

THE BRITISH PAIN SOCIETY

ANNUAL REPORT & ACCOUNTS



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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. There are over 1,550 members.

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 MEMBERS OF COUNCIL & STAFF

YEAR END 2008

OFFICERS AND COUNCIL

DR JOAN B HESTER, PRESIDENT
Consultant in Pain Medicine

PROF. PAUL WATSON, PRESIDENT ELECT
*Professor of Pain Management and
Rehabilitation, Physiotherapy*

DR WILLIAM I CAMPBELL, HONORARY
SECRETARY
*Consultant in Anaesthesia & Pain
Management*

DR PETER JD EVANS, HONORARY
TREASURER
Consultant Anaesthetist

DR NICK ALLCOCK
Associate Professor, Nursing

DR ELOISE CARR
Associate Dean Postgraduate Students

DR DAVID J COUNSELL
Consultant Anaesthetist

DR JOHN GODDARD
*Consultant Paediatric Anaesthesia & Pain
Management*

PROF. RICHARD M LANGFORD
*Consultant/Reader in Anaesthesia & Pain
Management*

DR CATHY PRICE
Consultant in Pain Medicine

PROF. JONATHAN RAPHAEL
Consultant in Pain Medicine

DR MICK SERPELL
Consultant and Senior Lecturer, Anaesthesia

DR STEPHEN WARD
Consultant in Pain Medicine

CO-OPTED MEMBERS

PROF. SAM AHMEDZAI
*Representative, Association for Palliative
Medicine*

DR MIKE BASLER
*Honorary Editor, British Pain Society
Newsletter*

DR BEVERLY COLLETT
*Representative, International Association for
the Study of Pain (IASP)*

PROF. CHRIS ECCLESTON
Chair, Scientific Programme Committee

DR CLARE GERADA
*Representative, Royal College of General
Practitioners*

DR ROGER KNAGGS
Representative, Pharmacy

DR ROGER LAISHLEY
Representative, Royal College of Anaesthetists

MS CELIA MANSON
Representative, Royal College of Nursing

MS CAROL SWEET
Representative, Physiotherapy

MRS NIA TAYLOR
*Chair, British Pain Society Patient Liaison
Committee*

PROF. IRENE TRACEY
*Representative, British Neuroscience
Association*

MS SUZY WILLIAMS
Representative, Occupational Therapy

STAFF

JENNY NICHOLAS
Secretariat Manager

RIKKE WARMING
Development & Administrative Co-ordinator

KEN OBBARD
Events & Administrative Co-ordinator

CONTINUED

OFFICERS AND ELECTED MEMBERS OF COUNCIL



FROM LEFT TO RIGHT

Back row: DR JOHN GODDARD, DR STEPHEN WARD, PROF. PAUL WATSON, PROF. JON RAPHAEL

Middle row: DR MICK SERPELL, PROF. RICHARD LANGFORD, DR ELOISE CARR, DR NICK ALLCOCK, DR CATHY PRICE, DR DAVID COUNSELL

Front row: DR WILLIAM CAMPBELL, DR JOAN HESTER, DR PETER EVANS

STAFF

JENNY NICHOLAS
RIKKE WARMING
KEN OBBARD



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OFFICERS, ELECTED COUNCIL MEMBERS AND CO-OPTED COUNCIL MEMBERS



FROM LEFT TO RIGHT

Back Row: DR MIKE BASLER, DR JOHN GODDARD, MS NIA TAYLOR, DR STEPHEN WARD, PROF. PAUL WATSON, MS CELIA MANSON, PROF. JON RAPHAEL, DR ROGER KNAGGS, DR ROGER LAISHLEY

Middle Row: DR BEVERLY COLLETT, DR MICK SERPELL, PROF. RICHARD LANGFORD, DR ELOISE CARR, DR NICK ALLCOCK, DR CATHY PRICE, DR DAVID COUNSELL, MS SUZY WILLIAMS

Front Row: DR WILLIAM CAMPBELL, DR JOAN HESTER, DR PETER EVANS



Annual Scientific Meeting
Secretariat
Educational Seminars

Department Of Health
primary care

World Congress on Pain

publications

royal college of anaesthetists

PAIN NEWS

Chronic Pain

SIGS

Council of the BPS

PRESIDENT'S REPORT

DR JOAN HESTER



Few of us could have predicted the world financial crisis that made the end of 2008 so memorable; until then it had seemed a year of steady progress, with the profile of pain management within healthcare services gradually gathering status. It has been an active year in which the work of the Society has expanded significantly, without a corresponding increase in income. This has been achieved by the hard work and dedication of Council and Secretariat. The beginning of 2009 is an opportune moment to look back and review what has been achieved.

ANNUAL SCIENTIFIC MEETING

The Annual Scientific Meeting was held in Liverpool in the newly opened Arena and Convention Centre, attended by 800 delegates. We had anticipated fewer delegates than usual because of the World Congress on Pain in Glasgow in August 2008, and were pleasantly surprised that so many did attend. The conference centre had a few teething problems; the breakout rooms were temporary structures, very dark and hot, the plenary arena was too large, there were a few IT hiccoughs, a blackout and a flood, but nonetheless it was a very successful meeting, and pleasant to be on one level, with refreshments and the Trade Exhibition in close proximity to the lecture rooms. Liverpool, the city of culture for 2008, has undergone considerable development in recent years; the buildings were magnificent, the river Mersey impressive, and the pride of the locals was tangible.

Professor Chris Eccleston and the Scientific Programme Committee put together a fantastic Programme with some outstanding plenary speakers; Professor Tony Dickenson on "Nervous System Involvement in Pain", Professor Ralf Baron on neuropathic pain and Professor Joanna Zakrzeweska on facial pain, to mention but three. Dr Chris Wells gave an amusing and thought provoking British Pain Society Lecture and was awarded the Society's medal for 2008. The workshops covered a wide variety of topics and were designed, as always, to appeal to the diverse interests of Society members. The 5kilometre fun run, sponsored by Grünenthal, was a new event and attracted over a hundred entrants; the fastest runners came back in just over 15 minutes, so it was soon over!

We rely on the support of our trade sponsors at the ASM, and the exhibition attracted much interest from the delegates. New bits of kit, new drugs, new ways of delivering old drugs, were all on display. The posters always make for interesting reading, and there was sufficient time for networking and making new friends. People talk about “virtual” meetings where we will listen to plenary lectures on our computers or at our place of work; I believe that we learn so much more from personal encounters, the airing of a problem to a colleague; there is an air of excitement in a large conference and a sense of purpose which is inspiring. There is also the social side of a meeting, a time to get away from the daily routine, and to have some fun. Long may the Annual Scientific Meetings continue...

Thank you to everyone who attended and who contributed to this meeting.

WORLD CONGRESS ON PAIN

Organised by the International Association for the Study of Pain, this meeting attracted over 6,000 delegates to the Scottish Exhibition Centre in Glasgow in August 2008. Over 600 of the delegates were from the UK, and our members were well represented as speakers, in the poster exhibition, and in the Local Arrangements Committee, chaired by Dr Mick Serpell from Glasgow. The conference centre accommodated this number of delegates very well, though the weather was less obliging. Scientifically it was an outstanding meeting; the science of pain has progressed at phenomenal speed, leaving a widening gap between the understanding of pain mechanisms and available treatments.

COUNCIL OF THE BRITISH PAIN SOCIETY

Sometimes a member contacts the Society with a problem and asks when the Society is going to “do something” about it. The Society is comprised of a Secretariat of three; in addition the nine Council members and four executive officers work for the Society in their “spare” time. Their contributions in 2008 have been quite outstanding, and it is amazing how much is achieved.

In summary, their principle contributions have been:

Dr William Campbell (Honorary Secretary): Changing the process for approval of new members, changing the regulations of the Society when necessary and supervising

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charity affairs. Chair of the Education Committee responsible for the excellent educational seminars.

Dr Peter Evans (Honorary Treasurer): Working closely with the bookkeepers, keeping spending in check, setting budgets, ensuring payments are made in a timely fashion, reporting to Council.

Dr Nick Allcock: Nursing practice, survey of nurse members, promoting the interests of nurse pain professionals, suggesting the co-option of Celia Manson from the Royal College of Nursing, joint working with Help the Aged to produce a joint publication "Pain in Older Age"

Dr Jonathan Richardson: Promoting the interests of interventionalists, writing a review article on facet joint injections, participating in educational seminars.

Dr Simon Thomson: Setting up a neuromodulation registry. Active participation in the Department of Health (DH) 18 week commissioning pathway for chronic pain.

Professor Richard Langford: Running a feasibility study for a research fund. Chairing the Science and Research Committee and presiding over bids for the Mildred B Clulow research grant.

Dr Cathy Price: Liaising with many other groups; payment by results and tariffs for pain work, Department of Health, submitting a bid to national clinical audit, working with Royal College of GPs on competencies for GPs with a special interest in pain management.

Dr Eloise Carr: Chair of the Communications Committee, she has rationalised the processes for the choice of topics, writing, consultation period, production and appearance of publications.

Professor Jon Raphael: Chair of the Cancer Pain Committee; guidelines on the management of cancer pain will be published in April 2009. He has also instigated and has been editor of Reviews in Pain.

Dr John Goddard: Liaison with NICE. Numerous scoping and guideline committees were attended and feedback requests have been submitted in 2008. Summarising the responses is no mean feat.

Dr Dave Counsell: Webmaster and adviser about acute pain matters. He has worked with the Secretariat to change the appearance of the website, add the member's only sections and to start the addition of educational materials.

Dr Mick Serpell: Chair of the Neuropathic Pain SIG. Liaison with Joint Neurosciences Council, NICE guidelines for neuropathic pain.

Dr Stephen Ward: Advice regarding interventions for pain and pain clinics in primary care. He is responsible for the new art exhibition, ASM 2009.

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Professor Paul Watson (President Elect): We are very pleased that Professor Paul Watson, Professor of Pain Management and Rehabilitation at University of Leicester was elected unopposed to the position of President Elect of the Society. Paul will be the first President from a discipline other than medicine, which is a timely and just reflection on the multidisciplinary nature of the BPS. Paul is well known to members from his role as Scientific Programme Organiser for many successful Annual Scientific Meetings. He will bring the benefits of his scientific background, his personal standing in the wider field of pain, and his considerable organisational abilities to work for the Society from 2009-2011. We are indebted to Paul for undertaking the arduous role of President, and offer him our fullest support.

In addition to these roles, each Council member contributes to email discussions on a variety of topics, reads and responds to numerous documents e.g. Carol Black's "Back to Work", "Do Once and Share" work on the assessment of pain, Darzi report, to mention but a few. They also prepare for and attend four Council meetings a year.

Their work is evident from the reports in this annual review, and I would like to express my debt of gratitude to each one of them.

CO-OPTED MEMBERS

The Society is also fortunate to have the help of co-opted members who represent different groups and interests all of which impact on the work of the British Pain

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Society. They are listed in this report, and the Society is indebted to them for their time and expertise.

HONORARY MEMBERS

There are 23 Honorary Members of the Society, who are listed on the website. Some of them are Founder Members and some are Past Presidents; others have been nominated as having given an outstanding contribution to the field of pain management, for the benefit of patients. In 2008, Dr Bill Macrae from Dundee and Dr Chris Wells were both awarded this honour. All Honorary Members, past and present received a certificate in 2008 to acknowledge their contribution, were invited to the Patient Liaison Committee's workshop at the ASM, which included a talk on the history of the Pain Society from Ed Charlton, and joined a dinner in the evening. The occasion was much appreciated by those who attended.

