PAIN SOCIETY**  
EXPERTISE WHERE IT MATTERS

## SPECIAL INTEREST GROUP REPORTS



Dr Suchi Kanagasundaram,  
Acting Chair / Secretary

### Members Year End 2019

Mrs Harriett Barker, *Officer*

Dr Ramanarayanan Krishnamoorthy,  
*BPS Council Liaison*

Dr Jane Quinlan, *IASP Liaison*

Dr Mark Rockett, *Officer*

Dr Devjit Srivastava, *Treasurer*

Mrs Jane Stone, *Officer*

Pamela Taylor, *Officer*

Mrs Kathy Wall, *Webmaster*

## ACUTE PAIN SOCIETY SPECIAL INTEREST GROUP REPORT

I write this report on behalf of the APSIG Chair Dr Sailesh Mishra who has recently stepped down as Chair. We are grateful for his input last year and his enthusiasm especially in acute pain education.

There were 2 meetings held by the APSIG – at the BPS ASM and at NAPS (National Acute Pain Symposium). The APSIG committee is grateful to the NAPS organisers for promoting our projects and accommodating the SIG meetings.

### Projects

The national audit of impact of chronic pain on Inpatient Pain Service (CHIPS) was an idea that was initiated by the APSIG group and conducted by Mark Rockett. The results were presented as a poster at the NAPS meeting in Manchester in September and won first prize. The finding that, Inpatient teams with psychologists may have an impact on hospital length of stay is very promising.

The findings from the CHIPS project will form the basis for the APSIG led parallel workshop at the 2020 ASM – The development of a model of care for Inpatient pain services. Dr Mark Rockett will be disseminating the findings from the CHIPS project at the FPM study day in February 2020 and also plans to publish the findings.

Dr Dev Srivastava and Dr Mark Rockett have contributed towards the development of a guidance document for prescribing opioids following surgery. The document is awaiting publication by the RCoA.

The APSIG Committee is grateful to Felicia Cox who through her collaborative efforts with the IASP APSIG members worked tirelessly to put together a pre-ASM study day to cover a wide range of topics to promote the 2020 - IASP Global Year for Prevention of Pain. Unfortunately, due to the pandemic, the ASM and pre-meetings were postponed and this did not take place.

### Communication

190 members of the BPS currently subscribe to the APSIG. The APSIG committee is committed to dissemination of information and improving access to education in pain management. The current resources include:

- The knowledge hub  
<https://khub.net/group/acute-pain-hub-uk>
- APSIG page on the BPS website
- Twitter @APSIG BPS.

It was discussed at the last APSIG meeting that due to lack of funding not all nurses will have access to meetings and the discussions and dissemination of information. It was raised that APSIG will explore Webinars as an additional platform for education.

### Plans for 2020

- Explore Webinars
- Election of new Executive officers and Committee members
- A new Executive committee will be elected at the next ASM and we ask for support from the Secretariat.
- APSIG to take a lead on composing guidance for management of inpatients with Chronic pain and framework for medical admissions.



## CLINICAL INFORMATION SOCIETY SPECIAL INTEREST GROUP REPORT

During 2019 the SIG remained dormant.



Dr Vivek Mehta, *Chair*

### Members Year End 2019

Dr Anish Bahra, *Secretary*

Ms Karin Cannons, *Officer*

Dr Sarah Love-Jones, *Treasurer and  
Council Liaison Officer*

Dr Ajoy Pandit, *Webmaster*

Professor Joanna Zakrzewska, *Officer*

Total membership: 93

## HEADACHE SOCIETY SPECIAL INTEREST GROUP REPORT

The Headache SIG group has been very active since its formation in 2015. There have been major advances in the headache field and the SIG serves as an important platform to engage and facilitate education, training and research. The SIG is keen to nurture and disseminate the current knowledge about understanding of the disease and to play a major role in improving headache management as part of multidisciplinary approach.

The SIG (through independent grant award review) has allocated £15,000 for a bi-annual grant. Dr Theresa Wodehouse, Principal Scientist, was successful for her project on quantitative sensory testing for the 2019 round. The SIG is also planning training fellowships to attend meetings to promote education by subsidising workshops and further education programs.

The SIG will be nurturing collaboration with the UK national Society for headache, BASH for academic activities.



## INFORMATION AND COMMUNICATION TECHNOLOGY SOCIETY SPECIAL INTEREST GROUP REPORT

During 2019 the SIG remained dormant.



