

Conference report on the 16th World Congress on Pain

Yokohama, Japan, 26 September to 1 October 2016

Prepared by Gladys Cheing

The 16th World Congress on Pain organized by the International Association for the Study of Pain (IASP) was held in Yokohama, Japan. It aimed to provide an ideal platform for a global network of people from various disciplines including scientist, clinicians, and health care providers to update their knowledge through constructive dialogue and presentation on the latest research findings in pain management. This biennial congress provides informative updates on a wide range of pain-related topics, such as cancer pain, post-operative pain and latest in pharmacologic pain management. The congress offered excellent networking opportunities and brought together more than 5,000 specialists who work in pain research or clinical work from around the world to share their experience, findings and exchange ideas for future research trends.



Thanks to The IASP Scientific Program Committee that put together outstanding program comprised of 15 plenary lectures, 70 topical workshops and 20 refresher courses which provided up-to-date information on an array of topics in the study of pain. The plenary lectures featured a number of highly respected senior pain researchers and successful young pain scientists who presented their latest discovery in a variety of pain-related research areas such as biopsychosocial factor of pain, neuroinflammation and visceral pain, electrophysiological analysis of pain mechanisms in vivo etc. In addition, the topical workshops covered the latest findings in diverse themes related to both clinically-oriented and basic science sessions. Besides, there were sessions featuring psychosocial aspects of pain, resilience to pain and challenges of managing pain in children and in elderly. As for the 20 refresher courses which were designed to provide concise up-to-date summary and findings on particular areas, participants could choose from a number of courses covering topics such as current technology to pain syndromes, pain management in special populations, pain genetics, and neuroimaging.

By attending this meeting, I had the opportunity to join the global network of leading pain experts and update my knowledge from the latest research findings and clinical practice around the world. The congress provided informative and inspiring experience for stimulating innovative research directions. Finally, I would like to express my gratitude to the Hong Kong Pain Society for sponsoring me to attend the congress.