PAIN NEWS

Ruth Day stepped down from her role as editor of Pain News in May 2008 and was heartily congratulated on her achievements. The timing, appearance, variety and number of contributions all increased during her time as editor. Dr Mike Basler from Glasgow is the current editor, the editions are increasing in size and articles have become more diverse and interesting. A supplement, "Reviews in Pain" has been added, edited by Prof. Jon Raphael, with 3-6 articles of clinical and topical interest. These are well written, informative and a valuable addition to the Society's educational programme.

They are all to be thanked for their outstanding contributions.

DEPARTMENT OF HEALTH 18 WEEKS COMMISSIONING PATHWAY FOR CHRONIC PAIN

After a consensus meeting in February 2008, the pathway was launched in the summer. Three seminars organised by NHS Alliance, in Newcastle, Nottingham and Newbury were given to a mixed audience of managers and health professionals.

PRIMARY CARE

Joint working with the Royal College of General Practitioners led to the publication of "Competencies for Practitioners with a Special Interest in Pain Management" in

September 2008. We are fortunate to have the help of Dr Clare Gerada, Vice-President of the College as a co-opted member of Council.

A presentation on Pain Mechanisms and a Case Study on Neuropathic Pain were launched at the RCGP's annual conference in Bournemouth, October 2008. These were well received and represent the first part of a primary care educational initiative.

EDUCATIONAL SEMINARS

These have proved highly successful, with excellent feedback from delegates who really appreciate the interactive small workshops of 10 delegates. Dr William Campbell reports on the content of these seminars.

PUBLICATIONS

Three new publications have been or will be launched in 2008/9:

- *Intrathecal drug delivery for the management of pain and spasticity in adults; recommendations for best practice.* This was launched in Cardiff in November 2008.
- *The Management of Cancer Pain*; this will be launched at the ASM in April 2009
- *Understanding and Managing Pain*; a complete re-write of the existing guide for patients, also to be launched at the ASM in April 2009

Several other joint publications are listed elsewhere. Information for Primary Care Practitioners has been produced in electronic form.

Each publication represents considerable work; professional time is given to the Society without charge, and we are indebted to all our contributors.

SPECIAL INTEREST GROUPS

There are nine special interest groups which have reported elsewhere in this review. The Secretariat is now providing support in communicating with the SIGS, organising their meetings and asking for feedback to Council meetings. The President also holds a meeting of SIG chairs at the ASM. Some SIGS have developed their own password protected areas on the website. Most SIGs are holding one meeting at the ASM plus one other at another time of the year. They represent an important part of the Society's work.

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FACULTY OF PAIN MEDICINE OF THE ROYAL COLLEGE OF ANAESTHETISTS

The President is a board member of the Faculty which is continuing to develop its membership categories and set standards for the training of doctors in pain medicine. It is also involved with the revalidation process of pain medicine specialists for the GMC. Fellows can now use the post nominal's FFPMRCA. (Fellow of the Faculty of Pain Medicine of the Royal College of Anaesthetists)

It is most important to maintain good working relationships between the Faculty and the British Pain Society. The Faculty is for doctors only; the British Pain Society is multidisciplinary and must cherish and develop its wealth of knowledge and experience that comes from the different disciplines.

THE SECRETARIAT

No report would be complete without an expression of thanks to the Secretariat team; Jenny Nicholas, Rikke Warming and Ken Obbard. They have worked conscientiously and with good humour and tolerance. They are a superb team and have made my life much easier and more pleasant. Long may they continue!

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In summary, 2008 has been a year of buoyancy and achievement for the British Pain Society, in terms of furthering the education of professionals, patients and the public, in liaising with many different organisations, and in the large number of contributions to the work of the Society made by members. The Society is frequently asked to comment on pain related topics in newspaper articles, on the internet, by radio and television. The importance of chronic pain is at last being recognised.

It remains to continue this good work in 2009.



HONORARY SECRETARY'S REPORT

DR WILLIAM CAMPBELL

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The British Pain Society has 1560 members, including 23 Honorary and 36 retired members. Membership of the Society is open to healthcare professionals with an interest in the objectives of the Society. We receive applications from a wide range of professionals involved in clinical pain management, research and education. All applications for membership of the Society are reviewed by the Honorary Secretary, before being presented to Council for approval. Until now all applications were to be supported by two members of the Society who must both be acquainted with the applicant and be able to vouch for the applicant's good professional standing. However, during the past year Council agreed that for a trial period application without proposal from existing members will be considered, provided that the applicant fulfils all other entry criteria and submits brief curriculum vitae in addition to two independent letters from their place of work, indicating that they are of good professional standing. Applicants must hold a contract with a recognised healthcare organisation which delivers services to patients in pain, or be affiliated with a recognised educational institution.

Our multi-professional membership gives the Society a unique strength to provide definitive information on all matters pertaining to pain. The membership currently is represented by 749 anaesthetists, 338 nurses, 101 psychologists and 74 physiotherapists. The other 25 professional disciplines which constitute the remainder of the membership include occupational therapists, rheumatologists, neurologists, pharmacists, general practitioners and basic scientists. Information about joining the society can be found on the Society's website http://www.britishpainsociety.org/join_home.htm

The Society currently has nine Special Interest Groups. Each of these groups shares their knowledge for the benefit of patient care. The process by which a group of professionals can become recognised as a Special Interest Group is defined by our constitution and is thus a legal requirement. Details about these Special Interest Groups are available on the Society's website http://www.britishpainsociety.org/members_sigs.htm

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The British Pain Society is now registered as a charity in Scotland by the Office of the Scottish Charity Regulator, following a change in the Society's Memorandum and Articles of Association after members passed a special resolution on this issue at the 2008 Annual General Meeting.

The 2008 Annual Scientific Meeting of the British Pain Society was held in Liverpool. There were 693 delegates, 82% of whom were members of the Society. 11 bursaries were awarded, to assist attendance of this meeting. Additional educational meetings included three study days (Learning in Pain seminars) held in London and one General Practitioner study day held in Manchester. Limited funds are available to members who require assistance to attend these and future meetings. For information on future meetings and study days see www.britishpainsociety.org/meet_home.htm

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The British Pain Society continues to represent the views of the wide range of disciplines that its members represent to the Department of Health, Medical Royal Colleges, the Medicines and Healthcare Products Regulatory Agency and the National Institute for Health and Clinical Excellence. There are also links with a comprehensive range of organisations representing patients.

Council members meet four times each year to promote the objectives of the Society. However, there is daily contact with this dynamic group who substantially facilitate my job as Honorary Secretary. In particular I am indebted to the tireless enthusiasm of the Society's Secretariat, who show such devotion to all the Society's activities.



HONORARY TREASURER'S REPORT

DR PETER EVANS

The Society's funds remain in good health although 2008 has been another difficult year financially for the Society. The reserves of the Society have fallen and stand at £752,012 of which some £129,153 is in restricted funds.

18 During the year the work of the secretariat continued to underpin the charitable activities of the Society. The move to Churchill House has been a great success and has provided greater accessibility for the members. Office costs have risen and although potentially a pressure on the budget this was balanced by an underperformance in predicted activity of some of the working parties. A planned expansion of the secretariat to 4 permanent members has been deferred due to the current financial climate. A fall in the membership had an adverse effect on the annual subscription income which in spite of a rate rise finished with a final value of £150,046, only marginally up on the preceding year. Nevertheless the year end position was that the Society was £29,437 in credit against predicted general expenditure.

The ASM in Liverpool proved, once again to be an extremely successful event. Attendee numbers were down by 25% but income was sustained by modest increases in the registration fees and charges levied for space occupied by the trade exhibition and sponsored side events. Total expenditure for the event was £457,747. This led to a modest underperformance of £23,650. Since it is not within the terms of the arrangements with Her Majesties Revenues and Customs for any unexpected excess of income of over expenditure to be used for any other purpose than for furthering education, some of the designated unrestricted funds were used to balance the ASM accounts.

The Society continues to apply a formal reserves policy to determine the way in which accumulated funds are utilised. Reserves can be restricted or unrestricted. The restricted are those bequests and donations including the interest derived thereon which are to be used specifically for research into the causes and treatment of pain.

The unrestricted reserves are divided into general reserves and designated reserves. The designated reserves include the funds for the Study Days and Educational day, (£29,623), the funds of the SIGs (£37,164), and the Irene Bainbridge fund (£66,658).

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The designated ASM fund (£229,186) is to be used to cover the ASM against a shortfall of income due to a fall in the number of attendees.

The remainder of the unrestricted reserves are to be assigned as follows: £200,000 to cover the failure of the Society to achieve an income, to allow it to continue to function for a period of 12 months. The remaining £61,000 is to be used to assist the Society in furthering its aims and objects.

MILDRED B CLULOW AWARD

This biennial award of £50,000 for a worthy research project will next be offered in 2009. Information on how to submit an application is available from the Secretariat or the Society web site.

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THE PATRICK WALL OVERSEAS BURSARY

A bursary of up to £1000 per individual per year has been made available to support researchers who wish to travel overseas to present their work at conferences, not restricted to conferences specifically for pain research or pain management. The maximum sum available for this purpose is £10,000 per annum. Details are given in the Newsletter and on the Society's web site. Grants totalling £682 were awarded in 2008.

THE IASP TRAVEL GRANT

This grant is provided specifically to enable members of the Society to attend the World Congress on Pain. Grants totalling £571 were awarded in 2008. The next congress will be in Montreal in 2010. The Society welcomes applications.

SPECIAL INTEREST GROUPS (SIGS)

Each of the SIG's that have been approved by Council has their income and expenditure identified separately within the main accounts. This provides clarity and openness with respect to their activities. The SIG's continue to perform but accumulated reserves fell to leave a year end position of £37,164.

STUDY DAYS & SEMINARS

11 events have now been held during the past three years and they have been popular. They are supported by the use of restricted reserves and by attendee registration fees on a cost neutral basis. Due to the cancellation of one event an in year loss of £2,481 was sustained for 2008.

ETHICAL BANKING

The Society's position remains unchanged on this matter. The reserves have been consolidated between two charitable banks (CAF and COIF). Debit, credit, BACS and other bank to bank transactions are conducted with Barclays Bank. The Society continues with its policy to maintain the minimum balance in this account, sufficient to maintain the smooth running of Society affairs.

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BOOKKEEPERS & SOLICITORS

The Society continues to use Independent Examiners Ltd who have provided an excellent service for the Society. They continue to be intimately involved in the day to day financial activities of the Society. They and Hempsons Solicitors have proved invaluable in dealing with the issues relating to property leasing, Charity Commissioners requests and Charity Law. I recommend that we continue to use these services.

APPOINTMENT OF AUDITORS

Sandison Lang & Company of Tonbridge, Kent continues to provide an excellent service and it is recommended that we reappoint them.

SORP 2005

In accordance with the Charities requirements the Trustees continue to identify and minimise areas of potential risk within the Society as recommended by the Statement of Recommended Practice (SORP 2005). These areas of risk include: major financial shortfall at an ASM, Trustees Liability, control of signatories of the Society cheques, retention of staff, security of IT data, ensuring compliance with the data protection act and having a designated Health & Safety member of staff. Each of these areas has been addressed and further details are given in the Trustee's Report for the year.