Dr Sumit Gulati, Chair

### Members Year End 2019

Dr Arif Ghazi, *Co-Secretary*

Dr Neil Collighan, *Council Liaison Officer*

Dr Mohjir Baloch, *Co-Secretary*

Dr Ooi Thye Chong, *Officer*

Mr Ashish Khiloshiya, *Officer*

Dr Kiran Koneti, *Treasurer*

Total membership: 257

## INTERVENTIONAL PAIN MEDICINE (IPM) SOCIETY SPECIAL INTEREST GROUP REPORT

In 2019, the IPM SIG consulted its members for ideas at the 2019 ASM. The SIG hosted a successful workshop at the ASM, which was attended by a large number of BPS members. For future strategy, members unanimously suggested that the core activity should be educational activity and the annual meeting should be organised. There were further suggestions about investigating outcomes measures for interventions, registry for radiofrequency denervation and other pain interventions.

Large audits with multiple sites were discussed and agreed as an achievable goal. Future joint meetings with other SIGs were discussed. Trainee and International colleague participation was discussed, and it was agreed that European and Canadian pain colleagues should be encouraged to participate in Educational activities of the BPS.



*Dr Jonathan Valentine,  
Secretary*

### Members Year End 2019

*Dr Glyn Towleron, Chair*

*Dr Neil Collighan, Council Liaison Officer*

Total membership: 108

## MEDICOLEGAL SOCIETY SPECIAL INTEREST GROUP REPORT

Dr Towleron took over from Dr Valentine as Chair of the Medicolegal SIG on 3rd May 2019.

Dr Valentine took over from Dr Towleron as Secretary of the Medicolegal SIG on 3rd May 2019.

Dr Towleron and Dr Valentine will now remain in these posts until the Medicolegal SIG has firmly re-established its educational activity and regular sessions at ASMs.

### **ASM plans**

Dr Valentine and Dr Towleron had organised two parallel sessions with a strong medicolegal focus in their capacity as Medicolegal SIG officers. These proposals were accepted for the ASM 2020 in London which has since been postponed until 2021.





Dr Jayne Gallagher, *Chair*

### Members Year End 2019

Dr Praveen Ganty, *Treasurer*

Katie Warnaby, *Officer*

Subhash Kandikattu, *Officer*

Abdul Nazal, *Officer*

Dr Shravan Tirunagari, *Webpage Admin*

Total membership: 252

## NEUROPATHIC PAIN SOCIETY SPECIAL INTEREST GROUP REPORT

The SIG did not provide a report.



Dr Alison Bliss, *Chair*

### Members Year End 2019

Dr Alison Bliss, *Chair*

Dr Paul Rolfe, *Officer*

Dr Alison Twycross, *Officer*

Dr Richard Walters, *Officer*

Total membership: 84

## PAIN IN CHILDREN SOCIETY SPECIAL INTEREST GROUP REPORT

This has been a quiet year for our small SIG.

On behalf of the SIG and the wider BPS, the Chair represented the SIG at the WHO (virtual) public hearing on the Scope for the revised WHO Guideline on the Management of Chronic Pain in Children. Each registered stakeholder was offered the opportunity to make brief comment on the proposed scope (200 words, under 2 minutes).

The SIG continues to support the Health Care in Schools Alliance in their work to ensure that children and young people with chronic health conditions get appropriate assistance whilst at school. This is an on-going project. The SIG will remain active in the review process for the WHO guideline for the management of chronic pain in children.

On behalf of the SIG, the Chair is working with the Royal College of Paediatrics and Child Health to help edit appropriate information on pain assessment in children, as part of their collection of online resources. I am happy to complete this task if it extends beyond my term as Chair.

Future plans include recruitment of new committee members and a new Chair for the committee.



Dr Victoria Tidman, *Chair*

## Membership Year End 2019

Dr Victoria Tidman, *Chair*

Professor Sam Eldabe, *Treasurer*

Dr Ramanarayanan Krishnamoorthy,  
*Council Liaison Officer*

Total membership: 81

## PAIN IN DEVELOPING COUNTRIES SOCIETY SPECIAL INTEREST GROUP REPORT

This year the SIG had an article published in Pain News entitled “Opioids - Promoting appropriate use and preventing abuse in the developing world” with Dr Barbara Duncan FRCA MSc Palliative Care, Dr Clare Roques FRCA MSc Medical Anthropology, Dr Brigitta Brander FRCA and Jackie Walumbe, MSc Global Public Health & Policy. This was a product of a very interesting parallel session at the 2018 ASM.

