

2013 American Academy of Pain Management (AAPM) Meeting

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More than 300 attendees participated in the 24th Annual Clinical Meeting of AAPM which was held in JW Marriott, a resort hotel in Orlando, Florida from 26th to 29th September, 2013. The theme of the meeting centered around the topic on “Explore the Science, Practice the Art of Integrated Pain Management”.



The meeting was opened officially by its Board President, then followed by a keynote delivered by Dr Tracy Gaudet on ‘Cultural Transformation’. Dr Gaudet emphasized a shift from a ‘find it, fix it’ mentality to an integrative care that promotes health, healing and healing relationships and is patient-directed. She considered it an ethical imperative to embrace the concept and to get it

across to veterans. I am surprised to hear that despite patient-centered care has been introduced in the Western society since 1970s, it seems that considerable effort is required in order that personalized, proactive, patient-driven health care is implemented.

The meeting then unfolded with a mix of concurrent didactic presentations and morning movement sessions on exercise and meditation which began at 6:30am. The morning sessions were specifically designed to offer pain professionals practical and alternative ways in adopting a healthy lifestyle. An interesting plenary was about ‘Breaking the Link between Opioid Analgesia and Addiction’. This is a very hot topic in pain management in the United



States where drug abuse is an issue. Dr Robert Rhode delivered an entertaining keynote on ‘More Client Motivation May Mean Less Pain for you and Your Client’. Separating pain from

suffering is a key agenda for managing patients with chronic pain in particular. Concurrent practical workshops on mindfulness, manual therapy, myofascial pain, and clinical drug testing and treatment planning were conducted. Lastly, the meeting was closed with a moving keynote by Dr W Clay Jackson who talked about 'Real Pain in the Real World'. It was rewarding to attend the meeting with a diverse group of disciplines committed to treatment of pain.



In addition to the educational offerings, in the Exhibit Hall attendees had the opportunity to expose to a vast array of products and services to enhance their practices; time to network with different professionals and colleagues; and enjoy social events such as the Opening Reception, the wine and cheese reception, the abstract poster sessions, and the lucky draw session which offered ipads

and other attracting prizes to about 20 participants. The Academy is making its plans for the next Annual Meeting in September 2014 to be held in Phoenix, Arizona!