



# PIG-NI NEWS

## Pain Interest Group Nursing Issues

Newsletter July 2016

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### Sandra Tutt

#### Chairperson, Pain Interest Group Nursing Issues

Half way through the year and has it not flown?

Have you registered for the October NSW PIGNI annual conference? This will be our 10th annual conference and we hope to see as many members and colleagues there. It promises to be a great day. Be an ambassador for pain management awareness in your hospital!

Are you aware that it's National Pain Week 25th – 31st July, 2016? This is an annual event and more information can be found on [www.nationalpainweek.org.au](http://www.nationalpainweek.org.au)

It may be too late to plan celebrations this year but think about planning for next year.

Lee and the Newsletter team have put together an interesting collection of articles for you to read. They work hard to bring you this quarterly newsletter. I hope you enjoy it.

I would like to thank, our sponsors of the NSW PIGNI newsletter, Hospira, now a Pfizer company, who have been sponsoring this newsletter for over 20 years and have been a great support to the PIGNI group.

### Sandi



## National Ambassador Michael Clarke

"I would like those suffering with chronic pain to know, I feel your pain and it's ongoing. But, I now know it is all about learning as much as you can to manage your pain as effectively as you possibly can."

**Chronic Pain Australia, National Pain Week (25 – 31 July 2016) promotes four core aims.**

Newsletter sponsored by



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## Editor's Message April 2016

Dear Members,

As we endure a cold winter, be inspired today in our primary focus of the newsletter, a heart-warming story from a pain management nurse who knows pain personally and professionally.

Toulas Kranitis generously shares her experiences and by so doing, encourages us all to look to the heart of who we are and how we can best be an ambassador for pain management where we work, live and serve others. Toulas has generously provided slides of the talk she gave staff at a healthcare facility for people with disabilities which we may use.

Another great ambassador for pain management has retired! Professor Michael Cousins.

## A Pioneer Retires

Professor Michael J Cousins AO has devoted his entire career and much of his personal life to improving the lives of people living with pain. His selfless commitment to this goal over the past four decades has led to a new understanding of chronic pain as a disease in its own right. Professor Cousins's advocacy has prompted governments in Australia and internationally to recognise pain as a health care priority.

Professor Cousins graduated from University of Sydney, specialised in Anaesthesia and studied overseas on a Fellowship in 1969-1970. While at McGill and Stanford Universities, he interacted with three of the pioneers in the field of Pain Medicine: Ronald Melzack and Patrick Wall, who in 1965 proposed the revolutionary "Gate Control Theory of Pain", and John J. Bonica the Founding Father of the team approach to pain management.

### PMRI

Shortly after returning to Sydney early in the 1990s Professor Cousins set up the Pain Management Research Institute (PMRI) Ltd which is a not for profit, tax exempt community based organisation which raises funds for the research and education activities of PMRI, as well as other activities where appropriate.

### ADVOCACY and POLICY REFORM

In March 2010 Professor Cousins chaired the Steering Committee, which developed Australia's first National Pain Summit at Parliament House, Canberra. The Summit brought together 150 healthcare and consumer organisations who worked together to develop the National Pain Strategy, approved unanimously at the Summit. Following the Summit, he spearheaded the formation of a new organisation, Painaustralia, which acts as an advocacy body to facilitate the implementation of the Pain Strategy.

In Australia, Professor Cousins was the Founding President of the Australian Pain Society (1979), Chairman of the Joint Advisory Committee on Pain Medicine of the specialist Colleges of Anaesthesia (ANZCA), Medicine (RACP), Surgery (RACS),

Psychiatry (RANZCP) and Rehabilitation Medicine (AFRM) which led to the formation of the Faculty of Pain Medicine (FPMANZCA) in 1999. He served as the Founding Dean of the Faculty of Pain Medicine (1999-2002), which is currently unique worldwide in bringing together five speciality bodies to oversee a single training program and examination leading to a specialist qualification in Pain Medicine. He also played the leading role with Faculty of Pain Medicine colleagues, in gaining recognition of Pain Medicine as a medical speciality by the Australian Government in 2005.

### MULTIDISCIPLINARY PAIN AMAGEMENT

**CENTRES** Professor Cousins developed two large multidisciplinary centres in Pain Medicine, at Flinders Medical Centre, Adelaide (1975-1990) and at The University of Sydney, Royal North Shore Hospital (1990-present).