We have liaised with other similar organisations including Essential Pain Management (EPM), Specialists in Pain Network (SPIN) and Association of Anaesthetists of Great Britain and Ireland.

We have continued to compile a list of resources for clinicians going to low/middle income countries to teach pain medicine on the BPS website.

The Pain in Developing Countries SIG is one of the smallest in the BPS and has been run by a small number of people in the last five years. Unfortunately the SIG meeting at the ASM was poorly attended by members although we did have interest from some non-members. Overall it has

been a quiet year for the SIG and in the coming year we will endeavour to engage more members into taking an active role.



Ms Kate Thompson, Chair

## Members Year End 2019

- Ms Kate Thompson, *Chair*
- Professor Sam Ahmedzai, *Co-opted Member*
- Dr Emma Briggs, *Officer*
- Dr Martin Galligan, *Officer*
- Mrs Sue Jenkins, *Treasurer*
- Professor Ed Keogh, *Co-opted Member*
- Dr Rajiv Malhotra, *Officer*
- Dr Rajesh Menon, *Officer*
- Dr Sailesh Mishra, *Officer*
- Ms Ruth Murrin, *Lay Representative*
- Dr Jonathon Rajan, *Anaesthesia / Pain Management*
- Dr Chris Seenan, *Officer*
- Dr Amelia Swift, *Secretary / Council Liaison Officer*
- Ms Louise Trewern, *Lay Representative*

Total Membership: 250

# PAIN EDUCATION SOCIETY SPECIAL INTEREST GROUP REPORT

The Pain Education SIG comprises approximately 250 health professionals, academics and lay persons. In the past 12 months we have seen significant change within the SIG committee due to a number of roles reaching the end of their term, and changes in individuals' roles and responsibilities.

We say goodbye to Alison Twycross, Sailesh Mishra and Peter Farley and would like to thank them for contributing to the work of the SIG. We extend a warm welcome to our new elected committee members; Rajesh Menon, Rajiv Malhotra, Ed Keogh and Chris Seenan (previously co-opted), Jonathon Rajan and Martin Galligan. We also welcome two members of the patient liaison committee; Louise Trewern and Ruth Murrin. We would like to thank Amelia Swift for chairing the committee through this period of change and overseeing the recruitment of new members into the SIG.

Recently we have made some changes to individual roles and responsibilities within the SIG. Kate Thompson is taking on the role of Chair and Amelia Swift is taking on the role of Secretary. We are continuing to keep the structure of four working groups, with each group having a new nominated lead within the SIG committee.

Despite a period of significant change, the work of the SIG committee has advanced at pace, with new and existing members contributing to some great achievements.

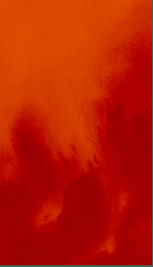
## Achievements

We have maintained our four key workstreams:

- Health profession's education (renamed 'Professional Working Group')
- Patient education working group
- Education Research working group
- Communication working group

The Professional Working Group and the Research Working Group have commenced a joint project to scope online pain education resources for health professionals. We are using a scoping review methodology which we anticipate will take approximately 12 months to complete.

The Patient Education Working Group has conducted two surveys to explore how patients access information about pain: one via Twitter and one paper-based hospital survey. The results of these surveys are being disseminated in Pain News (one article currently accepted and the other is currently being drafted).



The Communications working group is supporting the other working groups by disseminating findings contributing to Pain News, our Education Matters newsletter, our BPS webpage and Twitter.

We have also continued to build on our communications with an increasing number of Twitter followers (increased from 296-726 in the past 12 months) @BPSPainEduSIG allowing us to disseminate and share relevant pain education resources, and stimulate discussion around pain education.

### **Meetings**

We meet bimonthly online and also at the AGM. We held our biannual face to face meeting in June 2019 where we welcomed new committee members and discussed and planned our strategy for the next two years.



