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Progress Report 2003



ASSIST
TRAIN
INFORM
COOPERATE

INSTITUT UPSA
DE LA DOULEUR 

Progress Report 2003

2003: A Decade of Commitment to the Fight Against Pain

The UPSA Pain Institute wanted to celebrate its tenth Anniversary together with the members of its Scientific Board and the press within the framework of the Orsay Museum.

The purpose was to take the opportunity of this anniversary to associate the Institute's successful commitment in the fight against pain with art and beauty.

The Institute wants to pursue its objectives of:

- *Assisting the development of clinical research and the therapeutic approach against pain*
- *Promoting the training of healthcare professionals*
- *Developing patient and general public education*
- *Strengthening cooperation between the scientific community and healthcare professionals throughout not only Europe but also the rest of the world.*

The Association is managed by a five-member Board. The Board's actions are proposed by an independent Scientific Board over which Dr. François Boureau has presided since September. The Scientific Board's responsibility is to ensure that its desired objectives and actions are achieved. The Board is composed of fifteen leaders from the medical and scientific community committed to the study and treatment of pain.

Doctor Pierre Le Sourd

President of the Administration Board

After presiding over the UPSA Pain Institute's Scientific Board for ten years with great interest, the time had come to stop pass on this responsibility. I feel that it is quite logical that François Boureau be designated to succeed me. I am happy with this choice as it ensures that the Institute will continue its original and independent work under his presidency. As Honorary President, I will continue my association with the endeavors of the Scientific Board, which, I think, will be in the interest of researchers, clinicians, and patients.

Professor Jean-Marie Besson

President of the Scientific Board - Former President of the International Association for the Study of Pain



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Pain Scholarship

The € 10,600 Pain Scholarship is awarded in support of original work in the field of fundamental or clinical research.

In 2003, the Pain Scholarship was awarded to **Dr. Bing Ling** of the Toxicology Laboratory at the Clermont-Ferrand Medical/Pharmaceutical Faculty for work done on the "Development and Pathophysiology in a New Animal Model of Peripheral Neuropathy Caused by the Administration of Oxaliplatin." This award was provided in partnership with the Société d'Etude et de Traitement de la Douleur, at its Third National Conference in Paris.

Call for Bids

Financing of 2-year fundamental and clinical research contracts in the field of pain is awarded through a bidding process.

For the period 2003-2004, the UPSA Pain Institute financed the following fundamental and clinical research- €30,500 over two years.

FUNDAMENTAL RESEARCH

- **Scientific head: Pr. Rémy Schlichter**, UMR, 7519 CNRS, Strasbourg. "Modulation of Neuronal Excitability of GABA/Glycine and GABA/ATP Co-transmissions in the Neuronal Networks of the Superficial Layers of the Dorsal Gray Horn of the Spinal Cord, and Their Relationship With Inflammation".

CLINICAL RESEARCH

- **Scientific head: Dr. Christelle Creac'h**, Centre hospitalier, Saint-Étienne. "Study in IRMf: Effect of Emotional and Cognitive Control Over the Integration of Pain".
- **Scientific head: Dr. François Maugeière**, Hôpital Neurologique, Lyon. "Characterization of the Time Sequence of Cortical Network Activation of Pain in Man".



TRAIN & INFORM

HEALTHCARE PROFESSIONALS AND THE GENERAL PUBLIC

The impetus for training is the determination to broaden the knowledge of the treatment of pain and its management among all medical and other healthcare professionals.

Third I.U.D. International Conference

The UPSA Pain Institute's Third International Conference was held on November 14, 2003, in conjunction with the Third National Conference of the Société d'Etude et de Traitement de la Douleur, at La Villette (Paris). At this conference, an original paper was read by **Dr. Maria Adele Giamberardino**, of the Department of Medicine and the Science of Aging of the Chieti (Italy) Medical Faculty, on the subject of "Visceral Pain: from Pathophysiology to Diagnoses and Treatment." This conference will be covered in a special issue of the Institute's Letter in the first half of 2004.