### EDUCATION

Professor Cousins also fostered the development of a University of Sydney Graduate Diploma and Masters post-graduate degree in Pain Management, which now enrolls students from across Australia and around the world in a web-based education program for all health professionals, which is unique worldwide.

### INTERNATIONAL

### ASSOCIATION FOR THE STUDY OF PAIN

**(IASP)** Professor Cousins is the only Australian and the first Anaesthetist after the Founder John J. Bonica to serve as President of the International Association for the Study of Pain (IASP) (1987-1990).

His book on "*Acute Pain Management in Critical Care*" with Garry Phillips (1986) was the first on this subject.

### ANZCA

In the Australian & New Zealand College of Anaesthetists (ANZCA), Professor Cousins served as the Councillor 1995-2006, Vice President 2003-2004 and President 2004-2006. He re-organised the ANZCA Foundation and served as its Chair.

Major initiatives during his Presidency were:



## A Pioneer Retires (continued)

overhauling the governance of ANZCA Council to meet ASIC requirements; appointment of a new CEO; appointment of ten taskforces, which harnessed over 100 ANZCA Fellows, leading to important ANZCA initiatives such as: a new focus on Perioperative Medicine; a major new emphasis on Quality and Safety – a joint initiative with the Australian Society of Anaesthetists; development of a detailed strategic plan to respond in a positive proactive way to **the evolution of Nurse Practitioners**.

He organised an Inter-Collegiate Forum on Pain Medicine at ANZCA House which provided major impetus to Pain Medicine, with participation of a comprehensive range of Medical Specialities and General Practice. Professor Cousins' proactive

stance as a member of the Committee of Presidents of Medical Colleges (CPMC) led to his election as Chair of CPMC (2006-2008) – at a time of major challenges necessitating close interaction with Federal and State Governments and health bureaucracy. His contribution to health policy continued via his role as a Councillor of the Australian Medical Council (2006-2009). Previously he served as President of the Association of Medical Professors of Australia, again interacting closely with government

His research has produced over 330 original papers, reviews, book chapters and editorials. Studies have been at basic, clinical and epidemiological levels.

## Toula's story - 'From the heart of a mother and a pain management nurse'

Yesterday I had the privilege of presenting our personal story of a mother of a son with a disability and requiring pain management.

The first impression of the Summer Hill facility was excellent; warm inviting and spotlessly clean!

As a mother who may require respite and care for a child with a disability it was very impressive, may I say.

In recent years, I would never consider placing Danny in such surroundings although now having attended this informative day at Summer Hill, it has opened my eyes for future planning. The family dynamics will not always be as we are now.

I thanked the staff for being such wonderful carers and advocates for patients, clients with disabilities and was able to give them insight as a parent and a pain nurse.

Can I say one of the managers attending proceeded to come over to me at the end of my talk, hugged me and asked if I would present to her facility which I have said that I would.

I must inform you that it was an overwhelming feeling that I have inspired these wonderful nurses for their future work ethics because it's so important as a mother who can't always protect her disabled child for the rest of his life and that these special people can continue this remarkable work for the future.

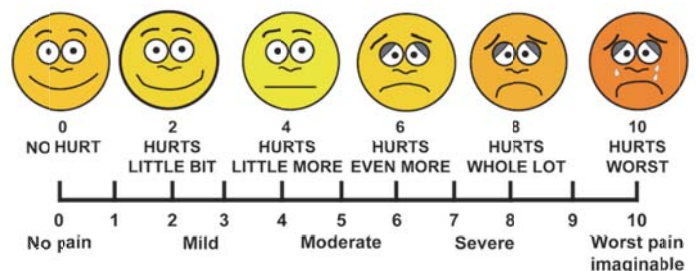
USE Appropriate and descriptive Language to communicate effectively for that individual person  
WORDS such as:

**PAIN**      **SORE**  
**HURT**      **OUCH**

The staff members were very keen to listen to my story of my son who is 27 years of age who has Downs Syndrome, who still lives at home with his family and the difficulties Danny experienced. Danny developed a DVT and bilateral pulmonary emboli, was hospitalised and required pain management.

