



2026

Salim's

PAINCON5

Society for Treatment & Study of Pain

October 2026

16

FRIDAY

17

SATURDAY



PC Rawalpindi

Scientific Program

Pain Relief for all; Challenges in the
Low and Middle Income Settings



CONFERENCE SECRETARIAT

Stroke and Rehab center, Bahria Safari Hospital, Near Car Chowk, Rawalpindi

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Day 1 Friday 16th October 2026

09:00- 09:30	Onsite Registration
9:15	Inauguration of exhibition area

Inaugural Session

Moderator: Dr Mudassar Iqbal

Time	Topic
09:30 -09:40	Tilawat-e-Quran and National Anthem
09:40 - 09:45	Welcome Remarks Dr Salman A Saleem, General Secretary STSP
09:45 - 09:50	Introduction to PainCon 5 Dr. Khaleel Ahmad, Organizing Secretary Salim's Paincon 5
09:50 – 10:00	Address by the President Asif Gul Kayani
10:00 - 10:05	Address by Patron STSP, Brigadier Mohammad Salim
10:05 - 10:20	Address by the President of IASP, Professor Andrew Rice IASP : Global Updates and Priorities
10:20 - 10:30	Address by the Chief Guest Prof. Dr. Mohammad Shoaib Shafi
10:30-10:35	Vote of thanks. Dr. Amjad Iqbal, Convener Salim's PainCon 5
10:35-10:50	Group Photo + Hi-Tea

First Session: IASP Global Year 2026

Neuropathic Pain: From Mechanisms to Management

Moderator: Dr. Sadaf Mushtaq

Chairs: Dr. Neil Collighan, Dr. Farnad Imani

Time	Topic
11:00 – 11:35	Keynote Address Update on Diagnosis and Management of Neuropathic Pain Prof. Andrew Rice, President IASP
11:35 – 11:55	TLR4 Neuropeptides in Neuropathic Pain Management Dr. Abdul Nasir. Neuroscience Researcher.
11:55 – 12:15	Decoding neuropathic pain: Can pharmacogenomics personalize treatment? Dr Asma Abdus Salam PhD Researcher Molecular Medicine
12:15 - 12:25	Q & A
12:15 - 12:25	Lunch and Jumma Prayer Break

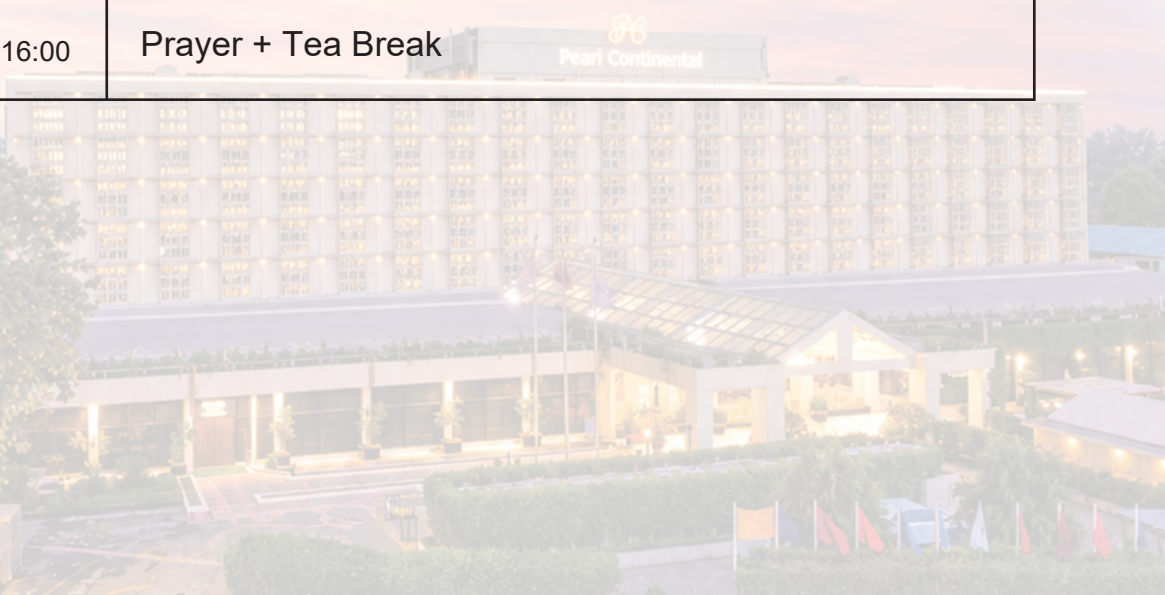
Second Session: Back Pain:

