

# Report of the 16<sup>th</sup> World Congress on Pain in Yokohama Hong Kong Pain Society Conference Grant

Dr. Chan On Yi Diane

Department of Anaesthesia, PYNEH



The 16<sup>th</sup> World Congress on Pain was organized by International Association for the Study of Pain on 26-30<sup>th</sup> September in Yokohama, Japan. Thanks to the Hong Kong Pain Society, I have been sponsored to attend the World Congress through the Conference Grant.

Yokohama is Japan's second largest city with a population of over three million. Yokohama is located less than half an hour south of Tokyo by train, and is the capital of Kanagawa Prefecture. The World Congress on Pain was held in Yokohama's Pacifico Conference Center. Nearly 7,000 specialists from all over the world attend the Congress this year. During these five days meeting, there were numerous award lectures, plenary lectures, refresher courses and topical workshops given by world known speakers in pain medicine. There were more than 450 posters presented. It provided a good learning opportunity on a wide array of topics in pain research and treatment.

One of the impressive lectures was about the availability of opioid analgesics and the average consumption worldwide presented by the International Narcotics Control Board. I was surprised that most of the areas in South America, Africa and China were still deficient in opioid availability, even in palliative care. The impediments to the availability of opioid analgesics were lack of training/awareness, fear of addiction, limited resources, problems in sourcing, cultural attitudes, trade control measures and onerous regulations. On the other hand, North America and Australia remained a high level of average opioid consumption.

Another impressive lecture was about the history of documentation in phantom limb pain. In the World War I, many of the survivors were amputees. The major complications were bleeding and wound infection. As we know that approximately 60 to 80% of individuals with an amputation experience phantom sensations in their amputated limb and the majority of the sensations are painful. I was surprised that it was difficult to find any prior accounts of phantom limb pain in World War I in the literature.

Being an anaesthetist practicing pain medicine in public hospital, this meeting enforced me to practice the evidence-based medicine in my daily practice. By exchanging experience with the overseas experts, it enriched my knowledge and offered me chance to review the difference in practice and management in pain medicine across various disciplines in the different countries.

The 17<sup>th</sup> World Congress will be held in Boston, Massachusetts, USA on 12-16th September, 2018. For those who are interest to join, please reserve your time for the event!