We are lucky enough to be able to care for Danny at home at present, although one day our situation may change and we will be looking for care facilities like the Summer Hill Program.

### PAIN MEASUREMENT SCALE





# 2016

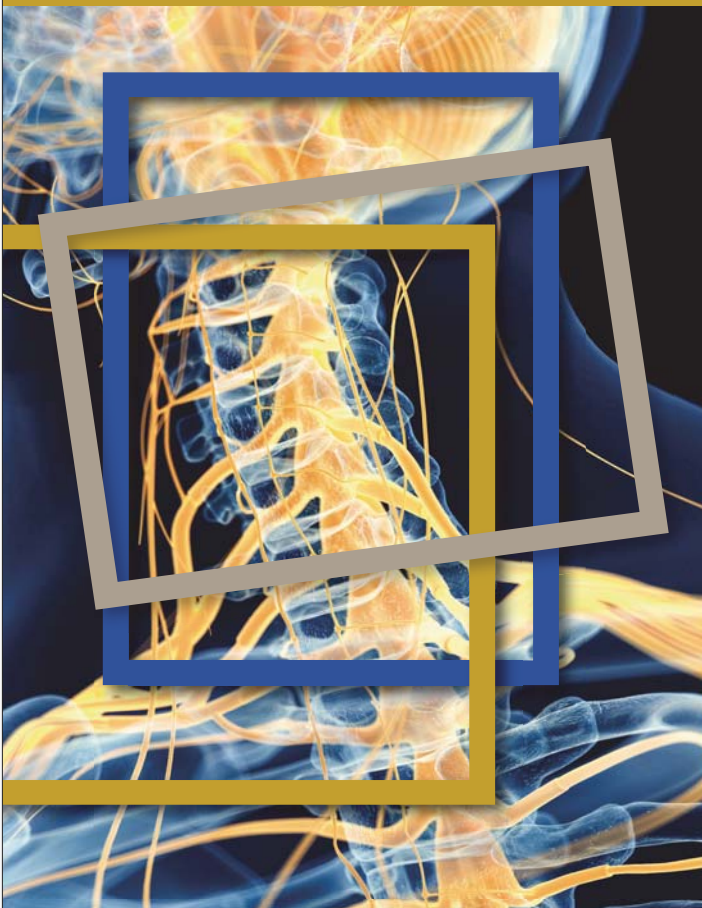
Friday 21 October  
Le Montage, Lilyfield



A sub-group of  
THE  
AUSTRALIAN  
PAIN SOCIETY

Pain Interest Group  
Nursing Issues 2016  
Annual Professional  
Development Day

## Reframing Pain



Pain management nursing: Reframing the picture

**Trudy Maunsell**, Princess Alexandra Hospital QLD

Managing opioid dependent patients

**Dr Apo Demirkol**, Prince of Wales Hospital

Wound pain management

**Debbie Blanchfield**, Wollongong Hospital

Paediatric pain management in a small non-tertiary hospital

**Megan Cluff**, Hornsby Hospital

A pain in the back

**Dr Renata Bazina**, Liverpool Hospital

Drug cocktails, shaken and stirred

**Dr Sachin Shetty**, Prince of Wales Hospital

Acute pain management scientific evidence, *NEW* updates

**Dr Richard Halliwell**, Westmead Hospital

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Contact DC Conferences Pty Ltd

[www.dcconferences.com.au/pigni2016](http://www.dcconferences.com.au/pigni2016)