Evolving Concepts and Contemporary Management

Moderator: Dr Furqan Sattar

Chairs: Dr. Rana Altaf Ahmad, Dr. Naheed Fatima

Time	Topic
14:00 - 14:20	Neuromodulation in Chronic Pain: Current Evidence and Future Directions Dr. Neil Collighan
14:20 - 14:40	Vertebral Compression Fracture: Diagnosis and Augmentation Techniques Dr. Farnad Imani
14:40 - 15:00	From Diagnosis to Durability: A Neuromodulation Algorithm for RFA in Chronic Low back pain Dr. Komal Mumtaz
15:00 - 15:20	Scope of Neuromodulation in Pakistan Dr. Muhammad Zubair
15:20 - 15:30	Q&A Session
15:30 - 16:00	Prayer + Tea Break



Third Session

Future of Pain Medicine in Pakistan

Moderator: Dr. Tariq Mehmood

Chairs: Dr. Sarfaraz Janjua, Dr. Fazal Wadood

Time	Topic
16:00 - 16:15	Minimally Invasive Spine Procedures and Regenerative Medicine in Pain Management Dr. Mazhar Rasool
16:15 - 16:30	Innovations in Pain Education and Clinical Practice Dr. Leena Aziz
16:30 - 16:45	Digital Health, NanoTechnology and Artificial Intelligence Dr. Wajid Mehmood
16:45 - 16:55	Q & A
16:55 - 17:40	Alumni Panel Discussion Shaping the Future of Pain Care in Pakistan Moderator: Dr. Nafees ul Hassan Panelists: All Alumni Dr. Mudassir Iqbal Dr. Majid Waseem Dr. Rashid Iqbal Dr. Muhammad Zubair Dr. Khalil Ahmad Dr. Asam Maan Dr. Tariq Mahmood Dr. Ijaz Bhojio Dr. Sadaf Mushtaq Dr. Komal Mumtaz Dr. Usman Saqib Dr. Hajra Shujha
17:40-18:00	Prayer Break
18:00 - 18:30	Jeopardy Quiz Moderator: Dr. Abdullah Nisar, Dr. Talal Ahmad Chairs: Dr. Asma Abdus Salam, Dr. Mubashar Iqbal

Learning Through Games: An Interactive Approach

Time	Topic
18:30 – 19:30	Learning through Games Moderator: Dr. Ammar Khalid, Dr. Nimra Usman, Dr. Abdullah Ahsan, Dr. Muhammad Bilal, Dr. Asma Bhatti Chairs: Dr. Ateeq Ur Rehman Ghafoor, Dr. Liaqat Ali



WORLD ANESTHESIA DAY

Moderator: Dr. Nafees Ul Hassan

Time	Topic
19:30 - 19:40	Welcome Address By President And General Secretary STSP
19:40 - 19:50	Welcome Address By President And General Secretary PSA
19:50 - 20:30	Panel Discussion: “Before, During And Beyond Surgery; Anesthesiologists Along The Patient Pathway” The Theme Of WFSA 2026 Moderator: Dr. Gauhar Afshan Panelists: Senior Anesthesia Faculty
20:30 - 20:40	Life Time Achievement Awards By Patron STSP And Patron PSA
20:40 - 20:45	Vote of Thanks Dr. Amjad Iqbal , Vice President STSP
20:45 - 21:00	Cake Cutting Ceremony + Group Photo
21:00	Gala Dinner at PC Lawn

Day 2

Breakfast Session: Interactive Problem based learning

Venue: Bukhara Restaurant

**Coordinator: Dr. Fatima Ovais, Dr. Uzair Tariq, Dr. Shehla Nazir,
Dr. Muniba Tahir**

Time	Topic
08:00 - 08:55	Headache Disorders Facilitators: Dr. Mudassar Iqbal & Dr Hajra Shuja Orofacial Pain Facilitators: Dr. Asif Gul Kayani & Dr. Oleg Ilyinski Persistent Spinal Pain Syndrome (PSPS) Facilitators: Dr. Neil Collighan & Dr. Ausaf Ahmad Khan DRG: As a Primary Pain Generator Facilitators: Dr. Amjad Iqbal & Dr. Aasam Maan Axial Back Pain; Think, Diagnose and Treat Facilitators: Dr. Farnad Imani & Dr. Khaleel Ahmad Pain Management in Pediatric Patients Facilitators: Dr. Saleh Khaskheli & Dr Amjad Ali Fibromyalgia / Myofascial Pain: Facilitators: Dr. Safia Zafar & Dr. Sara Haider Malik Knee Joint Pain: Diagnosis and Management Facilitators: Dr. Mazhar Rasool & Dr. Sadaf Mushtaq Acute Pain Management of patients on long term Opioids Facilitators: Dr. Nafees-ul- Hassan & Dr. Mubashar Iqbal Chronic Pancreatitis: A Case Based Management Facilitators: Dr. Salman Ahmed Saleem & Dr. Komal Mumtaz