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PAIN SOCIETY 2009 (DRAFT BUDGET)

In preparing the draft budget for 2009 I was aware that in 2008 expenditure was continuing to rise across our fixed costs in spite of a detailed review of all outgoings. This was not balanced by a comparable increase in income. However underperformance against the budget of some Society activities enabled a balanced budget to be achieved.

The Society membership income has not increased significantly with in the last year and donations and grants still under achieve against expectation. Consequently pressure on the budget remains a significant future concern.

Membership subscription rates will continue to increase on an annual basis. At present the rate is 5%. These rates still represent exceptionally good value for the services offered by the Society and remain very competitive when compared with other Societies and Associations.

The income bands have not been reviewed for some time and I propose that for 2010 the new banding will be as follows. In addition I wish to introduce a high income band for those with taxable incomes in excess of £70,000 pa.

Council is extremely grateful for your continued support to enable the extensive activities of the Society to be sustained.

	2007	2008	2009	2010
Membership Band A+ £70,000 and over				£175.00
Membership Band A £40,000 to £69,999	£136.50	£144.00	£145.00	£153.00
Membership Band B £30,000 to £39,999	£105.00	£110.00	£110.00	£116.00
Membership Band C £20,000 to £29,999	£63.00	£66.50	£66.00	£70.00
Membership Band D £12,000 to £19,999	£30.00	£33.00	£33.00	£35.00
Membership Band E £11,999 or less/retired	£26.25	£27.50	£28.00	£30.00

Education

COMMUNICATIONS

patient liaison

CANCER PATIENT

Scientific Programme

Meetings

science & research

CANCER PAIN COMMITTEE REPORT

PROF. JON RAPHAEL, CHAIR



MEMBERS YEAR END 2008

Prof Jon Raphael (BPS, Chair) - Prof Sam Ahmedzai (Association of Palliative Medicine) - Ms Janette Barrie (Nursing) - Prof. Michael Bennett (Palliative Care) - Dr Richard Cullen (General Practice) - Dr James DeCoursey (Pain Management) - Ms Charlie Ewer-Smith (Occupational Therapy) - Prof Marie Fallon (Palliative Medicine) - Dr Paul Farquhar-Smith (Pain Management) - Ms Rebecca Haines (Psychology) - Dr Joan Hester (BPS) - Prof Peter Hoskin (Oncology) - Dr Martin Johnson (RCGP) - Dr Max Pittler (Complementary Therapy) - Ms Karen Robb (Physiotherapy) - Mr Brian Simpson (Neurosurgery) - Dr Katie Urch (Palliative Medicine) - Ms Heather Wallace (Patient Representative) - Dr Barbara Wider (Complimentary Therapy) - Dr John Williams (Pain Management) - Dr Ann Young (Pain Management)

The British Pain Society set up a new committee to focus on cancer pain in September 2006. Under the chairmanship of Professor Jon Raphael, a multidisciplinary group was drawn together. The aims of the group were to improve the management of cancer pain by drawing together the expertise in pain management, palliative medicine and primary care.

With the support of the relevant professional bodies in palliative medicine and general practice a series of meetings were held. It was clear that an approach to cancer pain management that differed from published guidelines was developing from this group. Therefore, the group have been working on writing such a resource which is anticipated completion in 2009.

In addition to the experience that Pain Management has in psychological, physical and interventional domains, there was an opportunity to draw upon a wider perspective. For example, as cancer treatments improve longevity, issues of non-cancer acute and chronic pain in cancer survivors are becoming more frequent and require attention.

The BPS places great emphasis on the basic science of pain and there was an opportunity to draw applications from the evolving models of cancer pain into the management of pain.

With developments in oncology and radiotherapy, it was felt necessary to offer clinicians sufficient background knowledge and subsequent concise information to allow for the integration of this with traditional pain management.

COMMUNICATIONS COMMITTEE REPORT

DR ELOISE CARR, CHAIR



MEMBERS YEAR END 2008

Dr Mike Basler - Dr William Campbell - Dr Dave Counsell - Ms Thelma Etim - Ms Mary Ray (PLC member) - Ms Jenny Nicholas - Ms Rikke Warming

The Communications Committee (CC) oversees the content and production of written and electronic material produced on behalf of the Society. The aim is to facilitate communication to a wider audience through publication, media, internet and other information technology.

The past year has continued to see further developments and changes within the Communications Committee (CC). The people who take the time to make a contribution are the most valuable asset of any team and it was reluctantly accepted that Ruth Day would hand over her editorial role and step down from the committee. Her enthusiasm, hard work and fun were greatly appreciated. Inevitably changes bring opportunities and we warmly welcomed Dr Mike Basler as the new Pain News editor. Shortly followed by Ms Thelma Etim who contributes her experience in journalism.

Pain News the British Pain Society newsletter, is published quarterly and edited by Dr Mike Basler. Members of the Society receive a copy and are encouraged to contribute to the content. Copy dates are published in the newsletter and are available online. Pain News continues to be one of the main vehicles for communication to the membership providing an opportunity for members to advertise events at reduced rates to a specialist audience. Now regularly 32 pages or more it is published in full colour and has recently been joined by the peer reviewed publication Reviews in Pain edited by Professor Jon Raphael.

Webpages: A long overdue review of our website is underway, with some improvements already visible. Immediately you will notice a more modern looking format, with easy access menu bars now across the top of the page. You will also notice a new Fundraising page. This new addition will detail the Society's plans to establish a Research Foundation as well as providing information on general donations and legacy fundraising.

However, the main new key feature of the website is the member's only area. This can be accessed using a password specific to each individual comprising of your

surname+membership number. Within the member's only area, you will be able to access two of our exciting new features; Educational Resources in the form of recorded interviews, transcripts and slides from ASM Plenary talks. This was trialled at the 2008 ASM and an interview with Prof. Tony Dickenson can now be viewed online. The second new feature is Consultation Publications. All consultation publications will be provided online as pdfs for members to comment on online.

Finally, the BPS has reviewed its website disclaimer to ensure it is inclusive and robust. This can be found online at: http://www.britishpainsociety.org/home_disclaimer.htm.

Publications: The BPS had twelve publications in progress this year of which three were completed. *The Intrathecal drug delivery for the management of pain and spasticity in adults; recommendations for best clinical practice (2008)* was a BPS led publication and launched at the 2008 ASM. Many of the publications involve other Colleges or organisations keen to raise the profile and standard of care in relation to pain management. Such examples would be the joint publication with Help the Aged *Pain in Older People: Reflections and experiences from an older persons perspective (2008)* which was published in the autumn and evoked a great deal of discussion including questions in the Houses of Parliament, as well as The Association of Paediatric Anaesthetists - *Good Practice in Postoperative & Procedural Pain (2008)*. Each publication is developed from an initial proposal (available from the website). Following review by the CC the publication proceeds through a rigorous process. This ensures that each document is developed by a working party with appropriate expertise and undergoes consultation with BPS members and important stakeholders. Once published, each publication will usually be reviewed usually every 3 years with the consultation process starting a year before.

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Patient information: Most professional publications have alongside an information booklet for patients. These are produced in close collaboration with patients or members of the public to ensure they meet the needs of individuals who experience pain or their families. This year the Society produced *Intrathecal drug delivery systems for treating pain and spasticity: information for patients (2008)*. In addition the Society provides a list of PCTs in England for patients contacting the BPS. The CC continues to strengthen its consultation with voluntary sector groups.

The year has been busy for the Committee. Building on two previous strategic planning days around the organisational processes involved in producing publications the CC focused its attentions on the dissemination and communication processes. This meeting held in November explored how improvement in the consultation process could facilitate more organisations and members being involved. The main way this will be achieved is through publications being available on the BPS website and regular

emails to members to highlight which documents are available for consultation. Another major focus has been to develop a dissemination and communications plan for each publication. It is essential that the publicity of publications is planned prior to launch and opportunities are identified to ensure a fanfare accompanies them! This requires early planning, press statements and patient stories to provide a strong platform to catch the eye of the media. Further work is planned for the forthcoming year to strengthen consultation and dissemination processes. This will ultimately result in optimising communications to strengthen and widen the communication between the Society, its members and the public.

EDUCATION COMMITTEE REPORT

DR WILLIAM CAMPBELL, CHAIR



MEMBERS YEAR END 2008

Dr Nick Allcock - Dr Eloise Carr - Dr Joan Hester - Prof. Richard Langford - Dr Mick Serpell -

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As in the previous year, the “Learning in Pain Series” continued with a further 3 study days. The intention being that by the end of 2008 the British Pain Society will have provided sufficient seminars to cover the key topics within the Core Curriculum for Professional Education in Pain, published by the International Association for the Study of Pain (IASP Press, 3rd edition).

The following study days were held at the Royal College of Anaesthetists, Churchill House, 35 Red Lion Square, London:

31st January 2008

Visceral Pain

Chaired by Dr William Campbell

29th September 2008

Research Methodology

Chaired by Professor Richard Langford

4th December 2008

Acute Pain

Chaired by Dr David Counsell

With the exception of the Research Methodology study day, each of the above meetings adopted the format of a keynote address by an expert, at the start of the day and again in the afternoon. During the remainder of the day 6 masterclasses were run by specialists with a particular interest in the area to be covered, each accommodating a maximum of 12 participants. This enabled all participants to attend each masterclass, permitting maximum interaction with their multidisciplinary colleagues. Feedback on the content and presentation of each study day was very reassuring.

In addition to these study days, Dr Joan Hester arranged and led an educational day on pain management for general practitioners on 1st March 2008 in Manchester. As with the study days feedback was excellent.

The educational committee have planned a further 3 study days for 2009. These include Difficult Pain Problems, Back Pain and Neuropathic Pain. The latter study day was to be held on the 7th May 2008 but had to be postponed to 2nd December 2009.

Additional educational activities run through the Society include its Annual Scientific Meeting, Patient Liaison Committee seminars, Special Interest Group meetings and its publications.

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PATIENT LIAISON COMMITTEE (PLC) REPORT

MRS NIA TAYLOR, CHAIR



MEMBERS YEAR END 2008

LAY MEMBERS: Mrs Christine Henson - Mrs Mary Ray - Mr David Richardson - Mr Ian Semmons - PROFESSIONAL MEMBERS: - Dr Nick Allcock - Dr Joan Hester - Prof Paul Watson

One of the founder professional members of the Committee, Ms Ruth Day, stepped down in 2008, having served the maximum term of office. Ruth, who was also editor of Pain News, was a marvellously supportive member of the Committee, always concerned that the patient voice be heard and respected and coming up with creative ways of allowing this to happen. She was also a great “doer”, proving the old adage that if you need something done, ask a busy person!

Ruth's place has been filled by Professor Paul Watson, another strong supporter of patient involvement and highly respected by patient organisations for his support and work in the field of rehabilitation, clinical and vocational. We are delighted to have Paul on the Patient Liaison Committee, not least in view of his upcoming presidency of the Society.

As the work to which the PLC has been asked to contribute has increased in the last couple of years, we decided to recruit a fifth lay member to the Committee. Following the normal open process whereby the vacancy was advertised in the Guardian newspaper and amongst patient and voluntary groups, we were delighted to welcome David Richardson to the Committee. David, who lives with chronic pain, attended the pain management programme at his local NHS Trust and saw how his interest in creative writing could be used as part of the pain management programme. He has developed a special module for the PMP which gets participants to express the effects of pain on their lives through the medium of poetry. David has spoken about his work at the ASM (in 2007) and in Pain News.

The Patient Liaison Committee was set up in 2001 with terms of reference that included three major strands of work.