Ms Margaret Dunham, *Chair*

## Members Year End 2019

Ms Margaret Dunham, *Chair*

Dr Amelia Swift, *Council Liaison Officer*

Total membership: 124

# PAIN IN OLDER PEOPLE SOCIETY SPECIAL INTEREST GROUP REPORT

In 2019 we completed the Pain in Older People Pain Management Guidelines, a multidisciplinary and collaborative project involving colleagues from the BSG and the RCGPs. The resulting paper is due to be available in *Age & Ageing* in the spring of 2020.

The remainder of 2019 has been fairly quiet for the SIG following a fruitful and well attended 2019 business meeting at the ASM. We launched the BPS Pain in Older People Twitter account @BPSPain Older and are growing this accounts' activity steadily.

## Achievements

- Completion of the National Guidelines for the Management of Pain in Older Adults.
- Launch of the @BPSPain Older Twitter account

## Outstanding Tasks

- To increase SIG activity
- Development of guidance on Pain Management in Nursing Homes

## Planned Activity

- Election of new Committee members
- We hope to engage more members of the SIG to take more of a role within the SIG.
- Organisation of a Pain in Older People Workshop/Study Day.
- Develop a SIG webpage
- Increase output on social media



Ms Gail Sowden, *Chair*

## PAIN MANAGEMENT PROGRAMMES SOCIETY SPECIAL INTEREST GROUP REPORT

### Members Year End 2019

Ms Gail Sowden, *Chair*

Mr Martin Hey, *Council Liaison Officer*

Dr Iain Jones, *Treasurer*

Ms Sarah Kelly, *Clinical Champions Lead*

Mr Brian Roachford, *Lay Representative*

Dr Melanie Smith, *Co-secretary*

Ms Lyn Watson, *Co-Secretary*

### Alternate Members

#### Medical

Dr Iain Jones, *Main Member*

Dr Lars Williams, *Alternate*

#### Occupational Therapy

Ms Sarah Kelly, *Main Member*

Ms Lisa Turner, *Alternate*

#### Psychology

Dr Hannah Twiddy, *Main Member*

Dr Melanie Smith, *Alternate*

#### Physiotherapy

Mrs Lindsey Tollan, *Main Member*

Ms Gail Sowden (Chair) *Alternate*

#### Nursing

Ms Jill Probert, *Main Member*

Ms Lyn Watson, *Alternate*

Total membership: 293

The British Pain Society Annual Report 2019

The Pain Management Programme Special Interest Group (PMP SIG) comprises a full committee with two members (main and alternate) drawn from each discipline; medical, nursing, occupational therapy, physiotherapy and psychology. In addition, it has a patient representative and a SIG Council Liaison Officer.

Jill Probert has stepped down as Nursing Representative, Zoe Malpus as BPS Council Liaison Officer and Melanie Smith as Psychology Alternate Representative. The SIG Committee would like to thank them for their contributions. We have welcomed Lindsey Tollan (Physiotherapy Representative), Meherzin Das (Psychology Alternate Representative) and Martin Hey (BPS Council Liaison Officer) to the Committee.

Three terms of office end in September 2020, these posts and one vacant post will be advertised shortly.

### Activity

- SIG Committee Meetings: the SIG Committee have held a number of teleconferences and a face-to-face meeting.

- Annual General Meeting: the AGM was held at the PMP SIG Conference on the 12th September 2019.
- Communication with the membership: the PMP SIG section of the website is updated regularly, thanks to Dr Lars Williams. The SIG membership has been sent an e-survey about pain commissioning as well as a number of emails from the SIG Chair. The network of SIG clinical champions supports communication and the SIG is exploring the possibility of using social media to further enhance engagement and communication.
- Contribution to Conference and Courses: a successful biennial PMP SIG Conference was held on the 11th – 12th September 2019. The theme was 'Placing the Spotlight on the Biopsychosocial'. It was well attended and received and made a small profit. Thanks to the local organising Committee (Bristol, led by Hazel O'Dowd and Crispin Barker), the BPS Secretariat and the SIG committee for their hard work in organising this successful conference.

### Projects

- The Pain Management Programme Directory is now available on the BPS website. Many thanks to Sarah Kelly for her work on this. IT solutions for future updates are being explored.

### Ongoing Projects

- The Pain Management Programme Guidelines: The Pain Management Programme Guidelines have been reviewed and feedback is now being considered following consultation. Thanks to Iain Jones for chairing the Committee and to the Guideline Committee members.
- Two proposals to host the 2021 PMP Conference have been considered by the SIG committee. These two services will be invited to amend their proposals and resubmit, before the committee decides on the host service.
- Newsletter: the PMP SIG will produce a newsletter for SIG members in 2020.