First Session

Global Pain Day

Moderator: Dr. Rashid Iqbal

Chairs: Prof. Andrew Rice, Brig. Mohammad Salim, Dr. Asif Gul Kayani

Time	Topic
09:00 - 09:05	Recitation of Holy Quran
09:05 - 09:10	Opening Remarks Dr. Khalid Bashir
09:10 - 09:30	Thematic Talk: Pain Relief for All; Bridging the Global Inequality Gap Dr. Gauhar Afshan
09:30 - 09:35	A New Chapter in Pain Care: Launch of the STSP–CPSP Collaborative Guidelines Dr. Salman Ahmad Saleem – General secretary STSP and Focal Person Committee of Pain Medicine CPSP
09:35 - 09:50	Cake Cutting Ceremony by President IASP + Group Photo
10:00 – 11:00	Industry Sponsored Satellite Symposium on Neuromodulation by Boston Scientific. (Banquet Hall C)

Second Session

Empowering Change through Education and Research

Moderator: Dr. Sara Haider Malik

Chairs: Dr. Saleh Khaskheli & Dr. Munir Ahmed Chaudhry

Time	Topic
10:00 - 10:15	Advancing Pain Medicine Education in Pakistan Dr. Majid Waseem
10:15 - 10:30	Pain Medicine Research in Pakistan: Progress, Challenges, and Future Directions Dr. Ali Sarfraz Siddiqui
10:30 - 10:45	Ethical Practices in Pain Management Dr. Saleem Ahmad
10:45 - 10:50	Q & A
10:50 - 11:25	Panel Discussion: Pain Access in LMIS: Barriers and Solutions Moderator: Dr. Syed Mehmood Ali Panelists: Dr. Fayyaz Akhtar Qureshi Dr. Ather Siddiqui Dr. Liaqat Ali Dr. Saira Sadaf Dr. Zahid Rustam Dr. Shemila Abbasi
12:00 – 13:00	Second Satellite symposium by Hilton pharma

Third Session: Cancer and Palliative Care:

Enhancing Comfort, Quality of Life and Dignity for All

Moderator: Dr. Talal Ahmad

Chairs: Dr. Muhammad Zameer Rajput, Dr. Safia Zafar

Time	Topic
11:30 – 11:45	Post Mastectomy Pain Syndrome (PMPS) Dr. Amjad Ali
11:45 – 12:00	Recent Advances in Cancer Pain Management Dr. Ateeq Ur Rehman Ghafoor
12:00 - 12:15	End of Life Care: The Hidden Burden on Patient and Family Dr. Irum Ghafoor
12:15 – 12:20	Q & A
12:20 - 13:00	Panel Discussion: Access vs. Regulation: The Opioid and Cannabis Dilemma in LMIS Moderator: Dr. Rashid Iqbal Panelists: DRAP /ANF /Health Ministry /Health Regulatory Authority Dr. Asif Gul Kayani Dr Maryam Mallick-WHO Representative Dr. Gauhar Afshan Dr. Salman A. Saleem Dr. Saleh Khashkheli Dr. Muddasir Iqbal Dr. Salwa Ahsan
13:00-13:40	Lunch Break + Prayer