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- 1 To represent the patient or service-user perspective to and for the British Pain Society: the Chair is a co-opted member of Council; an active member of the Committee of Chairs of Patient Liaison Committees of Royal Colleges and Faculties which is coordinated by the Academy of Royal Colleges; and the Committee comments on new publications and policy matters.
- 2 The PLC was asked to provide a channel of communication between patients and the Council: again in 2008, the PLC organised an autumn seminar for representatives of voluntary sector organisations and others which is described below.
- 3 The third strand was to communicate to Council areas of concern amongst patients: work on identifying concerns of patients around the withdrawal of co-proxamol has continued; and members have spoken to the media about their experiences; in addition members of the PLC have been active in consultations and working parties on health policy including the 18-week Chronic Pain Pathway, Payment by Results and NICE consultations.

Work on a revised edition of the important "Understanding and Managing Pain" booklet continued during 2008 and is nearing completion. The booklet has been rewritten by a team of patients and professionals, edited by Mrs Sue Clayton and

Dr Stephen Allen and a final draft is at the design stage. The new booklet will be launched at the ASM 2009.

Lay members of the PLC attended the 2008 Annual Scientific Meeting of the British Pain Society and continued to review and update information on the “patient” pages of the website.

Following last year’s success, the Committee organised a seminar in November 2008 on the subject of pain in adults with physical disability. The seminar was attended by a broad range of people including healthcare professionals of varied disciplines and representatives from many patient organisations, including Leonard Cheshire and Arthritis Care. Mary Ray, a member of the PLC, chaired the morning and worked with the wonderful BPS Secretariat to organise things on the day. The seminar was addressed by four excellent speakers: Dr Joan Hester spoke on what persistent pain is; Professor Chris Main, on the psychological impact of pain and its effect on disability; Mr. Stephen Neale, Director of Leonard Cheshire Scotland, on chronic pain management in a social care setting and Professor Paul Watson, on physical treatments for pain in disability. Workshops in the afternoon discussed issues such as the best ways of assessing and managing pain for this group of people, improving access to pain management services for people with disability, the specific problems for people with disability experiencing persistent pain in relation to medication and mobility and improving services for carers, agreeing some action points to take forward.

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Other matters addressed by the Committee during 2008 included the ongoing work of the Chronic Pain Policy Coalition (at which the PLC is well-represented), which set up an All Party Parliamentary Group on Chronic Pain in 2008 and was behind a number of Parliamentary Questions and a debate in the House of Lords.

SCIENCE & RESEARCH COMMITTEE REPORT

PROF. RICHARD LANGFORD, CHAIR



MEMBERS YEAR END 2008

Dr Nick Allcock - Dr Mick Serpell - Prof. Irene Tracey - Prof. Paul Watson

The Science and Research Committee (SRC) is responsible for fostering research in the field of pain medicine to advance our knowledge in basic scientific, clinical and epidemiological aspects.

30 Following the BPS Council approval in December 2007 of Dr Laura Mitchell, Lecturer in the Department of Psychology, Glasgow Caledonian University as the recipient of the biennial £50,000 Mildred B Clulow award, the Committee oversaw and monitored progress of the study initiation in 2008. Her study, over two years, aims to identify any differences in pain tolerance and perception of intensity between cannabis users and matched controls, and will then compare feelings of control, anxiety and the psychological coping strategies in these groups to deal with the stimulus (e.g. distraction of attention and relaxation). These measures together investigate the ability to cope psychologically with pain.

Since 2006, the British Pain Society has been a member of the Association of Medical Research Charities, and the BPS was again represented in 2008 at the Association's annual meeting in London. The Association deals with financial and managerial aspects as well as basic science and clinical research issues.

In 2008, the SRC contributed to the pain research methodology study day run as part of the British Pain Society's educational programme. The programme covered basic science and methodology, ethical and regulatory aspects and funding opportunities for clinical trials.

In 2008, the SRC has continued to explore strategies to acquire funding for the British Pain Society Research Fund, a capital sum capable of sustaining a rolling programme of research studentships and projects. Personal and industry donations are being sought as well as legacies. This will continue to form a major focus of activity for the SRC.

SCIENTIFIC PROGRAMME COMMITTEE

PROF. CHRIS ECCLESTON, CHAIR



MEMBERS YEAR END 2008

Prof. Tony Dickenson - Dr. Alison Elliott - Prof. Maria Fitzgerald - Dr. John Goddard - Dr. Derek Jones - Prof. Chris Main - Dr. Bill Macrae - Prof. Henry McQuay - Dr. Shea Palmer - Dr. Kate Seers - Dr. Simon Thompson - Prof. Irene Tracey - INTERNATIONAL MEMBERS - Prof. Jose Castro-Lopes - Prof. Marshal Devor - EX-OFFICIO MEMBERS - Dr. Joan Hester (President) - Dr. Peter Evans (Honorary Treasurer) - Ms. Christine Henson (Lay member) - Ms. Rikke Warming (Secretariat)

The only task of the Scientific Programme Committee is to produce a valuable and high quality experience for delegates attending the Annual Scientific Meeting of the Pain Society. There are really only two ways in which we can achieve this. First, by the judicious selection of the content of the scientific meeting and the presenters of that content (or the “talent” as we refer to them in-house), and second by paying attention to key aspects of the overall experience (venue, timing, social events, etc). The SPC controls the first and influences the second.

The 2008 ASM had a varied programme with content for all members. I was pleased with the delegate feedback on the content of the meeting which was positive. People particularly valued the high quality of plenary speakers and the choice of sessions they could attend. It was good to see that so many members of our society were represented, presenting their work. Also, I was especially reassured to see the high quality and volume of poster submissions; a feature of the ASM I am determined to see grow and strengthen.

2008 brought some unusual challenges to the organization. The team had no experience of a BPS ASM, the congress venue had not been built, and indeed the city was still being built! However their skill, patience, and determination ensured success. We made some changes to the programme, in particular the reinstatement and strengthening of the final day. I was heartened to see that attendance was especially good on the Friday, demonstrating that this model can be successful. And personally, I was pleased that so many people came out to support the inaugural fun run (100 people running, and more cheering on). We will keep this feature for 2009.

2009 is an unusual meeting in two ways. First, we have managed after many years of trying, to secure a close to London Venue: Sandown Park. Second, this meeting is in partnership with the Association of Palliative Medicine. We have an excellent

programme for Sandown, as strong as the previous years, and we expect to build on what we have learned in Liverpool.

Penultimately, I am grateful to the SPC committee for the 2007-8 session who worked very hard to make Liverpool a success, and equally grateful to the current committee (listed here) who are working with me in the 2008-2009 session.

Finally, I would like to include more content proposed directly from the membership. I am happy to receive suggestions for content at any time by email, or if you have a particular workshop proposal please complete the short form (http://www.britishpainsociety.org/meet_futureasm.htm)

See you in Sandown, and don't forget that there is a lot of time for winter training. There are three prizes to be had: Fastest male, fastest female, and the all important fastest pain team.

interventional pain medicine

Philosophy & Ethics

older people

ACUTE PAIN

pain in children

neuropathic pain

pain education

pmp sig

CLINICAL INFORMATION

ACUTE PAIN SOCIETY SPECIAL INTEREST GROUP REPORT

DR DAVID COUNSELL, CHAIR



The SIG has met twice this year, once at the Annual Scientific Meeting and once in parallel with the National Acute Pain Symposium.

Issues discussed; include future recognition of acute pain practitioners by the new faculty and the ongoing national audit project into the complications of neuraxial blockade, run by the Royal College of Anaesthetists (NAP III). The data collection website for this project was set up by members of the SIG in 2007. The website was maintained and managed by SIG members until the project came to completion in November 2008 when the website ceased to exist. An extensive report of the results of the NAP III project was published and launched by the college in January 2009 and is available as a PDF file on the Royal College website, see

<http://www.rcoa.ac.uk/index.asp?PageID=717>

3 4 Overall the results of NAP III are reassuring with a 'worse case' incidence of permanent injury or death from perioperative epidural analgesia of about 1 in 6,000 cases. The document contains important observations, based on case reports, regarding the safe management of epidurals including several reports where the presentation of major complications was initially unilateral and where patients presented with complications after discharge from hospital. The report did not make recommendations and future work is required to establish clearer guidelines for the future management of perioperative epidurals, possibly leading to the development of a 'care bundle' approach similar to that used for central venous lines. The SIG is well placed to take a leading role in these future developments.

There will be future SIG meetings at both this years ASM in April and again at the National Acute Pain Symposium in September. The SIG is also hosting a workshop session at the ASM where the NAP III results will be presented in more detail.

CLINICAL INFORMATION SOCIETY SPECIAL INTEREST GROUP REPORT

DR MIKE BAILEY, CHAIR



Dr Piers Lesser, Secretary and Membership

This year has seen an important change in the focus of the group; changing from an interest in data collection via the PACS system to a broader outlook regarding clinical information in general.

At the last ASM it was decided to concentrate on hospital information systems and ensure more accurate recording of data locally. It was clear that much of the information previously collected by members on PACS was being duplicated by hospital coding staff, but with variable accuracy. The PACS system itself was also demonstrated to be inadequate to the task of accurate recording of activity.

Some members of the group have been advising on clinical coding via the expert working groups for the NHS Information Agency. However, generally, the group has been quiet this year because of the change in focus.

At the next ASM, members of the SIG will have to make an important decision whether to disband or reconstitute the group, switching to a broader outlook. Potentially, there is an important role for a SIG with an interest in ensuring that the clinical activities of our members, and outcomes for our patients, are accurately recorded and collated at the national level.

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INTERVENTIONAL PAIN MEDICINE (IPM) SOCIETY SPECIAL INTEREST GROUP REPORT

DR RON COOPER, CHAIR



Dr Patrick McGowan, Secretary - Dr Sanjeeva Gupta, Treasurer

The membership of the SIG stands at 113.

We had a successful annual meeting in London at the excellent location of Churchill House of the RCA on the 2nd December 2008. This was very well attended with speakers from Europe, USA, and UK who covered a range of both new procedures and updates on older techniques. As usual there was much discussion both during the sessions and the breakout periods. However the afternoon session was devoted entirely to the NICE document on guidelines for low back pain and the SIG's response to this. Feedback from all sessions was informative and encouraging to all who participated.

The current officers have served their 3 year terms of office and the time has come to hand over to others to contribute. Formal handover will be completed at the 2009 BPS meeting in Sandown Park, with Sanjeeva Gupta becoming Chairman, Manohar Sharma Treasurer and Stephen Ward Secretary. We wish them well in this busy time ahead and hope that members will give them their full support over the next 3 years. Suggestions for the venue and topics for the next annual meeting will be appreciated and should be directed to Ron Cooper on arcooper@btinternet.com. If you have anything interesting to present please do not miss this opportunity!

At the forthcoming annual meeting in Sandown Park in April the IPM SIG parallel session will be on Wednesday the 1st April 2009. The theme of the session is "Safety and medico-legal aspects of interventional pain medicine including report writing", with presentations from two clinicians and a barrister. This should be of interest to most members and your presence and contribution will be much appreciated.

Our finances are healthy, and we have a lively and active membership, with good representation on Council, so if you have a concern or viewpoint please air it. The e-mail list is an excellent way to do this as evident from the flurry of e-mails on NICE. Most of us practice interventional procedures to help our patients. If you are not already a member of IPM SIG please get onto the BPS website and download the form and join the SIG.

