

# World Congress in Maastricht



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The 7th biannual World Congress was organized by World Institute of Pain on 7-10th May 2014 in Maastricht, Netherland. This 4 days meeting have numerous highlights and lectures given by world known speakers in pain medicine. The topics covered the most updated pain knowledge and clinical practice, from molecular level such as neuromodulation to clinical trial for new treatment modalities.

There were 1680 participants from over 80 countries joined these meeting, 67% were clinical practitioners, 10% clinical researchers, 10% industry and corporate personnel, 5% resident/research fellows, 4% basic science researchers, and 4% nurse/healthcare practitioners. There were plenary symposium, satellite lecture, refresher courses for FIPP examination and cadaver workshops for interventional management. 303 abstracts were featured as posters and displayed in the exhibition hall with booths of various new products showed.



It's was my honor to meet with Professor Cheung Chi-wai and his research team from the Laboratory and Clinical Research Institute for Pain, The University of Hong Kong and get known of their recent research on Up-regulation of excitatory amino acid transporter-2 in spinal cord.



I attended lectures discussing new trend of anti-neuropathic agents and treatment of cancer pain. Special attention was paid to recent FDA reports on issue of epidural steroid use. With views from different perspective and discussion, it is believed that ESI remain controversial with further research and consensus are needed. But current evidence suggested that non-particulate steroid is not inferior to particulate one, while transforaminal cervical steroid injection is not recommended.



Another interesting topic is the past, current and future of pain intervention, how far and what direction should go, based on the benefit versus complication, evidence versus cost. Speaker from US Dr. Jim Rusthum presented the dilemma in American in which more and more patients go for pain injection, as well as the raise of complains and abuse of the medical insurance system.

Being an anaesthetist practicing pain medicine in public hospital, this meeting enforced the evidence-based management in my daily practice. By exchanging experience with overseas fellows, it not only enriched my own knowledge, but also provided chance to compare and contrast pain management across various disciplines around the world, so as to improve care and promote pain education in medical field and general public in Hong Kong.

The 8<sup>th</sup> World Congress will be held in New York, please save the calendars now for May 20-23, 2016.