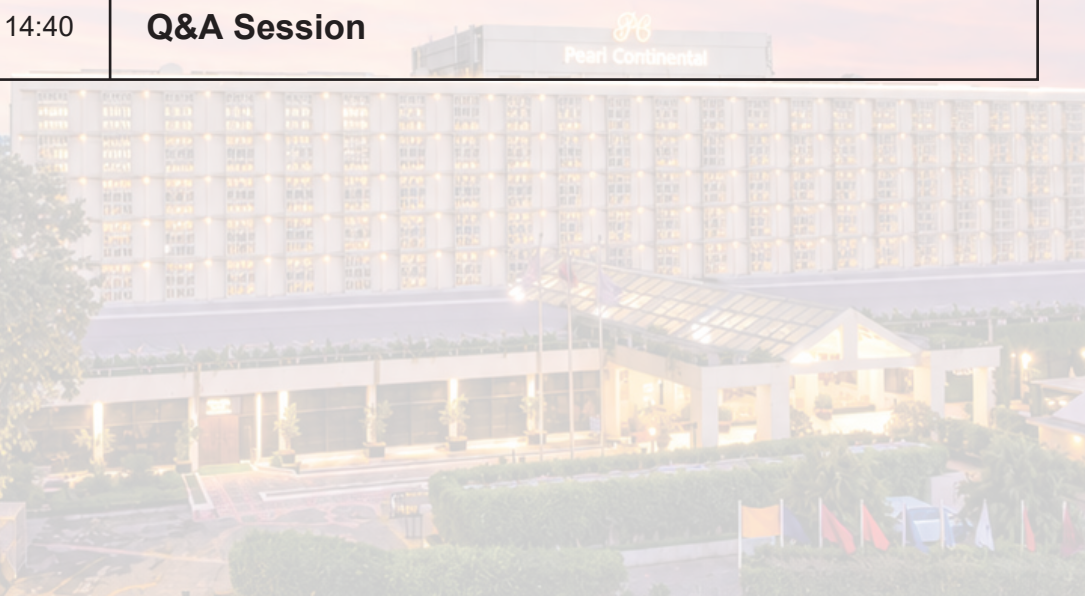
Fourth Session

Chronic Pain Management: From Evidence to Practice

Moderator: Dr. Ausaf Ahmed Khan

Chair: Dr. Muhammad Ashraf, Dr. Baqir Ali

Time	Topic
13:40 - 13:55	Role of Trigemino-Spinothalamic Complex in Chronic Facial Pain Dr. Oleg Ilyinski
13:55 - 14:05	Chronic Pelvic Pain: Underdiagnosed and Undertreated (From Teens to Post Menopause) Dr. Rafia Tabassum
14:05 - 14:20	Complex Realities of CRPS Dr. Rashid Iqbal
14:20 - 14:35	Minimally invasive fusion of facet joint and SI joint using allograft: Dr. Mohammad Ahmad Munir
14:35 - 14:40	Q&A Session



Fifth Session

Acute Pain Management: A Patient-Centered Model Of Care

Moderator: Dr. Sadia Waheed Khan

Chairs: Dr. Iqbal Memon, Dr. Nasreen Laiq

Time	Topic
14:45 - 15:00	A Paradigm Shift in Acute Pain Management for Trauma Patients Dr. Muhammad Javaid Iqbal
15:00 - 15:15	Adapting Global Pain Guidelines to Local Contexts: Strategies for LMIS Dr. Usman Bashir
15:15 - 15:20	Q & A Session
15:20 - 16:00	Panel discussion: How to Establish Acute Pain Services in LMIS. Moderator: Dr. Tahir Akbar Panelists: Dr. Nadeem Ahmad Khan Dr. Kaiser Rehman Dr. Navida Zakriya Dr. Farjad Sultan Dr. Jamal Humayun
16:00 - 16:30	Prayer & tea break

Sixth Session

Free Poster and Paper

Presentation Time: 16:40 – 18:15

Consultant Free Papers Presentation Schedule

Venue: Main Marquee

Moderator: Dr. Usman Saqib

Chairs: Dr. Khalid Bashir, Dr. Hamid Ali Shah

Topic	Presenter
A Novel Approach for splanchnic neurolysis: Comparison of transaortic coeliac versus transdiscal splanchnic neurolysis in upper gastrointestinal cancer patients	Dr Mudassar Iqbal
Bridging the pain education gap: Assessment of physicians knowledge and attitude towards chronic pain management	Dr Rafia Tabassum
Intradiscal ozone, A successful non-surgical option for lumbar disc prolapse	Dr Shahzad Karim Bhatti
Enhancing patient safety in pain management service: Utilizing critical incident reporting to improve clinical protocols	Dr Shemila Abbasi
Devising post operative pain management in modified radical mastectomy in resource constraint settings	Dr Navida Zakriya
Role of systemic lignocaine in neuropathic pain	Dr Syed Majid Waseem
Low cost high impact : delivering effective interventional pain care in a resource constrained setting	Dr Aasam Maan
Comparative role of serratus anterior plane block and thoracic erector spinae plane block in post operative analgesia for breast surgery	Dr Komal Mumtaz
Forgotten pain behind forgotten memory	Dr Sadia Waheed
Procedural accuracy and clinical efficacy of ultrasound guided transforaminal epidural steroid injection in lumbar disc herniation: A flourescopic validation study	Dr Umar Hayat