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NEUROPATHIC PAIN SOCIETY SPECIAL INTEREST GROUP REPORT

DR MICK SERPELL, CHAIR



Dr Barbara Hoggart, Treasurer (since April 2004) - Elected Committee Members: Dr Jayne Gallagher (since April 2005) - Dr Deji Okubadejo (since April 2007)

We had another well attended and successful workshop on the early diagnosis of NeuP at the BPS ASM in Liverpool 2008. We have planned a further workshop for 2009, themed on "Clinical Research". We hope that this workshop will spark further interest and debate into the topic of how "everyday" clinicians and healthcare workers can get involved in answering their own clinical questions. We would like to define how the NeuP SIG might promote activity in, or even lead, the research agenda of our members.

We were also involved with a European campaign "Can you feel my pain?". The aim was to raise public awareness of neuropathic pain and encourage those currently suffering in silence to seek medical help. Pfizer Ltd, in collaboration with The Neuropathic Pain Network (NPN) hosted the first of the four European events in Glasgow during the IASP World Congress of Pain in August. Street artist Manfred

Stander created a 3D image at each European event to symbolise the symptoms reported by those suffering from neuropathic pain, to generate awareness in advance of the NPN's first ever Neuropathic Pain Day in Europe on 13th October 2008.

The SIG relies on active membership to achieve its aims. Our AGM will be held during the ASM conference, and we look forward to seeing you at either or both of our meetings!

PAIN IN CHILDREN SOCIETY SPECIAL INTEREST GROUP REPORT

DR JOHN GODDARD, CHAIR



Dr Christina Lioffi, Secretary - Dr Gwen Porter

The majority of SIG activity is focussed around guidelines at present. We are also trying to collect data to enable us to populate a database of paediatric chronic pain services in the UK. If you are aware of a service, we would be most grateful if you would contact Gwen Porter who is coordinating this activity. gwen.porter@nnuh.nhs.uk

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The working party producing guidelines for the management of chronic non-malignant pain is now active. A wide range of professional organisations have nominated enthusiastic individuals to this project and we look forward to significant progress during the coming year. Interestingly, there is no official recognised definition of chronic pain in children and young people. So, we may have to make our own. Again, if you have views on this matter, please let me know. John.Goddard@sch.nhs.uk

The Association of Paediatric Anaesthetists guideline "Good practice in postoperative and procedural pain management", endorsed by the British Pain Society and the Royal College of Nursing, has been published and is available for download from the BPS website. Our thanks to Mary Rose for her involvement in this project.

John Goddard continues to serve on the Royal College of Nursing working party revising their pain assessment guidelines.

A very successful SIG workshop was held at the Liverpool Annual Scientific Meeting. Elaine Wilson-Smith updated delegates on newly recognised mechanisms of action of Paracetamol and summarised a lot of new data on the appropriate dosing of pre-term and term neonates. We learnt a lot of new information about a very old drug. Christina Lioffi then reviewed the evidence for the efficacy of cognitive behavioural therapy and hypnosis in managing paediatric pain. Most of us went away more determined to incorporate these techniques into our routine practice.

The success of the SIG depends upon active participation by its members. We encourage members of the BPS to join our active little group.

PAIN EDUCATION SOCIETY SPECIAL INTEREST GROUP REPORT

DR ELOISE CARR, CHAIR



SIG Officers: Dr Emma Briggs - Dr Sanjeeva Gupta - Dr Marcia Schofield - Mrs Ann Taylor - Dr Paul Wilkinson - Maggie Whittaker

The second year of the Pain Education SIG has been a great success with several key developments including a successful workshop at the Annual Scientific Meeting in Liverpool, funding to conduct a national survey, new committee members and a very successful inaugural Seminar day in December 2008.

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The SIG organised a workshop at the ASM in Liverpool 2008 with two strands; undergraduate pain education and pain education in primary care. The undergraduate pain education group explored ideas around what works in undergraduate pain education, what barriers exist and what actions can be taken forward. Several of these informed the seminar content for the SIG's inaugural seminar day in December 2008. The primary care group brainstormed the best approaches to education in primary care and identified examples of good practice. The outcomes of this well-attended session will be published in the upcoming newsletter. In addition the group is working on a simple educational resource to help health-care purchasers.

Following nominations and elections in May the Committee welcomed two new members; Dr Emma Briggs from King's College London and Maggie Whittaker from the University of Essex. Emma and Maggie have a special interest in the SIG's strand of work around undergraduate education and have made an enthusiastic and committed contribution. Membership of the SIG continues to grow and currently stands at over 50.

The next major piece of news was acquiring successful funding for a research project to be undertaken by the SIG on behalf of the BPS. Emma Briggs, Maggie Whittaker and Eloise Carr are leading a project exploring undergraduate pain management curricula for healthcare professionals in the United Kingdom. This exciting survey is kindly funded by Napp Pharmaceuticals and replicates work by the Canadian Pain Society investigating education in dentistry, nursing, medicine, physiotherapy, occupational therapy, pharmacy and for comparison, veterinary science. University based co-investigators in ten major cities are coordinating the data collection and results will be discussed at the 2009 ASM. This appears to be the first piece of national research undertaken by a SIG.

Plans for 2009 include a further workshop and our first AGM at the ASM in Sandown Park. In addition a team will be entering the 5K fun run as the 'pedagogical plodders'. The success of the Seminar day provided helpful feedback and plans are in progress to upload educational resources onto the SIG members-only site and also provide a quarterly newsletter. It now feels that the SIG has a strong foundation of members who are passionate about pain education. Creating a space for the sharing of ideas, resources and learning has finally become a reality.

PAIN IN OLDER PEOPLE SOCIETY SPECIAL INTEREST GROUP REPORT

DR PATRICIA SCHOFIELD, CHAIR



Dr Denis Martin, Co-Chair - Caroline Swarbrick, Editorial Lead

We are now approaching our second year as a special interest group and whilst we have been fairly quiet as a group. There is still a lot of things happening around older people.

In terms of our workshops and study days, we have facilitated another successful workshop at the ASM and have another one planned again for 2009. Unfortunately we had to cancel our study day in January as the numbers were low which was a disappointment for us.

Of course you are all aware that 2008 was the World Pain Congress and this saw the launch of the IASP Special Interest Group on Older Adults, I am chair of the subcommittee on this also. The IASP SIG does offer a chat room which is worth joining in. They were also very excited about the assessment guidelines published in 2007 by the BPS and we have made this available for the rest of the world on the IASP web page and invited feedback on their use in different countries. I am still a little concerned that people are not aware of this publication in practice.

Work is ongoing on the management guideline which is another joint project between the BPS and BGS and these are planned to be available next year. There has also been some exciting developments with a question on pain in older adults being raised in the House of Lords and a discussion on "Womans Hour" - both at the end of last year. So maybe we are going to really see pain in older adults on the agenda in 2009.

PAIN MANAGEMENT PROGRAMMES (PMP) SOCIETY SPECIAL INTEREST GROUP REPORT

DR DAVID WALSH, CHAIR



SIG COMMITTEE MEMBERS: David Walsh (Medic), Chairman - Andrew Lucas (Psychology), Treasurer and Vice Chair - Jacqueline Goodall (OT), Secretary - Mary Ricketts (Nursing) - Carol Sweet (Physiotherapy) - ALTERNATE MEMBERS ARE: Jane Rogers (Nursing) - Kevin Vowles (Psychology) - Frances Cole (Medic) - Louise Hogan (OT)

The PMP SIG was formally incorporated into the British Pain Society in February 2006. The SIG aims to:

- Represent UK Pain Management Programmes
- Oversee the Pain Management Programmes National Conference
- Maintain a current register of UK Pain Management Programmes
- Liaise with the British Pain Society on issues regarding Pain Management Programmes and assist them in the development of education and training in pain.
- Act as a resource for information
- Promote inter-disciplinary and multi-disciplinary pain management
- Establish and maintain links with other professional organisations and societies related to Pain Management Programmes

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During 2008 the PMP SIG has continued to benefit from a close working relationship with the British Pain Society. The PMP SIG Committee meets at the Society's offices, at the ASM, or by teleconference, approximately 3 times per year.

The SIG will be presenting a session at the Annual Scientific Meeting of the Society on "Life after a pain management programme," looked at from both patient and professional perspectives, addressing issues of follow up and maintenance of benefits.

The Organising Committee for the 2009 conference, led by Dr Paul Wilkinson, has made great progress towards what should be a superb programme in Newcastle. Publicity will be disseminated about this in early 2009.

The PMP SIG remains in a healthy financial balance, with a £5,267 credit at the end of 2008.

The staff at the British Pain Society has continued to develop the protected members' section on the Society website where the Directory can be accessed and information presented by Dr Frances Cole at the 2008 ASM on resources suggested by PMPs to patients and carers have been uploaded. SIG committee minutes will also be circulated through the website.

Several committee members are due to stand down during 2009 after valuable service during their terms of office. The SIG will be seeking enthusiasts to expand its committee's expertise during early 2009.

PHILOSOPHY AND ETHICS SOCIETY SPECIAL INTEREST GROUP REPORT

DR WILLY NOTCUTT, CHAIR



OFFICER: Dr Peter Wemyss-Gorman

The group has had a very successful year. Our annual meeting at Launde Abbey in June was the best attended ever with more than forty participants, and late applicants were obliged to find their own accommodation. The main theme was an examination of the place of science in the understanding of suffering (as distinct from the elucidation of pain mechanisms, and following on from last year's meeting on religions and suffering). We were fortunate to have some outstanding speakers, including Alex Cahana, the new John Bonica Professor in Seattle, who spoke on phenomenology, Katja Wiech from the Oxford fMRI centre describing neuroimaging of religious-based coping, Amanda Williams giving a psychological and evolutionary perspective, Blay Whitby, a philosophy lecturer from the University of Sussex on the compatibility of the scientific and the first-person perspectives, and Alan Lannigan, an A&E consultant from Kilmarnock asking if regarding matter and its transformations was an adequate way of looking at suffering. Much of the material was dense and complex, (many participants felt they had been intellectually stretched to their limit!) The summary in Pain News hardly begins to do justice to the talks and omits the intense and illuminating discussion, which together with the other excellent presentations from the rest of the programme will be published in full in booklet form.

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We were saddened to hear of the closure of Scargill House, the birthplace of the group seven years ago, but fortunate in its substitution by Rydal Hall in the Lakes. This and Launde Abbey continue to provide not only ideal venues for meetings of a reflective nature but also a wonderful milieu for the recreation of body and spirit which is such an important feature of these gatherings. Comments in the "feedback" link to our page in the BPS website bear ample testimony to the high value our participants attach to the whole experience of attendance at our meetings.

The next meeting of the Group will be from June 29th to July 2nd 2009, with the main theme Consent and deceit in pain medicine. A workshop on the ethics of the drug industry is also planned for the ASM. Financially the Group appears to be in better health; we made a substantial surplus on this year's meeting, and though this was somewhat eroded by our contribution to Alex Cahana's travel expenses, we felt that this was amply justified not only by the kudos of having a speaker of his stature but also by his expressed interest in encouraging transatlantic communication, and co-operation with our American counterpart.

A new and exciting venture associated with the Group has been the production of a book featuring some of the best material to have emerged from our meetings over the last seven years, to be published by the Radcliffe Press in 2009.