**P** 02 9954 4400

# Rural Scholarship

Application Deadline **1st August 2016**



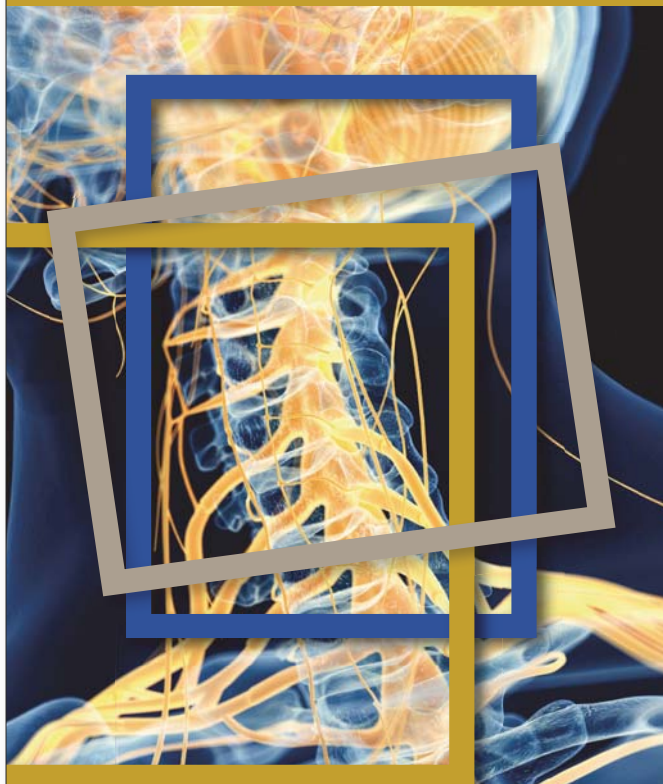
A sub-group of the Australian Pain Society

## Pain Interest Group Nursing Issues

2016 Annual Professional  
Development Day

Friday 21st October 2016 | Le Montage, Lilyfield

## Reframing Pain



The Pain Interest Group is offering scholarships to successful applicants to attend this professional development day. Expressions of interest are invited from nurses working in rural areas of NSW who have an interest in the specialty for pain management to apply for this scholarship.

### Program Highlights Theme: Reframing Pain

- Pain management nursing: Reframing the picture
- Managing pain in the opioid tolerant patient
- A pain in the back: Management of back pain
- Drug cocktails, shaken & stirred: Multi-modal analgesia
- Wound pain management
- Paediatric pain management in a small non-tertiary hospital
- Acute Pain Management Scientific Evidence NEW updates

### Scholarship includes:

Registration fee at early bird rate and contribution to accommodation and travel expenses.

**Total value up to \$500** *Terms and conditions apply*

Letter of application: to include the benefits of attending for the applicant and to their place of employment, a short curriculum vitae and current copy of registration with the Australian Health Practitioner Regulation Agency (AHPRA).

Successful applicants: must attend and provide a brief written report of the day including their 2 favourite presentations, which will be published in the Pain Interest Group Nursing Issues Newsletter.

**Receipt for expenses:** to be provided prior to reimbursement

**APPLICATION DEADLINE**  
**Monday 1st August 2016**



### MAIL or EMAIL APPLICATIONS TO:

**Vickie Croker** CNC Tamworth Integrated  
Pain Service (TIPS), Tamworth Hospital

✉ [Vickie.Croker@hnehealth.nsw.gov.au](mailto:Vickie.Croker@hnehealth.nsw.gov.au)

### FOR APPLICATION INFORMATION CONTACT:

**Vickie Croker** | ☎ 6767 7134

### FOR FURTHER COURSE INFORMATION VISIT

[www.dconferences.com.au/pigni2016](http://www.dconferences.com.au/pigni2016)

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# The 'Middle Wife' by an ANONYMOUS 2nd grade teacher

*I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second grade classroom a few years back.*

*When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome.*

*Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater.*

*She holds up a snapshot of an infant. 'This is Luke, my baby brother, and I'm going to tell you about his birthday.'*

*'First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord.'*

*She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.*

*'Then, about two Saturdays ago, my Mom starts going, 'Oh, Oh, Oh, Oh!'' Erica puts a hand behind her back and groans. 'She walked around the house for, like an hour, 'Oh, oh, oh!'' (Now this kid is doing a hysterical duck walk and groaning.)*

*'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mom to lie down in bed like this.'* (Then Erica lies down with her back against the wall.)

*'And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew!'*  
*(This kid has her legs spread with her little hands miming water flowing away. It was too much!)*

*'Then the middle wife starts saying 'push, push,' and 'breathe, breathe.'*

*They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mom's play-center, so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there in the first place.'*

*Then Erica stood up, took a big theatrical bow and returned to her seat.*



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facilitates full wireless integration of the pumps, safety solution, and connectivity with your electronic medical record (EMR). The Sapphire ambulatory infusion system's innovative design and future ready technology can provide the clinicians and patients with a state of the art solution. This technology is complimented by an extensive range of IV consumables and accessories from our Clave range. Learn more at [www.hospira.com.au](http://www.hospira.com.au)