Dr Tim Johnson, *Chair*

## PHILOSOPHY AND ETHICS SOCIETY SPECIAL INTEREST GROUP REPORT

### Members Year End 2019

Dr Tim Johnson, *Chair*

Mrs Betsan Corkhill, *Officer*

Dr Ashish Gulve, *Council Liaison Officer*

Dr David Laird, *Officer*

Dr Maureen Tilford, *Secretary*

Total membership: 116

Our theme this year was “Exploring the Way Ahead for Pain Medicine: Caring for the Patient and the Clinician” Our talks were based around the wider context and the complexity surrounding our patients with chronic pain.


Dr Deepak Ravindran was concerned with the impact of adversity in early life such as abuse and how this can impact on the later development of chronic pain and other major chronic conditions. Clearly, we must evaluate our patients more critically using a sociopsychobiological model. Dr Jonathon Tomlinson is a GP in Hackney expanded on this theme and discussed how deprivation also plays a part. He described how trauma informed care worked in his practice. Betsan Corkhill who trained as a physiotherapist and is now a Wellbeing Coach discussed how we must see the patient as complex and strive to find non-drug approaches to help them progress.

Dr Peter Dorward is a GP in Edinburgh is interested in the philosophy of pain. In his talk he discussed the context of pain and suffering and how this will influence

the experience. Jamie Watson is a physiotherapist in an area with high levels of deprivation. He is involved in designing a holistic pain service integrating social care, wellbeing coaches and other support approaches. Professor Paul Dieppe has an interest in the concept of healing. Factors which influence this include being fully present with the patient and being compassionate.

Dr David Laird spoke about ‘The Future of Pain Management’ arguing that we need integrated supportive teams looking at internal and external factors. We need flexibility and foresight about how we deliver resilience for the patients as well as the professionals.

Our few days in the Lake District listening to our interesting speakers and discussing the issues with like-minded colleagues felt more like a mini holiday. We had some time off for walking in the gardens and the surrounding hills, swimming in Rydal Water and just generally relaxing. This year we introduced meditative ‘forest bathing’ as well as early morning option of tai-chi.



We decided to keep the Rydal Hall venue in Cumbria for our meeting in June 2020, as it is popular and attracted delegates from Scotland more easily, however, due to the pandemic the meeting has been postponed until June 2021. The theme will be 'Exploring the Way Ahead for Pain Medicine: Caring for the Patient and the Clinician'. We have called the meeting a Summer Retreat, which accurately describes its function to encourage personal and professional reflection and academic refreshment in the most perfect surroundings.

We were pleased to have the non-member delegate rates for the meeting revised. This is particularly important for our SIG because we aim to attract and engage a very wide range of attendees from the periphery of medicine and philosophy many of whom cannot be expected to join BPS. Our group organised a Study Day in London in November 2019, but had to cancel it because of insufficient bookings – we thought that the cost (£144 for members, £288 for non-members) put a lot of people off and was excessive compared to similar meetings at the RSM etc.

The SIG put forward a suggestion for a parallel session debate regarding NICE guidelines - should they dictate clinical practice? and we are pleased to see that this will be incorporated as a plenary session at the next ASM.



Dr Dee Burrows, Chair

## Members Year End 2019

Dr Dee Burrows, Chair

Dr Peter Brook, Council Liaison Officer

Dr Frances Cole, Co-opted Committee Member

Dr Sarah Harrisson, Officer & Newsletter Editor

Dr Jim Huddy, Officer

Dr Martin Johnson, Vice Chair

Dr Sue Peacock, Acting Secretary

Mrs Gill Simon, Officer

Ms Louise Trewern, Lay Representative

Total membership: 112

## PRIMARY AND COMMUNITY CARE SOCIETY SPECIAL INTEREST GROUP REPORT

A successful Business Meeting was held during the 2019 ASM. Those present shared examples of good practice and the challenges they face across the country.

Two key outcomes were to explore the potential for offering regional education days and the re-launch of the Primary & Community Care newsletter. Dr Sarah Harrisson has joined the committee as Editor for the newsletter and is well on the way to producing the next edition. Dr Frances Cole has taken on leadership for the first regional meeting.

