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Join us for Global Pain Day 2021

An interactive virtual event that promises to deliver an exciting range of presentations, live discussions and Q&A sessions featuring a multidisciplinary speaker faculty of internationally renowned experts in the field of pain management.

18
internationally
renowned
experts

Speakers from
11 countries
across five
continents

14+ hours of
stimulating and
interactive
content

Global Pain Day 2021 will address a variety of hot topics in pain management, for instance:

- Holistic pain management to improve quality of life
- Optimising analgesia for acute, chronic, or recurring conditions
- Latest guideline updates
- Over-the-counter analgesia in the post-COVID-19 era

This event is intended for all those with an interest in pain management:

- General practitioners
- Pharmacists
- Nurses
- Physiotherapists
- Osteopaths
- Dentists
- Other pain specialists

07:00–21:30 (BST) | 08:00–22:30 (CEST)
02:00–16:30 (EDT) | 14:00–04:30 (CST)

13.10.2021

Meeting overview

The inaugural Global Pain Day is a one-day, interactive virtual event featuring an exciting range of presentations, live panel discussions and Q&A sessions.

The Global Pain Day features a panel of distinguished international speakers. It aims to enhance knowledge of over-the-counter pain medications and their role in managing acute and chronic pain, and to explore the role of analgesia in the COVID-19 era and beyond.

Agenda (in BST)

Session 1: Treatment choices

- 07:00 – 07:30** Appropriate use of paracetamol **Dr John Alchin (NZ)**
 - 07:30 – 08:00** Self-management of mild to moderate pain **Mr John Bell (AU)**
 - 08:00 – 08:30** Effect of pain on quality of life **Prof Bart Morlion (BE)**
 - 08:30 – 09:15** Moderated panel discussion **Dr John Alchin, Mr John Bell** and **Prof Bart Morlion**
 - 09:15 – 09:30** **15-minute break**
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Session 2: Holistic management

- 09:30 – 09:55** Newer topical formats in pain medicine: focus on sprays **Dr Madhu Thottappillil (IN)**
 - 09:55 – 10:15** 20-minute Q&A with **Dr Madhu Thottappillil**
 - 10:15 – 10:40** Psychological consequences of poorly-managed chronic pain **Dr Ziad Elchami (KSA)**
 - 10:40 – 11:00** 20-minute Q&A with **Dr Ziad Elchami**
 - 11:00 – 11:25** Evidence-based use of different pain relief tools for musculoskeletal pain **Prof Justus Benrath (DE)**
 - 11:25 – 11:45** 20-minute Q&A with **Prof Justus Benrath**
 - 11:45 – 12:10** Management of osteoarthritis in China: highlights on topical NSAIDs and traditional Chinese medicine **Dr Dan Xing (CN)**
 - 12:10 – 12:30** 20-minute Q&A with **Dr Dan Xing**
 - 12:30 – 12:55** Moving more matters: physical activity and musculoskeletal health **Dr Anna Lowe (UK)**
 - 12:55 – 13:15** 20-minute Q&A with **Dr Anna Lowe**
 - 13:15 – 13:30** **15-minute break**
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Session 3: COVID-19 and pain

- 13:30 – 14:00** The pain manifestations of COVID-19, its characteristics, predictors, and possible management **Prof Lars Arendt-Nielsen (DK)**
- 14:00 – 14:30** Effect on immunogenicity of COVID vaccines when analgesics and antipyretics are used to manage post-vaccine symptoms **Dr Gregory Poland (US)**
- 14:30 – 15:00** OTC analgesics use for pain management in the new virtual care environment: COVID-19 and beyond **Dr Wendy Wright (US)**
- 15:00 – 15:45** Moderated panel discussion **Prof Lars Arendt-Nielsen, Dr Gregory Poland** and **Dr Wendy Wright**
- 15:45 – 16:00** **15-minute break**

Session 4: Treatment Choices

- 16:00 – 16:30** Efficacy of topical diclofenac **Prof Phil Wiffen (UK)**
- 16:30 – 17:00** Safety of topical diclofenac **Prof Angel Lanas (ES)**
- 17:00 – 17:30** Moderated panel discussion **Prof Phil Wiffen** and **Prof Angel Lanas**
- 17:30 – 17:55** OTC analgesic use to avoid/spare opioids in recurring pain conditions **Prof Richard Lipton (US)**
- 17:55 – 18:15** 20-minute Q&A with **Prof Richard Lipton**
- 18:15 – 18:40** Suitability of paracetamol compared to other OTC analgesics **Dr Paul Christo (US)**
- 18:40 – 19:00** 20-minute Q&A with **Dr Paul Christo**
- 19:00 – 19:15** **15-minute break**

Session 5: Treatment choices

- 19:15 – 19:45** OTC analgesic use to manage acute and recurrent back pain – Guideline recommendations and supporting evidence **Dr Jeffrey Fudin (US)**
- 19:45 – 20:15** Management of acute injury (sprains, strains, bruises) with OTC analgesics **Dr Jeff Rosen (US)**
- 20:15 – 20:45** Moderated panel discussion **Dr Jeffrey Fudin** and **Dr Jeff Rosen**
- 20:45 – 21:10** Evolution of osteoarthritis guidelines – Changes in medication-based treatment options from the 1990s to 2021 **Dr Joel Block (US)**
- 21:10 – 21:30** 20-minute Q&A with **Dr Joel Block**