THE BRITISH PAIN SOCIETY

REGISTERED CHARITY NO. 1103260

REGISTERED CHARITY IN SCOTLAND NO. SC039583

REGISTERED COMPANY NO. 5021381

ACCOUNTS FOR THE YEAR ENDED

31st DECEMBER 2008

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BANKERS:	CAF BANK 25 KINGS HILL AVENUE KINGS HILL WEST MALLING KENT ME19 4JQ
SOLICITOR:	HEMPSONS SOLICITORS HEMPSONS HOUSE 40 VILLIERS STREET LONDON WC2N 6NJ
AUDITOR:	SANDISON LANG & CO 2 ST. MARY'S ROAD TONBRIDGE KENT TN9 2LB

THE BRITISH PAIN SOCIETY DIRECTORS' REPORT FOR THE PERIOD 1ST JANUARY - 31ST DECEMBER 2008

The British Pain Society is the largest multidisciplinary, professional organisation comprising doctors, nurses, physiotherapists, scientists, psychologists, occupational therapists, and other healthcare professionals actively engaged in the diagnosis and treatment of pain and in pain research, within the UK. As of 31st December 2008 there were 1,560 members. The 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).

The Directors present their Annual Report and audited Financial Statements for year 1st January - 31st December 2008. The Report is prepared in accordance with the recommendations of "Accounting and Reporting by Charities: Statement of Recommended Practice" (revised 2005) - and complies with applicable law.

1. ORGANISATIONAL STRUCTURE

The governing document of the British Pain Society is the Memorandum and Articles of Association, along with the Regulations. There are no restrictions in the governing documents on the activity of the Society.

The Directors are appointed by ballot of the members, except for the Honorary Secretary and Honorary Treasurer who are appointed by the Directors. Any Ordinary Member of the Society is entitled to stand for election to the post of Director/Trustee. Only Members who have previously served as Trustees of the Pain Society, the British Pain Society, or as Board members of either the International Association for the Study of Pain (IASP) or the European Federation of IASP Chapters are eligible to stand for the post of President, Honorary Secretary or Honorary Treasurer. It is planned for all new directors to have a half-day for training and induction.

The Board of the Society meets at least four times a year. All the decisions related to the management of the Society are made by the Board at these meetings. The Executive and Finance committee sets the Agenda for the Board meeting, and takes overall responsibility for the day-to-day running of the Society. There is support for the Board from the following subcommittees: Cancer Pain Committee, Scientific Programme Committee, Communications Committee, Patient Liaison Committee, Science and Research Committee and Education Committee.

The Board is supported by a Secretariat of three. The Secretariat deals with the day to day running of the Society, in the organisation of the various meetings promoted by the Society and managing the membership of the Society. All executive decisions are made by the Board or the Officers, who are the President, the President-elect (if applicable), the Honorary Treasurer, the Honorary Treasurer-elect (if applicable), the Honorary Secretary and the Honorary Secretary-elect (if applicable) and the Immediate Past President (if applicable).

An Annual General Meeting of the members is held at the time of the Annual Scientific Meeting.

There are currently nine Society Special Interest Groups; Acute Pain, Clinical Information, Interventional Pain Medicine, Neuropathic Pain, Pain in Children, Pain Management Programmes, Philosophy & Ethics, Pain Education and Older People. The governance of these groups is established within the Articles and Regulations of the Society.

Since the Society's annual turnover exceeds £250,000, it is necessary to identify areas of risk within the Society and actions that have been taken by Council to minimise or eliminate these. The specific areas of risk identified are as follows:

- *Financial probity:* The Directors have established systems of internal control, comprising financial estimates and annual budgets, delegated authorities for operational management and segregation of duties, reviews of financial and investment performance and the identification and management of risks, in accordance with the publication CC8 "Internal Financial Controls for Charities". The internal controls have been formalized and are set out as Finance Procedures for the Society.

The internal controls are subject to ongoing assessment and evaluation by the Directors. At least two meetings a year are held to consider financial management and performance in detail. In addition, the Honorary Treasurer reports on financial matters to each board meeting of the Society, comprising Directors and co-opted members. These meetings record the formal review and approval of all aspects of finance, internal controls and accounts.

- *Staff retention:* The Society wishes to retain its Secretariat staff. They become familiar with the Society's activities over a year or so and it is in our interests to avoid rapid turnover. To this end the Directors have attempted to provide a better and structured salary system and improve morale by allocating specific areas of responsibility on a regular basis. Appraisal is now a regular event for members of the Secretariat.
- *Information Technology and Data Protection:* The Society has a database system in operation and has also developed a website. Data protection and antiviral systems are in place, the data is backed up daily. To ensure compliance with data protection legislation, the Directors will appoint one of their number to be the Data Protection Compliance Officer. Compliance with the data protection act is assessed regularly and procedures are in place to ensure that this compliance is maintained.
- *Health and Safety*
 - The board accepts formally and publicly its collective role in providing health and safety leadership in its organisation
 - Each member of the board accepts their individual role in providing health and safety leadership for their organisation
 - The board will ensure that all board decisions reflect its health and safety intentions, as articulated in the health and safety policy statement
 - The board recognises its role in engaging the active participation of workers in improving health and safety
 - The board will ensure that it is kept informed of and alert to, relevant health and safety risk management issues. In view of the Health and Safety Commission recommendations, the board will appoint one of its number to be the "Health and Safety Director"

In line with Statutory requirements, the Society has Employers Liability Insurance, Public Liability Insurance and Personal Accident Insurance, the levels of which are reassessed on a regular basis.

2. OBJECTIVES AND ACTIVITIES

The British Pain Society aims to:

- provide facilities for the exchange of information, opinions and experience about pain between active workers in the field;
- increase awareness of pain prevalence, disability and pain management among healthcare and other professionals and the public;
- promote education and training in pain management and research into the understanding and relief of pain;
- institute or assist in instituting, and provide continuing support for, pain research
- cause to be written, published, produced and circulated, and to encourage contributions to and publication and production of, periodicals, journals, books, papers, abstracts, pamphlets, posters and other documents and films, videos, recorded tapes and communications in any medium;
- endow Chairs, Readerships, Scholarships, Fellowships and Lectureships at, and provide other support to, appropriate institutions to facilitate the conduct of study and research in furtherance of the Objects;
- to disseminate the useful results of research;
- to sponsor and hold meetings, symposia, conferences, lectures, classes, seminars, courses and exhibitions either alone or with others; and

- to encourage and promote the study and research into aspects of pain, the Society offers five bursaries/grants that are available to its members; the "Mildred B Clulow Research Award", the "Patrick Wall Overseas Travel Bursary", the "British Pain Society Annual Scientific Meeting Bursary", "The British Pain Society Study Day Bursary" and the "International Association for the Study of Pain World Congress Bursary". Full details of the awards, including eligibility and application forms, are available on the Society website.

3. ACHIEVEMENTS AND PERFORMANCE

The Society continued to provide an educational programme to increase the knowledge of pain management to both professionals and lay people within the remit of the Memoranda and Articles of Association. It has been successful in producing the following series of meetings and publications:

SOCIETY MEETINGS/EVENTS

- The Society held its 41st Annual Scientific Meeting (ASM) in Liverpool on 15 - 18 April 2008, which was attended by 696 delegates.
- On 10th November, the Patient Liaison Committee of the Society organised a seminar entitled 'Pain and Physical Disability in Adults' which was attended by 51 representatives from different organisations interested in matters related to pain and physical disability.
- The Education Committee continued its 'Learning in Pain Series' which aims to provide comprehensive learning in pain medicine as per the IASP curriculum as a series of one day study days. Three study days were held in 2008; with a 4th having been postponed:
 - 9th Study Day 'Visceral Pain' was held on 31st January
 - 10th Study Day 'Neuropathic Pain' was postponed (to be held 8 June 2009)
 - 11th Study Day 'Research Methodology' was held on 29th September
 - 12th Study Day 'Acute Pain' was held on 2nd December

On 1st March, the Society held a GP Education Day in Manchester.

SIG MEETINGS/EVENTS

- On 23rd - 26th June, the Philosophy & Ethics Society SIG held a meeting at Launde Abbey.
- The Interventional Pain Medicine Society SIG held a one-day seminar on 'Achieving better outcomes in Interventional Pain' on 2nd December.
- The Pain Education Society SIG held a one day seminar on 18th December.

PUBLICATIONS

- The Society launched a joint publication with Help the Aged titled 'Dignity on the Ward' in January.
- The Society endorsed the 'APA Evidence based recommendations for the management of acute and procedural pain in children' publication by the Association of Paediatric Anaesthetists in March.
- The Society launched a joint case study with the Royal College of General Practitioner's titled 'A case of neuropathic pain' in October.
- The final version of the Intrathecal drug delivery for the management of pain and spasticity in adults; recommendations for best clinical practice was launched in November.
- The Society launched a joint publication with Help the Aged titled 'Pain in Older People' in November.
- The Society continues to provide its quarterly Newsletter 'Pain News' free of charge to its members.
- The Society continues to provide its bi-annual newsletter supplement 'Reviews in Pain' free of charge to its members.

- All the Society's publications and patient information leaflets are available to download free of charge from the website.

BURSARIES & GRANTS

- The Society awarded 11 members of the Society bursaries to attend its ASM in Liverpool in April.
- The Society awarded 1 member of the Society the Patrick Wall Overseas Travel Bursary.
- The Society awarded 1 member of the Society the IASP Travel Bursary.

INVOLVEMENT WITH OTHER BODIES

- The Society has continued to be involved in the work of The Chronic Pain Policy Coalition, which is an umbrella organisation uniting patients, professionals and parliamentarians which will develop and help to implement a strategy for improving the prevention and treatment of chronic pain in the UK.
- The Society is a generic stakeholder for NICE (National Institute for Health and Clinical Excellence) guidelines.
- The Society is a generic stakeholder for Interventional Procedures and Health Technology Assessment for NICE in addition to being generic stakeholders for NICE guidelines.
- The Society is an NCCHTA (National Coordinating Centre for Health Technology Assessment) Affiliate Organisation.
- The Society is represented on the Joint Committee on Good Practice, which is run jointly by the Royal College of Anaesthetists and the Association of Anaesthetists of Great Britain and Ireland.
- The Society is a member of the Association of Medical Research Charities (AMRC).
- The Society is a member of National Voices (formerly known as the Long Term Conditions Alliance)
- The Society has representation on the Founding Board of the Faculty of Pain Medicine and the Pain Management Committee of the Royal College of Anaesthetists and reciprocal representation on the Executive of the Association for Palliative Medicine.
- A representative from the Royal College of Anaesthetists, the Association for Palliative Medicine, the British Neuroscience Association, the Royal College of General Practitioners, the Royal College of Nursing and the International Association for the Study of Pain (IASP) sits on the British Pain Society Council as co-opted members.
- The Society sent representation to events organised by the Royal College of General Practitioners, the Association of Medical Research Charities (AMRC) and NICE.

INFORMATION FOR PEOPLE AFFECTED BY PAIN

- The Society, although an organisation for healthcare professionals, provides a list of the 150 PCTs in England, a copy of the British Pain Society publication "Understanding and Managing Pain" and a list of self-help groups and other useful addresses to people affected by pain who contact the Society.

4. FINANCIAL REVIEW

As shown in the financial statements there are accumulated reserves of £752,012 of which £129,153 is in restricted funds, £104,153 being the sum of the Mildred B Clulow legacy and interest, and £25,000 from Pfizer Ltd (note 11 to the financial statements). The sum of £66,658 (the income from the Irene Bainbridge legacy) has been put into a designated reserve to support the restricted fund. The net SIG funds of £37,164 are designated within the Society accounts to further the activities of the specific SIGs.