The SIG contributed to the RCGP Education Day on pain in Primary Care in December 2019 with a number of members both chairing and speaking.

### The SIGS Objectives are:

- To contribute to the objectives of the British Pain Society and the International Association for the Study of Pain on matters relating to pain management in primary and community care.
- To improve knowledge and understanding of pain management and its outcomes in primary and community care.
- Through sharing best practice, to enhance the skills of those involved in delivering pain services and pain management in primary and community care.
- To organise meetings, seminars and workshops on aspects of pain management in primary and community care.
- To establish and maintain links with other professional organisations and societies related to pain management in primary and community care.
- To maintain a register of resources relating to primary and community pain management for health care practitioners and people with pain.



**THE BRITISH  
PAIN SOCIETY**  
EXPERTISE WHERE IT MATTERS

## SUMMARISED FINANCIAL STATEMENTS

## SUMMARISED FINANCIAL STATEMENTS

As at 31 December 2019

The summarised accounts are a summary of information extracted from the annual accounts and certain information relating to both the statement of financial activities and the balance sheet.

These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full annual accounts and the trustees' annual report should be consulted: copies of these can be obtained from the registered office at Churchill House, 35 Red Lion Square, London WC1R 4SG.

The full annual accounts have to be subject to audit by statutory auditors eligible to act as auditor in terms of section 1212 of the Companies Act 2006 who gave an unqualified audit opinion.

The annual accounts were approved by the trustees on 9th September 2020 and will be submitted to Companies House, the Office of the Scottish Charity Regulator and the Charity Commission.

Signed:

Dr A Gulve - Director

## CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

(including consolidated income and expenditure account) For The Year Ended 31st December 2019

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2019 £	TOTAL 2018 £
<b>Income from:</b>					
Donations and legacies	4	154,012		154,012	160,738
Income from charitable activities	5	244,720		244,720	141,649
Income from other trading activities					
Commercial trading operations	6	108,138		108,138	67,233
Investment income-interest received		3,554		3,554	5,944
<b>Total income</b>		510,424	-	510,424	375,564
<b>Expenditure on:</b>					
Raising Funds					
Commercial trading operations		42,488		42,488	47,960
Charitable activities	8	486,745	9,858	496,603	481,592
Other- tax paid by BPS Pain Business Ltd		190		190	8
<b>Total Expenditure</b>		529,423	9,858	539,281	529,560
<b>Net income/(expenditure) for the year</b>		(18,999)	(9,858)	(28,857)	(153,996)
Gross transfers between funds		-	-	-	-
<b>Net movement in funds</b>		(18,999)	(9,858)	(28,857)	(153,996)
Reconciliation of funds:					
<b>Total Funds at 1st January 2019</b>		648,035	182,617	830,652	984,649
<b>Total Funds at 31st December 2019</b>		629,036	172,759	801,795	830,653

All amounts derive from continuing activities.

All gains and losses recognised in the period are included in the statement of financial activities.

## BALANCE SHEET

As at 31 December 2019

	Note	Consolidated		Charity	
		2019 £	2018 £	2019 £	2018 £
<b>Fixed assets</b>					
Tangible assets	12	3,878	4,847	3,878	4,847
Investments	13	-	-	1	1
		3,878	4,847	3,879	4,848
<b>Current assets</b>					
Debtors	14	136,366	85,300	179,271	87,260
Cash at bank and in hand		913,243	905,424	859,580	898,049
<b>Total current assets</b>		<b>1,049,609</b>	<b>990,724</b>	<b>1,038,851</b>	<b>985,309</b>
<b>Creditors: amounts falling due within one year</b>	15	<b>251,692</b>	<b>164,919</b>	<b>243,134</b>	<b>160,894</b>
<b>Net Current assets</b>		<b>797,917</b>	<b>825,805</b>	<b>795,717</b>	<b>824,415</b>
<b>Net assets</b>		<b>801,795</b>	<b>830,652</b>	<b>799,596</b>	<b>829,263</b>
<b>Funds of the charity</b>					
Restricted income funds	16	172,759	182,617	172,759	182,617
Unrestricted income funds:					
Designated funds		233,477	77,090	233,477	77,090
General funds		395,559	570,945	393,360	569,556
		629,036	648,035	626,837	646,646
<b>Total charity funds</b>		<b>801,795</b>	<b>830,652</b>	<b>799,596</b>	<b>829,263</b>







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