I.U.D. Publications for Medical and Other Healthcare Professionals

BOOKS

- "The Nurse and Pain", "Teamwork in Palliative Care: The Nurse's Role", and "Neuropathic Pains" were republished in 2003.
- "Psychological Aspects of Chronic Pain" was published in November 2003 (10,000 copies). This 157-page book with contributions from 13 authors was edited by **Dr. Anne Françoise Allaz** of the Pain Center at the University hospitals of Geneva, and is intended for pain specialists involved in caring for intractable chronic pains and for psychiatrists and psychologists.



THE I.U.D. LETTER

- Letter No. 19: "Pain and the placebo Effect," by **Drs. François Boureau and Christian Guy Coichard** (Hôpital Saint-Antoine, Paris).
- Letter No. 20: "Iatrogenic Pain: Recognizing it, Treating it, Preventing it" (paper on the 2nd International Conference) by **Dr. Paolo Marchettini** (Hôpital San Raffaele, Milan).



THE GENERAL PRACTITIONER AND PAIN

- Letter No. 6: "Psychological Aspects of Chronic Non-cancer Pain," by **Dr. Anne Françoise Allaz** (University Hospitals, Geneva).
- Letter No. 7: "Titration and Intermittent doses of Morphine: On the Latest standards, Options, and 2003 Recommendations on Antalgic Medicinal Treatments of Cancer Pain by Excess Nociception in the Adult," by **Dr. Ivan Krakowski** (Alexis Vautrin Center, Vandœuvre-les-Nancy).

THE NURSE AND THE MANAGEMENT OF PAIN

- Letter No. 4: "Care for Pain in Rheumatology," by **Mme Claudine Mallet** (L'Archet University hospital, Nice).
- Letter No. 5: "Pain Caused by Treatment: Prevention and Optimization of Care in a Study of Adult Cancer Patients" by **Mrs. Christelle Courtiol** (Alexis Vautrin Center, Vandœuvre-les-Nancy).
- Letter No. 6: "Pain in Emergencies" by **Mrs. Valérie Heuyer** (Caremeau University Hospital Group, Nimes).

I.U.D. Publications for the Patient and the General Public

- **"If it hurts, above all, talk about it"**: A million copies of this informative booklet for the management of acute and chronic pain was published and distributed to pharmacies and general practitioners in 2003.

The purpose is to educate patients about the treatment of their pain to increase their understanding and elicit their cooperation in its management. This promotes patients' treatment compliance and better cooperation with members of the healthcare management team. The result is a more efficient and productive medical consultation. This booklet was also distributed to general practitioners in Algeria, Tunisia, and France's Overseas Departments and Territories.

- **"Morphine: Let's talk about it"**: The purpose of this booklet is to communicate information concerning opioids in order to diminish certain taboos that persist to inhibit physicians' prescribing habits and patients' compliance with the use of opioids in the management of pain.

- **"Reperes' Booklet"**: BMS/UPSA's "Oncology" therapeutic area launched an information program for cancer patients and their families, including regular publication of practical pocket guides. The Institute participated in the writing of a series on the theme of "Pain and Cancer".



TRAIN & INFORM

HEALTHCARE PROFESSIONALS AND THE GENERAL PUBLIC

Training Kits for Nurses

THE NURSE AND PAIN

Thousands of hospital employees were trained in 2003 using the "Pain Management" awareness teaching kit. The number of courses increased considerably as the group of nurses collaborating with the Institute for this training project was expanded. The targeted audiences are the Nursing care training institutes, hospital services, and retirement homes. Nurses regularly use this kit in "on-the-job" training in hospitals, pain DUs in high schools, and also at pain conferences and in various associations.

TEAMWORK IN PALLIATIVE CARE: THE NURSE'S ROLE

A training kit (of back-projectable transparencies) has been developed for referral nurses in palliative care for training courses in their hospital, in nursing care training institutes, retirement homes, and other hospitals.

Institutional Film

A commemorative 8-minute film highlighting the Institute's accomplishments was produced to pay tribute to UPSA's 10th Anniversary.