The Society continues to expand its educational activities, including Special Interest Group Conferences and a series of Seminars. These meetings are supported by unconditional educational grants from various companies, and for transparency they are accounted for separately. This reserve of £29,623 is to support the extra educational activity of the Society. £229,185 are accumulated ASM surpluses, which can only be used for educational purposes and to support future Annual Scientific Meetings.

The Directors have reviewed the Society's needs for reserves in line with the guidance issued by the Charity Commission and have made the following provision:

- £200,000 is to be kept in reserve to cover the ongoing costs of the Society should there be a failure of income from subscriptions.
- The residue of £60,229 is to be used to further the aims and objects of the Society.

This year has seen the Society maintain a good financial base although 2008 has been another difficult year financially for the Society. The principal source of funding comes from the subscriptions of the members. We have received bequests and grants, which are specified in the accounts of the Society. This income has supported the activity of the Society recorded above. The Annual Scientific Meeting is expected to be self-funding, and no surplus is budgeted for.

5. PLANS FOR FUTURE PERIODS

- The British Pain Society's 42nd Annual Scientific Meeting will be held at Sandown Park, Surrey on 31 March - 3 April 2009.
- The Society has recently undertaken a review of the design and format of its website and additional features will be introduced throughout 2009.
- The British Pain Society is undertaking a review of the patient publication "Understanding and Managing Pain" which will be launched in 2009.
- The British Pain Society is undertaking a review of the publication "Spinal cord stimulation for the management of pain; recommendations for best practice". which will be launched in 2009.
- The British Pain Society is undertaking a review of the publication "The use of drugs beyond licence in palliative care and pain management" which will be launched in 2009.
- The Society will continue work on producing two new BPS publications: "Recommendations for management of chronic non-malignant pain in children and young people", which will be led by the Pain in Children SIG, and "Cancer pain management" led by the Cancer Pain Committee which will be launched at the ASM.
- The Society will continue to work on a series of joint publications with the Royal College of General Practitioners on Pain management in Primary Care in 2009.
- The Society will continue to review "Recommendations for the appropriate use of opioids for persistent non-cancer pain" for launch in early 2009.
- The Philosophy & Ethics SIG will hold its annual meeting on 29 June - 2 July 2009 at Launde Abbey, Leicester.
- The Pain Management Programme SIG will hold their biennial meeting on 9 - 12 September 2009 meeting at Northumberland University.
- The Society will hold 3 study days during the course of the year; 'Difficult Pain Problems', 'Back Pain', and 'Neuropathic Pain'.
- The Society continues to research the feasibility of instigating a Research Foundation, with a substantial fundraising project to acquire a capital sum that would generate sufficient income to support one or two pre- or post-doctorate fellows engaged in clinically orientated pain research.

CONTINUED

6. DIRECTORS FOR THE PERIOD 1ST JANUARY - 18TH APRIL 2008

Dr J.B. Hester	President
Dr W. Campbell	Honorary Secretary
Dr P. Evans	Honorary Treasurer
Dr N. Allcock	Council Member
Dr E. Carr	Council Member
Dr D. Counsell	Council Member
Dr J. Goddard	Council Member
Prof. R. Langford	Council Member
Dr C. Price	Council Member
Prof. J. Raphael	Council Member
Dr J. Richardson	Council Member
Dr S. Thomson	Council Member

DIRECTORS FOR THE PERIOD 18TH APRIL - 31ST DECEMBER 2008

Dr J.B. Hester	President
Prof. P.J. Watson	President Elect
Dr W. Campbell	Honorary Secretary
Dr P. Evans	Honorary Treasurer
Dr N. Allcock	Council Member
Dr E. Carr	Council Member
Dr D. Counsell	Council Member
Dr J. Goddard	Council Member
Prof. R. Langford	Council Member
Dr C. Price	Council Member
Prof. J. Raphael	Council Member
Dr M. Serpell	Council Member
Dr S. Ward	Council Member

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STAFF MEMBERS AT AS 31ST DECEMBER 2008

Mrs Jenny Nicholas	Secretariat Manager
Miss Rikke Warming	Development and Administrative Co-ordinator
Mr Ken Obbard	Events & Administrative Co-ordinator



23/2/08

DR. P. EVANS (HONORARY TREASURER)
THE BRITISH PAIN SOCIETY

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF THE BRITISH PAIN SOCIETY

We have audited the financial statements of The British Pain Society for the year ended 31st December 2008 on pages A9-A18. These financial statements have been prepared under the accounting policies set out therein [and the requirements of the Financial Reporting Standard for Smaller Entities].

This report is made solely to the charity's members, as a body, in accordance with Section 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the Charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND AUDITORS

As described in the statement of Trustees' Responsibilities, the trustees (who are also the Directors of The British Pain Society for the purposes of company Law) are responsible for the preparation of the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. (United Kingdom Generally Accepted Accounting Practice).

Our responsibility is to audit the financial statements in accordance with the relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Act 1985. We also report to you if, in our opinion, the Trustees' Annual Report is consistent with the financial statements.

In addition we report to you if, on our opinion, the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information is specified by law regarding trustees' remuneration and transactions with the company is not disclosed.

We read the Trustees' Annual Report and consider the implications for our report if we become aware of any apparent misstatements within it.

BASIS OF OPINION

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the financial statements, and of whether the accounting policies are appropriate to the charity's circumstances, consistently applied and adequately disclosed.

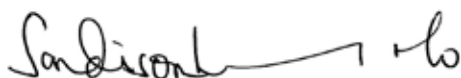
We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

OPINION

In our opinion the financial statements:

- give a true and fair view, in accordance with United Kingdom Generally Accepted Accounting Practice [applicable to Smaller Entities] of the state of the Society's affairs as at 31st December 2008 and of its incoming resources and applications of resources, including its income and expenditure, in the year then ended; and
- have been properly prepared in accordance with the Companies Act 1985.

In our opinion the information given in the Trustees' Annual Report is consistent with the financial statements.



24/2/09

Sandison Lang & Co. - Registered Auditors - 2 St. Mary's Road - Tonbridge - Kent TN9 2LB

THE BRITISH PAIN SOCIETY
STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31st December 2008

INCOMING RESOURCES	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2008	Total Funds 2007
INCOMING RESOURCES FROM GENERATED FUNDS					
Voluntary Income					
Subscriptions		150,047		150,047	149,280
Donations, legacies & similar		1,505		1,505	56
Activities for generating funds					
Label sales		178		178	26
Investment income					
Interest received	10	31,411	7,818	39,229	42,528
INCOMING RESOURCES FROM CHARITABLE ACTIVITIES					
Meeting income	2	434,097		434,097	415,893
Newsletter advertising & booklets		29,586		29,586	23,075
General Publications		(94)		(94)	503
Publications	8	34,493		34,493	1,487
Research Awards and Grants					26,000
PLC Annual Voluntary Seminar		(1,000)		(1,000)	-
SIGS	5a	18,778		18,778	57,351
Study Days	6a	10,760		10,760	12,188
Education Days	6b	1,750		1,750	2,925
OTHER INCOMING RESOURCES					
Other income		3,951		3,951	(2,592)
TOTAL INCOMING RESOURCES		£715,462	£7,818	£723,280	£728,720

THE BRITISH PAIN SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31st December 2008 (continued)

RESOURCES EXPENDED	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2008	Total Funds 2007
Costs of generating voluntary income					
Functions costs-BPS promotions/Public Affairs	9	10		10	2,253
Charitable expenditure					
Research grants		682	25,000	25,682	25,000
IASP Travel bursary award		571		571	-
Meeting expenses	2	457,748		457,748	485,419
Sub-Committee expenses		3,404		3,404	4,545
Core Com/SIGS	5a	28,095		28,095	33,674
Working Parties	5b	3,146		3,146	4,040
Strategy Day-meetings		-		-	2,192
PLC Annual Voluntary Seminar		2,075		2,075	1,989
Study Days	6a	9,771		9,771	11,889
Education Days	6b	5,220		5,220	3,745
Professional Meetings	9	5,270		5,270	964
Other meeting expenses		1,146		1,146	1,700
Miscellaneous expenses		290		290	244
Newsletter & Journal		40,376		40,376	38,498
Website		5,473		5,473	3,804
General Charitable Publications		-		-	469
Publications	8	19,598		19,598	27,370
Rent & Service Charges		12,126		12,126	14,045
Secretarial & other staff costs		64,591		64,591	84,783
Printing & postage		4,023		4,023	5,952
Telephone & fax costs		4,128		4,128	3,309
Computer system & software		10,514		10,514	13,058
Equipment hire & storage		1,011		1,011	-
Premises Rates & Insurance		1,196		1,196	1,310
Office stationery & photocopying		2,131		2,131	2,445
Professional fees		379		379	405
Subscriptions		356		356	315
Bank charges		1,910	10	1,920	2,326
Churchill House move costs		-		-	13,279
Depreciation		3,843		3,843	4,642
Governance Costs					
Council expenses	7	4,150		4,150	6,395
Induction of Trustees		217		217	307
Accountancy		8,680		8,680	9,253
Legal fees		1,076		1,076	213
Annual Election Expenditure		3,710		3,710	2,645
Annual Report		5,557		5,557	5,286
TOTAL RESOURCES EXPENDED		712,473	25,010	737,483	817,763
Net movement in funds		2,989	(17,192)	(14,203)	(89,043)
Total funds brought forward		619,870	146,345	766,215	855,258
TOTAL FUNDS CARRIED FORWARD		£622,859	£129,153	£752,012	£766,215

THE BRITISH PAIN SOCIETY BALANCE SHEET


as at 31st December 2008

31.12.07	Notes	31.12.08
FIXED ASSETS		
Office Equipment		
21,362	Balance at 1st January	18,569
1,849	Additions	650
23,211		19,219
4,642	Less: Depreciation	3,843
18,569		15,376
CURRENT ASSETS		
60,705	Debtors and Prepayments 3	262,743
143,115	CAF Gold Account	157,658
16,903	Barclays Account	18,402
78	Barclays Business Base Rate Tracker	78
499,814	Charities Deposit Fund	325,476
192,540	Caf Cash Account	172,112
913,155		936,469
CURRENT LIABILITIES		
165,509	Creditors and Accruals 4	199,833
747,646		736,636
£766,215	NET ASSETS	£752,012
Represented by:		
ACCUMULATED RESERVES		
Unrestricted Reserves		
230,791	General:	260,229
66,658	Designated: I. Bainbridge	66,658
243,836	Designated: ASM	229,185
46,481	Designated: SIGS	37,164
32,104	Designated: Study Days & Education Days	29,623
-	Designated: PLC Seminar	-
		622,859
Restricted Reserves 11		
121,345	M B Clulow	104,153
25,000	Pfizer Grant	25,000
£766,215		£752,012

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These accounts are prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small entities.

Approved by the Directors and Signed on their behalf

by: 
Dated: 23/2/08

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2008

1 ACCOUNTING POLICIES

A) BASIS OF PREPARATION OF ACCOUNTS

The accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with Accounting and Reporting by Charities-Statement of Recommended Practice (SORP 2005)

B) RESTRICTED AND UNRESTRICTED FUNDS

Restricted funds are subject to specific conditions imposed by the donor which are binding on the council. Unrestricted funds have no restrictions on their use.