Residents/Fellows Free Papers Presentation

Venue: Banquet Hall C

Moderator: Dr. Ali Umair

Chairs: Dr. Nasir Ayub, Dr. Qudsia Anjum

Topic	Presenter
Impact of peer review meeting in pain medicine on clinical decision making and treatment planning: Experience from a tertiary care university hospital in Pakistan	Dr Abdullah Nisar
Comparison of efficacy, accuracy and safety between axial and sagittal approach of ultrasound guided transforaminal epidural inj for lumbar radiculopathy	Dr Adeel Shahid
A comparative study of ultrasound guided versus flouroscopy guided transforaminal ESI in lumbar radiculopathy: efficacy, safety and radiation exposure	Dr Umer Farooq
Comparison of USG guided supraclavicular brachial plexus block with and without peripheral nerve stimulation guidance: A randomized controlled trial	Dr Ammara Haroon
Bertolloti syndrome A rare cause of low back pain	Dr Umer Ali
Predictors of successful TFESI in lumbar disc herniation	Dr Waseem Younis
Comparison of analgesic efficacy of genicular nerve RFA versus phenol neurolysis in patients with knee OA	Dr Rashid Hanif
Comparison of efficacy of pulsed radio frequency ablation vs alcohol neurolysis in patients with Trigeminal neuralgia	Dr Kiran Tariq
Comparison of retro clavicular RAPTOR brachial plexus block with classical coracoid infra clavicular brachial plexus block using 0.5 % ropivacaine in patients undergoing forearm surgery	Dr Ali Nasir
Intravenous Acetaminophen for post operative analgesia after living donor right hepatectomy: A hepatic safety evaluation	Dr Saad Rasul
Comparative study of ketamine versus Dexmedetomidine as an adjunct for TAP block in C Section	Dr Mansoor Hussain

Topic	Presenter
Conquering post operative pain: A Comparative study of multi-modal pain management regimens in living related adult donor hepatectomy	Dr Mian Bilal Humayun
Pre operative SIFI block for positioning analgesia In. Hip fracture patients undergoing spinal anesthesia:A randomized controlled trial	Dr Namra Nadeem
Comparison of the effect of intra cuff ketamine versus lidocaine for prevention of post operative sore throat	Dr Hiba Azhar
Thoracic paravertebral Vs Epidural for Post Op Analgesia in patients undergoing uni-lateral thoracic surgery	Dr Ayesha Zaheer

Poster Presentations Schedule

Co-ordinators: Dr. Sadaf Mushtaq, Dr. Zainab Younus

Topic	Presenter
Evaluating the role of erector spinae plane block in post operative laminectomy and discectomy	Dr Usman Hameed Mian
Rehabilitation without walls: Delivering functional pain recovery without multidisciplinary centers in a resource constrained setting.	Dr Aasam Maan
Comparison of safety and efficacy of ultrasound guided erector spinae plane block versus ultrasound guided serratus anterior plane block with dexmedetomidene in modified radical mastectomy.	Dr Asiya Zafar
Comparison of USG guided selective nerve root block vs fluoroscopy guided interlaminar epidural steroid injection for cervical radiculopathy	Dr Umar Hayat

Topic	Presenter
Effectiveness of Pre emptive analgesia with paracetamol and dexamethasone in reducing post operative pain and analgesia requirement in C section patients	Dr Muhammad Bilal
Clinical outcomes of medical acupuncture in patients with chronic musculoskeletal pain-A retrospective clinical audit	Dr Imran Fazil
Comparison of USG versus flourosopic guided technique for RFA of genicular nerves in patients with chronic knee osteoarthritis	Dr M. Rashid hanif
The spectrum of pain patients reporting to the pain clinic of Holy family hospital, Rawalpindi	Dr Yasmeen Azeem
Painless but not harmless: A toddler's tale of self mutilation	Dr Asma Bhatti
An unusual painful sequel of mumps: Persistent thoracolumbar pain in a child	Dr Asma bhatti
Demographic characteristics and clinical features of fibromyalgia in patients presenting in rheumatology OPD of tertiary care hospital	Dr Zainab Younas
Impact of shifting interventional pain procedures to a flouoscopy suite: one year audit of patient stay duration	RN Kamran Nawaz
Role of Physiotherapy in reducing low back pain	Shiza Tahir
Burning mouth syndrome	Dr. Adeel Abbas, Dr Shehla Nazeer
Effectiveness of Pain Management Interventions in Patients	Dr. Asif Hassan
Interscalene Brachial Plexus block for Pain Management in Upper Limb Orthopedic Surgeries	Dr. Hadaika Gul
With Chronic Cancer pain in a Tertiary Care Hospital Pain Management of Snapping Scapular Syndrome Using 5% Dextrose Water	Dr. Tayyaba Wasim

Concluding Session

Moderator: Dr. Mashaal Saad, Dr. Usman Zaheer.

Time	Topic
18:30- 19:00	Vote of Thanks, Prize Distribution – Dr. Brig. Salim, Dr. Amjad Iqbal

