

# 10<sup>th</sup> ASEAPS 2025

10<sup>th</sup> Association of Southeast Asian Pain Societies Congress

2 - 4 MAY 2025 | SINGAPORE EXPO

1 MAY 2025 | PRE-CONGRESS WORKSHOPS

**From Pain to EMPOWERMENT**



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The Pain Association of Singapore  
A Chapter of IASP

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Held in



Time	2 May 2025, Friday - Day 1		
	Garnet 212-219	Topaz 220-225	Topaz Concourse
	Track 1	Track 2	Track 3
0800 - 0830	Registration		
0830 - 0900	Plenary 1A - International Association for the Study of Pain (IASP) Global Year 2025 Lecture Andrew Rice		
0900 - 0930	Plenary 1B: Prof Cynthia Goh Lecture - Pain Education & Training, Where Do We Go From Here? Mary Cardoso		
0930 - 1000	Plenary 1C: OPEN Consortium Michael Nicholas		
1000 - 1030	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1030 - 1200	<b>Symposium 1A: Headaches &amp; Facial Pains, Tell Me About It!</b>	<b>Symposium 1B: Pain in the Older Adults</b>	<b>Symposium 1C: New Frontiers in Low Back Pain Management</b>
	Overview of Headaches Thar Thar Oo	Epidemiology, Impact and Barriers to Pain Management in Older Adults Fiona Blyth	Vertebrogenic Pain - Myth or Fact? Manojit Sinha
	Latest in Migraine Treatment (Including CGRP Blockers) Samer Narouze	Analgesics & Polypharmacy in the Older Adults Thanarat Suansanee	Discogenic Pain - Diagnosis & Treatment Marvin Thepsoparn
	Interventions for Headaches Nic Chua	Challenges of Managing Pain in Dementia/Delirium Bharathi Balasundram	Exercise, Exercise, Exercise - Role of Rehab in Spinal Pain Gunawan Kurniadi
	Orofacial Pain Tan HH	Postherpetic Neuralgia - Prevention Better than Cure? Iswandi Erwin	When Not to Operate for Low Back Pain Ozlan Kamil
1200 - 1245	Sponsored Lunch Symposium 1A		
1245 - 1300	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1300 - 1430	<b>Symposium 1D: Cancer Pain</b>	<b>Symposium 1E: Nociceptive Pain</b>	<b>Symposium 1F: Integrative Therapies for Pain Management</b>
	Epidemiology, Impact & Barriers to Pain Management in Cancer	Nociceptive Pain- Applications & Controversies Andrew Rice	Unconventional Pain Management, Perspectives of TCM Fang Huang
	Opioid Use & Rotation Sasikaan N THA	Orofacial Pain P Svensson	Yoga & Chronic Low Back Pain - Evidence & Practical Implications Ganesh Mohan
	Evidence for Interventions in Cancer Pain Afifi Arshad	Fibromyalgia - What's New? Faisal Parilindungan	Acupuncture for Chronic Pain - Evidence & Practice Desmond Teo
	Cancer Survivors - How About My Other Pains? Sara Ho	Whiplash Injury Steven Setiono	Can Nutrition Help My Chronic Pain? Herdiani Sulisty Putri
1430 - 1500	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1500 - 1630	<b>Symposium 1G: Implantable Therapies for Pain</b>	<b>Symposium 1H: What's New in Pain Medicine?</b>	<b>Symposium 1I: Research &amp; Clinical Practice</b>
	SCS for Neuropathic Pain	Gut Microbiome & Chronic Pain Athmaja Thottungal	Challenges of Pain Research: Patients, Priorities, Progress Sng Ban Leong
	Intrathecal Drug Delivery for Pain Bernard Canlas	Chemical Neurolysis for Major Joint Pain Tony Ng	Top 5 Pain Papers That Have Changed Practice NP SINGH
	Neuromodulation in Spinal Cord Injury Kai Rui	Artificial Intelligence & VR/AR in Pain Practice Yacine Hadjiat	Placebo and Nocebo Responses in Pain Medicine Barbara Breitbart
	Peripheral Neuromodulation for Pain Management Joysree Subramaniam	Green & Sustainable Pain Practice Singh PA	Mastering Skills for The Pain Practitioner - Deliberate Practice Mah Chou Liang
		Upcoming Pharmacological Agents for Chronic Non-Cancer Pain	
1630 - 1700	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1800 - 2000	Opening Ceremony		