C) DEPRECIATION

Depreciation is charged to write off the cost of fixed assets at the following rates:
Office Equipment - 20% on a reducing balance basis.

2 ANNUAL SCIENTIFIC MEETING

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2008 Income and Expenditure Account		£	£
Income			434,097
			<hr/>
			434,097
Expenses			
Room Hire	165,650		
Venue-miscellaneous	2,589		
Printing	19,563		
Help at Venue	405		
Speakers expenses (inc.travel & accom)	32,338		
Refreshments	24,985		
Coaching	1,010		
Poster Prizes	956		
Poster Boards & Advertising	3,604		
Gifts	1,002		
Van Hire	1,478		
Presidents Dinner	1,283		
Council	10,748		
Staff	2,147		
PLC Committee Members	257		
Social program	45,121		
Insurance	3,040		
Badges	1,278		
Flowers	500		
Miscellaneous	442		
Bursaries	4,547		
Stuffing Delegates Bags	375		
			<hr/>
			323,318
Office Cost Contribution			134,430
Net Surplus			(23,651)

CONTINUED

APPORTIONED ASM EXPENDITURE

As agreed for 2008 some staff and office costs are apportioned 50% to the Annual Scientific Meeting and 50% to general fund costs. 100% of the annual audit cost is attributed this year to this meeting being £1,700 (2007 £1,600).

3 DEBTORS AND PREPAYMENTS

	2008	2007
Advance Meeting Costs	203,827	35,471
Secretariat Invoices	58,916	25,234
	<u>£ 262,743</u>	<u>£ 60,705</u>

4 CREDITORS AND ACCRUALS

	2008	2007
Creditors	51,417	57,865
Creditor AAGBI	31,739	40,104
Annual Scientific Meeting	116,677	40,000
B Clulow	-	25,000
Accruals	-	2,540
	<u>£ 199,833</u>	<u>£ 165,509</u>

5A SIGS

	Opening Balance 01.01.2008	Income	Expenditure	Closing Balance 31.12.2008
Philosophy & Ethics	574	10,182	11,431	(675)
Acute Pain	6,580	-	-	6,580
Neuropathic Pain	650	-	-	650
Interventional Pain Medicine	7,020	6,635	4,467	9,188
Clinical Information	17,284	-	-	17,284
Pain Management Programmes	14,796	216	9,745	5,267
Pain Education	(55)	1,320	1,624	(359)
Older People	(368)	425	828	(771)
	<u>£ 46,481</u>	<u>£ 18,778</u>	<u>£28,095</u>	<u>£ 37,164</u>

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5B WORKING PARTIES

	Opening Balance 01.01.2008	Income	Expenditure	Closing Balance 31.12.2008
Nurses Working Party	-	-	1,421	(1,421)
Opioid Recommendations	(62)	-	-	(62)
Desirable Criteria for PM	(1,335)	-	-	(1,335)
HRG	(31)	-	-	(31)
Intrathecal Drug Delivery System	(2,869)	-	-	(2,869)
Pain & Substance Misuse	(3,248)	-	-	(3,248)
Understanding & Managing Pain	(763)	-	356	(1,119)
Pain Management Programme	(420)	-	-	(420)
Nurse Recommendations	(1,286)	-	(59)	(1,227)
Cancer Pain Committee	(917)	-	9	(926)
Rec Management of Chronic Pain in Children	-	-	445	(445)
Opioids for non cancer pain	-	-	64	(64)
RCGP/BPS Guide Lines	-	-	910	(910)
	<u>(10,931)</u>	<u>-</u>	<u>3,146</u>	<u>(11,237)</u>

6A STUDY DAYS

	Opening Balance 01.01.2008	Income	Expenditure	Closing Balance 31.12.2008
Prior Study Day Surpluses	12,060	-	-	12,060
8th Study Day - 5th December 2007	154	300	776	(322)
9th Study Day - 31st January 2008	(5)	4,100	3,061	1,034
10th Study Day - 7th May 2008	-	-	372	(372)
11th Study Day - 29th September 2008	-	1,080	2,389	(1,309)
12th Study Day - 4th December 2008	-	3,600	2,836	764
13th Study Day - 29th January 2009	-	1,680	337	1,343
Study Day - miscellaneous	(42)	-	-	(42)
	<u>£12,167</u>	<u>£10,760</u>	<u>£9,771</u>	<u>£13,156</u>

6B EDUCATION DAYS

	Opening Balance 01.01.2008	Income	Expenditure	Closing Balance 31.12.2008
1st March 2007	21,147			21,147
1st March 2008	(1,410)	1,750	5,220	(4,880)
Primary Care Education Day Sponsorship	200		-	200
	<u>£ 19,937</u>	<u>£ 1,750</u>	<u>£ 5,220</u>	<u>£ 16,467</u>
TOTAL Study Days & Education Days	<u>£ 32,104</u>	<u>£ 12,510</u>	<u>£ 14,991</u>	<u>£ 29,623</u>

CONTINUED

7 COUNCIL EXPENSES

	2008	2007
(50% charged to general fund and 50% to ASM meeting costs)		
Meeting - Catering	995	1,289
Meeting - Room Hire	109	-
Meeting - Travelling	2,293	4,134
Meeting - Hotels	613	972
Misc. Expenses	140	-
	£ 4,150	£ 6,395

8 PUBLICATIONS

	Income	Expenditure	Net Movement 2008
Nursing Practice	-	359	(359)
Understanding & Managing Pain	-	2,297	(2,297)
Spinal Cord Stimulation	138	85	53
Opioid Recommendations	3,812	1,296	2,516
Drugs Beyond Licence	24	-	24
Intrathecal Drug Delivery	438	3,605	(3,167)
Pain & Substance Misuse	69	-	69
Pain Management Programme	3	-	3
Rec. Management of Chronic Pain	9	-	9
Help The Aged	-	-	-
RCGP/BPS Pain Management in Primary Care	30,000	2,956	27,044
Pain Management Guide Lines	-	9,000	(9,000)
	£ 34,493	£ 19,598	£ 14,895

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9 PROFESSIONAL MEETINGS

	2008
BPS/Industry Drinks Reception	10
DoH/Professional Bodies	1,966
Primary Care Meeting 2009	566
IASP August 2008	1,300
RCGP October 2008	1,438
	£ 5,280

10 DESIGNATED RESERVES

IRENE BAINBRIDGE LEGACY

The following designated fund is the sum from a legacy received in 2005, from Irene Bainbridge. Its designation is as follows: "Basic research into the causes and cures for pain".

	2008	2007
Balance at 1st January	66,658	66,658
Incoming Resources	-	-
Expenditure	-	-
Balance as at 31st December	<u>66,658</u>	<u>66,658</u>

ASM

The Designated ASM Funds are accumulation of surpluses from meetings over several years and are to be spent on education and research. These funds are represented by:

	2008	2007
Balance at 1st January	252,836	313,362
Incoming Resources ASM	434,097	424,893
Expenditure ASM	(457,748)	(485,419)
Balance as at 31st December	<u>£ 229,185</u>	<u>£ 252,836</u>

SIGS

The Designated SIGS funds also accumulate surpluses which are to be spent to further the work of the individual SIGS as listed in note 5a.

These funds are represented by:

	2008	2007
Balance at 1st January	46,481	22,804
Incoming Resources SIGS	18,778	57,351
Expenditure SIGS	(28,095)	(33,674)
Balance as at 31st December	<u>£ 37,164</u>	<u>£ 46,481</u>

STUDY DAYS

The Designated Study Days Funds also accumulate surpluses which are to be spent on Study and Education Days

	2008	2007
Balance at 1st January	12,167	11,868
Incoming Resources Study Days	10,760	12,188
Expenditure Study Days	(9,771)	(11,889)
Balance as at 31st December	<u>£ 13,156</u>	<u>£ 12,167</u>

EDUCATION DAYS

The Designated Education Days Funds also accumulate surpluses which are to be spent on Study and Education Days.

	2008	2007
Balance at 1st January	19,937	20,757
Incoming Resources Education Days	1,750	2,925
Expenditure Education Days	(5,220)	(3,745)
Balance as at 31st December	£ 16,467	£ 19,937

PLC SEMINAR SPONSORSHIP

In 2008 the PLC Seminar received no sponsorship and therefore the brought forward loss has been written off to the general funds of the charity:

	2008	2007
Balance at 1st January	-	(25)
Incoming Resources	(1,000)	-
Expenditure	-	-
Transfer from General Funds	1,000	25
Balance at 31st December	-	-
Total Designated Reserves at 31st December 2008	£ 362,630	£ 389,079

11 RESTRICTED FUNDS

LEGACY

The following restricted fund is the sum and associated interest from a legacy received in 2001, from Mildred B Clulow, original amount £121,281.62 and a further £34,000 received in 2006. Its restriction is as follows: "Basic research into the causes and cures for pain".

	2008	2007
Balance at 1st January	121,345	138,481
Incoming Resources	-	-
Expenditure	(25,000)	(25,000)
Charges	(10)	(10)
Interest	7,818	7,874
Balance at 31st December 2008	£ 104,153	£ 121,345

2008 FUNDS FOR PFIZER NEUROPATHIC PAIN AWARDS

	2008	2007
Balance at 1st January	25,000	-
Incoming Resources	-	25,000
Expenditure	-	-
Balance at 31st December	<u>£ 25,000</u>	<u>£ 25,000</u>
Total Restricted Reserves at 31st December 2008	<u>£ 129,153</u>	<u>£ 146,345</u>

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Reserves	Restricted Reserves	Total 2008
Fixed Assets	15,376	-	15,376
Net Current Assets	607,483	129,153	736,636
	<u>£ 622,859</u>	<u>£ 129,153</u>	<u>£ 752,012</u>

13 DIRECTORS EXPENSES

During the period a total of £6,136.77 was reimbursed to Directors for expenses incurred. (Reimbursements for 2007 £11,902.43)

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14 EMPLOYEES' REMUNERATION

(50% charged to general fund and 50% to ASM meeting costs).

Total remuneration (excluding employer's contributions) for the year amounted to

	2008	2007
Salaries		
General Charitable Activities	57,277	55,986
Average number of staff in year - 3		
Apportioned ASM	57,351	55,806
Average number of staff in year - 3		
Temporary staff	279	1,351
Average number of staff in year - 1		
	<u>£ 114,907</u>	<u>£ 113,143</u>

Employer's contributions:	2008	2007
Employers Pension Contribution	3,265	2,837
Employers Nat. Insurance Contribution	5,798	6,026
	<u>9,063</u>	<u>8,863</u>
Total cost to charity	<u>£ 123,970</u>	<u>£ 122,006</u>

15 GRANTS

The annual report details the grants offered by the charity. In 2008 the allowance for the Clulow award was £25,000, which is to be paid out in 2009. (In 2007 the Clulow Award grant allowance of £25,000 was not awarded but to be paid out in 2008).

STATEMENT OF DIRECTORS' RESPONSIBILITIES

Company law requires the directors/trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of its financial activities for that year, and adequately distinguish any material special trust or other restricted fund of the charity.

In preparing those financial statements the Trustees are required to:

- a) Select suitable accounting policies and then apply them consistently.
- b) Make judgements and estimates that are reasonable and prudent.
- c) State whether policies are in accordance with the appropriate SORP on Accounting by Charities and the Accounting Regulations and with applicable accounting standards subject to any material departures disclosed and explained in the financial statements.
- d) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors/trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 1985.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

2008



THE BRITISH PAIN SOCIETY

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