



### **Report on the ICSP 2016 Conference in Korea – by Dr. Edmond Chung**

Thanks to the Hong Kong Pain Society, I have been sponsored to attend the First International Congress on Spinal Pain (ICSP) in Korea in May 2016. This is a valuable opportunity that pain specialists from overseas meet together and exchange ideas and information on the latest trends. There are more than 1000 participants, from different countries, mainly from Asia, others also from Europe, Australia, US and Canada. In this Congress, we can see that different disciplines around the world are becoming more and more interested in pain management. These include orthopaedic surgeons, neurosurgeons, radiologists, etc. We also meet different disciplines involved in pain management, including pain nurses, physiotherapists, etc. The congress and workshops also cover different pain interventions including fluoroscopic and ultrasound-guided interventions.

The ICSP 2016 comprises 2-days workshops and 2-days congress. For the 2-days Congress, it is mainly in format of lectures or Topic discussion sessions. It covers various topics in Spinal Pain, including Failed Back Syndrome, neurogenic claudication, vertebral osteoporosis, complex regional pain syndrome, cervical spinal pain, rheumatological conditions affecting the spine, etc. It also covers topics on interventional management, including radiofrequency lesioning, use of epidural steroids, neuromodulation, spinal epiduroscopy, and also alternative medicine. It also throws light on newer advances of spinal epiduroscopy and newer modes of spinal neuromodulation. Not only does the congress covers non-cancer spinal pain, it also covers cancer-related spinal pain.

As for the 2-days workshops, it is divided into four different sessions, including, fluoroscopic-guided procedure, ultrasound-guided procedures, advanced procedures and cadaver dissections. Fluoroscopic guided procedures include non-cancer spinal procedures such as lumbar facet injections, sacroiliac joint injections, transforaminal spinal root sleeve injections, caudal epidural injections, etc. And also cancer-related spinal procedures, such as coeliac plexus block and superior hypogastric plexus block. Ultrasound-guided procedures include procedure in neck, lumbar and parasacral areas. These include stellate ganglion block, lumbar facet block, piriformis injection, sacroiliac injection. Advanced procedures include percutaneous endoscopic lumbar discectomy, epiduroscopic laser neural decompression, transforaminal epidural laser annuloplasty and spinal Augmentation and epidural neuroplasty. Cadaver dissection include dissection of cadavers over different regions including the neck, trunk and extremities. Overall speaking, the workshops do provide us with a valuable chance of revision of previously learnt information, as well as an introduction to newer techniques.

Last of all, I thank once again the Hong Kong Pain Society for this valuable experience to attend this Congress. The next ICSP meeting will be in Beijing in July 2017. Hope that more and more of we HKPS members will attend this great function !