Time	3 May 2025, Saturday - Day 2 - Single Day Pass		
	Garnet 212-219	Topaz 220-225	Topaz Concourse
	Track 1	Track 2	Track 3
0730 - 0800	Registration		
0745 - 0830	Sponsored Breakfast Symposium 2A	Early Career Network Event - what Exams To Do - FIPP/CIPS/EDPM Sadiq Bhayani   Joysree Subramaniam   Ho KY   Athma	
0830 - 0900	Plenary 2A: Pain in the Lifespan Fiona Blyth		
0900 - 0930	Plenary 2B: Radiofrequency Ablation of Hip & Knee - What's New, Tips and Tricks for Success Philip Peng		
0930 - 1000	Plenary 2C: Revolutionising Pain Management: Precision Medicine in Healthcare Practice Jo Nijs		
1000 - 1030	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1030 - 1200	Symposium 2A: Acute Pain, Regional Anaesthesia & POCUS - New Advances Chair: Ramani	Symposium 2B: Moving from Fear to Empowerment	Symposium 2C: Interventional Pain Management QA Panel: Sanjeeva & Sadiq Chair: P Peng
	Consensus Guidelines on Perioperative Acute Pain Management Suwimon T	How Important is Understanding in Moving from Fear to Empowerment? Lorimer Moseley	A Run-through of Fluoroscopy Based Neuraxial Procedures Sanjeeva Gupta
	Hip Fracture Pathways - How to Get the Best Outcomes Siow Wei Shyan	Unleash the Power of Subconscious Mind for Pain Control Tan Siok Bee	A Run-through of US-guided MSK Procedures Sadiq Bhayani
	Transitional Pain Service	Pain as Whole Person Experience - A Clinical Reasoning Approach Lester E. Jones	Infections & Interventions- Available Guidelines & How to Use Them Emmanuel Vilano
	POCUS Overview for Regional Anaesthesiologist - Top to Toe Divesh Arora	A Case study: From Fear to Empowerment John Tan	
1200 - 1245	Sponsored Lunch Symposium 2B	Sponsored Lunch Symposium 2C	Sponsored Lunch Symposium 2D
1245 - 1300	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1300 - 1430	Symposium 2D: All Hands On Deck - New Guidelines for Acute Surgical Pain Management Chair: NP Singh	Symposium 2E: Panel Discussion - What Does Patient Centred Care Look Like? Current Understanding & Challenges	Symposium 2F: Collaborations in Paediatric Pain Chair: Angela Yeo
	Guidelines - What Blocks for My ERAS Patients: A - Total Knee Arthroplasty, Total Hip Arthroplasty, Spine Surgery ONG Say Yang B - Mastectomy, Open Abdominal Surgery Madonna Damayanthie Datu	Panel Discussion	
	Predicting Persistent Post Operative Pain - Is It Possible? Nantthasorn	Panelists: Lester E. Jones Philip Cheong Michael Nicholas Jo Nijs  Presenters: Bryan Tan Shanon Su-Yin Wang Jessica Yu Lester Jones	Essential Pain Management in Pediatrics - An ASEAN Collaboration Herdiani Sulisty Putri
	Biopsychosocial Issues with Managing Acute Post Surgical Pain Mying Thaug		Panel Discussion - Building a Paediatric Pain Service
	5 Papers That Changed My Practice Sanjay Bajaj		Procedural Pain - What Healthcare Providers & Parents Can Do
1430 - 1500	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1500 - 1630	Symposium 2G: Pro-Con Session in Acute Pain, Regional Anaesthesia & POCUS	Symposium 2H: Emerging Trends in Pain Management	Symposium 2I: How to Make Things Work!
	Block the Open Tibia/ Fibula Fracture ORIF	When Environment Meets Genetics: Epigenetics to Foster Precision Pain Medicine Jo Nijs	How to Optimise Patient Outcomes with Words! Quyen V Than
	POCUS is All Hocus POCUS Jeetinder Kaur Makkar	Pain Self Management - Building Capacities in ASEAN Countries	Medicolegal Aspects in Chronic Pain
	Erector Spinae Plane Block - The Days are Numbered PRO: Ashokka Balakrishnan CON: R M Nogoy	TBC	Chronic Pain & Dependence Issues
	Kahoot Quiz	Clinical Hypnosis As A Safe, Easy, and Effective Pain Management Approach Mark P Jensen	Hypnosis for Surgical Pain Management
1630 - 1800	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		
1800 - 2000	Faculty Dinner		
Time	4 May 2025, Sunday - Day 3		
	Garnet 212-219	Topaz 220-225	
	Track 1	Track 2	
0730 - 0800	Registration		
0800 - 0830	Plenary 3A: Australian Pain Society President Lecture Bernadette Smith		
0830 - 0900	Plenary 3B: Management of Pain: Evolving Role of Nursing Practice Paulin Koh		
0900 - 0930	Plenary 3C: South Asian Regional Pain Society Lecture		
0930 - 1000	Invited Plenary		
1000 - 1030	Coffee/Tea break, Exhibition, Posters & Infographics Viewing		

	<b>Symposium 3A: Osteoarthritis - Balancing Injectables &amp; Conservative Care</b>	<b>Symposium 3B: Looking Into The Future</b>
<b>1030 - 1200</b>	<b>Injectables for Major Joint Osteoarthritis - Steroids, Hyalunronic Acid, Platelet Rich Plasma</b> Philip Peng	<b>When Drugs Don't Work - The Scientific Basis Behind Everything Else</b>
	<b>Evidence for Radiofrequency Ablation</b> Sadiq Bhayani	<b>The Advancement of Precision In Pain Treatment</b> Mark P. Jensen
	<b>"Not Uncommon" Complications in Pain Interventions</b> Say Yang ONG	<b>Measuring PROMs- Utility &amp; Looking Forward</b> Diana Chan
	<b>Primary Care Management of Osteoarthritis</b> Ben Darlow	<b>Hypnosis/Yoga Practice Session</b> Sanjeeva Gupta
<b>1200 - 1230</b>	<b>Best Poster, Best Infographics Awards &amp; Closing Ceremony</b>	
	<i>Adjourn</i>	

Each symposium comprises 3 lectures (25 mins each, with about 10 mins Q&A at end of symposium). Can consider 20 min lectures, 4 lectures, and 10 min Q&A at the end.