



# PAINCON 4

society of treatment  
and study of pain

international association  
for the study of pain

19 - 20 october 2024  
at avari hotel,lahore

## Pioneering Pain Management in Modern Medicine

Pain management is an ever-evolving field in modern medicine, where breakthroughs and innovative treatments are transforming the lives of millions worldwide. In this cover story, we explore the frontiers of pain management—from cutting-edge research to groundbreaking clinical techniques—and celebrate how the Society for Treatment & Study of Pain (STSP) has become a guiding force in advancing these methods. Through in-depth interviews with leading experts, real-life patient stories, and a look at recent scientific milestones, this article offers a glimpse into the complex world of pain treatment and STSP's pivotal role in shaping it

# Feature Article

The Legacy and  
Leadership of STSP  
in Pain Treatment

## Current Initiatives

STSP is more than just a society, it is a catalyst for change in the medical community. This segment delves into STSP's most recent projects and programs, from research grants that support young scientists to intensive training workshops for established professionals. Each initiative is designed to bridge gaps in pain management knowledge and offer practical solutions. Real stories of doctors applying this knowledge in clinical settings bring these initiatives to life, showing the tangible impact STSP is making.

# Educational Insights

Breakthroughs in  
Pain Management

## New Treatments and Technologies

Modern pain management is rapidly advancing with technologies such as regenerative medicine, which uses stem cells to repair damaged tissues; neuromodulator, which targets nerves to manage pain signals; and wearable devices that provide non-invasive pain relief. This section features in-depth explanations of these technologies, interviews with researchers, and a look at how these treatments are making a difference in patients' lives

## Highlight on Non-Pharmacological Treatments

Non-drug therapies, such as acupuncture, cognitive behavioral therapy, physical rehabilitation, and biofeedback, are growing in popularity. In this section, readers can learn about how these treatments work, who they benefit, and the research supporting their effectiveness. Practitioners share insights on incorporating these therapies into their practice, helping patients explore alternative paths to pain relief.

## History & Mission of STSP


Founded on the principle of alleviating human suffering, the STSP has been dedicated to pushing the boundaries of pain science for decades. This section covers the history of the organization, how it started, and the milestones it has achieved in research, advocacy, and treatment. The article highlights STSP's ongoing commitment to advancing education in pain medicine and its role in setting ethical standards, thus becoming a beacon for professionals and patients alike.

## Success Stories

The Society for Treatment and Study of Pain (STSP) has made significant strides in advancing pain management and education. Recognized globally, it now serves as the Lahore Chapter of the International Association for the Study of Pain (IASP). This affiliation highlights STSP's dedication to improving lives and its vital role in shaping pain management in Pakistan.


## PRIZE WINNERS

## E Poster Presentation




1ST PRIZE

**SARWAT NAZIR**  
STUDY TITLE: MECHANISTIC EVALUATION OF ANTI-ARTHRITIC EFFECTS CAMPESTEROL THROUGH DOWNREGULATION OF PRO INFLAMMATORY AND ANTI-INFLAMMATORY CYTOKINES.  
WORK PLACE: UNIVERSITY OF LAHORE HOSPITAL.



2ND PRIZE

**DR. SADAF MUSHTAQ**  
STUDY TITLE: ROLE OF KETAMINE IN CANCER PAIN IN PAKISTAN.  
WORK PLACE: NATIONAL HOSPITAL, LAHORE.



3RD PRIZE

**DR. MANAHIL ZAMAN**  
STUDY TITLE: PREVALENCE OF LOW BACK PAIN IN PREGNANT WOMEN AND ITS IMPACT ON DAILY LIFE.  
WORK PLACE: NATIONAL HOSPITAL, LAHORE.

## Poster Panel of judges:

**DR ATHAR MUKHATAR  
SIDDIQUI.**

**PROF DR NADEEM  
AHMED KHAN.**

**DR TAHIR AKBAR.**

**DR WAJID MEHMOOD**

**DR COL RASHID IQBAL.**

**PROF DR MUHAMMAD  
ISHAQ.**

PRESENTED 33 PRESENTED POSTERS OUT OF 36  
POSTERS ACCEPTED.

## Free Paper Presentation



1ST PRIZE

**DR. ZUHAIR ALI RIZVI**  
STUDY TITLE: COMPARISON OF CONTINUOUS THORACIC EPIDURAL WITH ERECTOR SPINAE BLOCK POSTOPERATIVE ANALGESIA IN ADULT LIVING DONOR HEPATECTOMY.  
WORK PLACE: SHIFA INTERNATIONAL HOSPITAL ISLAMABAD



2ND PRIZE

**DR. WAQAS ASHRAF**  
STUDY TITLE: THE EFFICACY OF INTRAARTICULAR SHOULDER INJECTION VERSUS COMBINED SUPRASCAPULAR AND AXILLARY NERVE BLOCK FOR ADHESIVE CAPSULITIS: A DOUBLE-BLIND RANDOMISED CONTROL TRAIL  
WORK PLACE: GHURKI TRUST TEACHING HOSPITAL, LAHORE.



3RD PRIZE

**DR. SHAHID RASOOL DAR**  
STUDY TITLE: EFFICACY OF ULTRASOUND VERSUS FLUOROSCOPY-GUIDED CAUDAL EPIDURAL STEROID INJECTION (CESI) FOR THE TREATMENT OF CHRONIC LOW BACK PAIN WITH RADICULOPATHY; CONVERSION FROM CHRISTMAS TREE TO FROG EYE SIGN WITH RADIATION SAFETY  
WORK PLACE: GHURKI TRUST TEACHING HOSPITAL, LAHORE.

## Poster Panel of judges:

**DR CLARE ROQUES**

**DR MICHAEL SERPELL**

**DR TAHIR AKBAR.**

MORE THAN 50 ABSTRACTS OF POSTER/ FREE PAPER.  
PRESENTED 8 FREE PAPER OUT OF 10 ACCEPTED FREE PAPER.

# keynote Speakers



**DR. JUNAD KHAN**

Consultant- Eastma Institute  
for Oral Health, University of  
Rochester Medical Center USA



**MARY SUMA CARDOSA**

President- Elect IASP, pain  
specialist at Hospital Tuanku  
Muhriz UKM, Kuala Lumpur



**DR. CLARE ROQUES**

Consultant Mid Yorkshire  
Hospitals NHS Trust  
United Kingdom



**DR. USMAN BASHIR**

Consultant, King Faisal  
Hospital Madina, Kingdom  
of Saudia Arabia



**DR. WAJID MEHMOOD**

Consultant, Beacon Hospital  
Dublin, Ireland



**DR. MOHJIR BALOCH**

onsultant, Frimley  
Health NHS Foundation  
Trust, United Kingdom



**DR. ALAN BLAKE**

Consultant, Tallaght  
University Hospital,  
Ireland



**DR. MICHAEL SERPELL**

Consultant Queen Elizabeth  
University Hospital  
Glasgow, uk



**DR. ATIF WALI**

Consultant Sheikh Khalifa  
Hospital Abu Dhabi, UAE