UPSA Pain Institute Website



This site opened its portal in April 2001.

Although intended mainly for healthcare professionals and researchers, patients can also find information about Pain Evaluation and Treatment Centers in France. The site is thus accessible to everyone and does not require a password. It is organized around the Institute's three broad objectives: Assist, Train and Inform, and Cooperate.

Now containing several hundred pages, the site was augmented by uploading the new IUD publications during 2003. It can be accessed at www.institut-upsa-douleur.org

Financial Support

The Institute subsidized the publication of 4000 copies of the long version of the collective book on "Standards, Options and Recommendations" for the medicinal antalgic treatments of cancer pain by excess nociception in the adult. These books are intended for doctors involved in pain care in cancerology.

The UPSA Pain Institute also made a financial contribution for a study on the "Quality of pain care in intensive care." This is a practical prospective national survey conducted over one year in 37 intensive care units, making up a national network. Recommendations for clinical practice will be developed on the basis of the results.

The UPSA Pain Institute also financially supported a part of the organization of the University Diploma for palliative care held in Martinique and in Guadeloupe.

Action at the Level of the European Institutes

The work of the UPSA Institutes in Europe continued independently in 2003 under the auspices of the Scientific Boards from each country: Spain, Belgium, and Switzerland.

In Spain, four scholarships were awarded or renewed. The periodic newsletters were continued, and three original books were published concerning pain in the fields of trauma, re-habilitation, and ambulatory surgery. The Instituto UPSA del Dolor was also involved in organizing several national scientific meetings.

In Belgium, an annual prize was awarded jointly by the Belgium Pain Institute and the Belgium Pain Society. A work group was created to prepare an education module for general practitioners. This is a supplement to a training module already in use for the nursing team.

In Switzerland, a postdoctoral scholarship and a pain management prize were awarded by UPSA Pain Institute Switzerland. Collaboration with the Swiss Association for the Study of Pain also made it possible to organize a pain management program.

Action at the Level of the Pain Treatment Centers

The Institute helped organize nine Pain Treatment Centers in eastern Europe, North Africa, and Asia. Scientific knowledge exchanges are made regularly among these centers.

For nine years, the UPSA Pain Institute has subsidized the stay of one or more doctors practicing in each of the Pain Treatment Centers it has created. Many doctors have thus been trained in France in order to be able to develop specific pain evaluation and treatment education programs when they return to their country of origin.

Centers Established Over Ten Years

- Ho Chi Minh City, Vietnam - Trung Vuong Hospital (est. 1997)
- Hanoi, Vietnam - Amitié Hospital (est. 1995)
- Rangoon, Myanmar - General Hospital (est. 1994)
- Beijing, China - Beijing Medical University (est. 1995)
- Prague, Czech Republic - Motol Hospital (est. 1995)
- Beirut, Lebanon - Hôtel-Dieu (est. April 1995)
- Gdansk, Poland - Copernicus Hospital (est. 1996)
- Tunis, Tunisia - La Rabta Hospital (est. 1997)
- Rabat, Morocco - Ibn Sina Hospital (est. 1999).

Perspectives 2004

In 2004, the UPSA Pain Institute intends to continue its research assistance programs and its training programs directed at doctors, researchers, and other healthcare professionals. These goals will be facilitated through the distribution of books and periodicals, the organization of conferences, and participation in the meetings of scientific societies.

At the same time, the original operations campaign to inform the general public, organized in synergy with the two governmental plans inaugurated in 1998, will be expanded to better meet the expectations of patients and the public. Changes to the Institute's web site, with a considerable expansion of its information pages, are another element of the scope of this new mission.

Actions will also be extended at the level of Europe, through original activities undertaken by the European Institutes. Projects will also be evaluated based on the specific needs of certain North African countries and other countries of French-speaking Africa, in order to continue with the already numerous accomplishments realized in the spirit of cooperation.

Dr. Jacques Wrobel
Executive Director

INSTITUT UPSA
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2004

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