

## THE PAIN RELIEF FOUNDATION

[www.painreliefoundation.org.uk](http://www.painreliefoundation.org.uk)

The Pain Clinic at The Walton Centre NHS Foundation Trust, is one of the largest in the UK. The clinic's founder and director for nearly 30 years was the late Sam Lipton, who, together with later colleagues, pioneered many pain relieving techniques.



Sam Lipton and two of his colleagues, John Miles, then Consultant Neurosurgeon, and David Bowsher, then a Reader at the University of Liverpool, set up the **The Pain Relief Foundation** in 1979 as a Registered Charity. Supported entirely by voluntary contributions, the purpose of the Foundation was to create and run a **Pain Research Institute** in association with the clinic.

The Foundation continues to promote both pain research and education. The Education Committee organises courses and scientific meetings aimed at all healthcare professionals regionally, nationally and internationally.

From 2001 to March 2014, Turo Nurmikko was the first **Pain Relief Foundation Professor of Pain Science**, a post that is currently vacant. Dr Andreas Goebel was appointed Clinical Senior Lecturer in 2008, at the University of Liverpool.

The Pain Team at Walton Centre Pain Clinic currently has ten Consultants, which includes seven Pain Medicine Consultants, two Neurosurgeons and one Clinical Psychologist. The Pain Team includes Psychologists, Physiotherapists, Occupational Therapists and Nurses who specialise in pain. The Walton Centre also has an intensive Pain Management Programme.

In July 1998 the Walton Centre moved to a new hospital next to University Hospital Aintree in Lower Lane. Academic facilities on the Aintree site have continued to expand in partnership with the University of Liverpool, and The Pain Relief Foundation is now situated in the Clinical Sciences Centre for Research and Education (CSCRE) on the Aintree University Hospitals site in Fazakerley.



## The Pain Relief Foundation 16<sup>th</sup> Annual Lecture 2015

New Tricks for an Old Molecule  
Buprenorphine as an effective exit strategy  
for Problem Opioid Use

**Dr. Doug Gourlay**

Former Director of Pain and Chemical Dependency  
at Mount Sinai Hospital, Toronto, Canada

**Thursday, 24<sup>th</sup> September 2015**

### Programme

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|-----------------|--|
| <b>5.30 pm.</b> | <b>Refreshments</b>  |
| <b>6.00 pm</b>  | <b>Introduction</b><br>Dr Chris Wells - President of EFIC  |
| <b>6.10 pm</b>  | <b>The life and work of Prof Vittorio Ventafridda</b><br>Professor Emeritus Sam Ahmedzai   |
| <b>6.30 pm</b>  | <b>New Tricks for an Old Molecule,<br/>buprenorphine as an effective exit strategy<br/>for Problem Opioid Use</b><br>Dr Doug Gourlay |
| <b>7.40 pm</b>  | Programme ends   |

**THE PAIN RELIEF FOUNDATION ANNUAL LECTURE 2015**

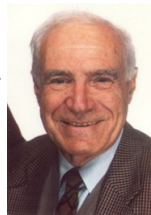
In the year 2000 Chris Wells proposed a Millennium Project to the Pain Relief Foundation. It was to be an annual series of lectures given by an eminent figure in the world of Pain. The lectures would be in honour of distinguished individuals who have made an outstanding contribution to the study and management of pain.

The inaugural lecture took place in September 2000 when Professor Russell Portenoy, from Beth Israel Medical Centre, New York, gave a lecture entitled “No excuse for pain—the place of opioids in non-malignant pain”. This inaugural lecture was in honour of the late Sampson Lipton, Co-Founder of the Pain Relief Foundation.



This year’s lecture is given by **Dr Doug Gourlay**. Dr Gourlay is an anesthesiologist and former Director of Pain and Chemical Dependency at the Wasser Pain Management Centre at Mount Sinai Hospital, Toronto Canada. He specialises in the assessment and management of pain and addictive disorders. Dr Gourlay’s area of expertise is in chronic opioid therapy for the treatment of malignant and non-malignant pain.

The lecture this year is given in honour of **Professor Vittorio Ventafridda** who passed away on October 23, 2008, in Milan, Italy. He was one of the founders of IASP in 1973. In partnership with Virgilio Floriani, Prof Ventafridda founded the Floriani Foundation to help terminally ill patients. Later, with the help of that foundation, he created a continuing-care programme for terminally ill patients that became a key component of the WHO Cancer Pain Relief Programme. He founded and directed the Italian and the European Association of Palliative Care. Prof Ventafridda also was one of the authors of the WHO Analgesic Ladder, which has since been translated into nearly 30 different languages for use around the world.



A short appreciation of the life and work of Professor Vittorio Ventafridda will be given by **Professor Emeritus Sam Ahmedzai**. Since 1994 he has been Professor of Palliative Medicine at the University of Sheffield, where he combined an academic career with heading one of the UK’s busiest hospital supportive care teams. Professor Ahmedzai was pleased to accept our request to give the tribute to Professor Vittorio Ventafridda. He knew Prof Ventafridda personally, and admired him immensely as a leading pain and palliative care advocate.

**We are grateful to Indivoir Uk for an unrestricted educational grant to support this meeting**

- 2000** “No excuse for pain”- the place of opioids in non-malignant pain  
**Russell Portenoy, New York, USA-To honour Sam Lipton, Liverpool**
- 2001** Evidence Matters  
**Henry McQuay, Oxford -To honour John J Bonica, Seattle, USA**
- 2002** Neural Mechanisms of Persistent Pain  
**Marshall Devor, Jerusalem, Israel -To honour Pat Wall, London**
- 2003** Pain & Central Nervous System Reorganisation  
**Troels Jensen, Denmark - To honour Peter Nathan, London**
- 2004** Phantom Limbs and Body Image  
**V S Ramachandran, San Diego, USA -  
To honour Denise Albe-Fessard, Paris, France**
- 2005** The Future of Pain Medicine  
**Sir Michael Bond, Glasgow-To honour Hans Kosterlitz, Aberdeen UK**
- 2006** Prediction and Prevention of Disability in Chronic Pain  
**Steven Linton, Örebro, Sweden - To honour Dame Cicely Saunders, London**
- 2007** Persistent Pain Mechanisms: Molecular mechanisms as a basis for therapy  
**Allan Basbaum, San Francisco, USA - To honour John Lloyd, Oxford**
- 2008** Complex regional Pain Syndrome: What causes it and can it be treated?  
**Ralf Baron, Germany - To honour David Niv, Tel Aviv, Israel**
- 2009** The Molecular Basis of Pain : A beginner’s Guide  
**Anthony Dickenson, London-To honour Mitchell Max, Pittsburgh US**
- 2010** Beyond the Fear of Pain  
**Geert Crombez, Ghent, Belgium- To honour Wilbert Fordyce, Seattle, USA**
- 2011** Drug Trials and Tribulations: An EBM approach to clinical trial design  
**Robert Dworkin, Rochester, USA  
To honour Edmund Charlton, Newcastle-upon-Tyne, UK**
- 2012** Low Back Pain: Nociceptive, neuropathic and mixed components  
**Giorgio Cruccu, Rome, Italy  
To honour David Bowsher, Liverpool, UK**
- 2013** Evidence Based Interventional Treatment for Chronic Pain  
**Professor Maarten van Kleef Maastricht University, The Netherlands  
To honour Ainsley Iggo, Edinburgh, UK**
- 2014** From Spinal Cord Stimulation to Neurostimulation for neuropathic pain  
**Dr. Jean-Pierre Van Buyten, Nikolaas Hospital, Belgium  
To honour William Sweet, Harvard, USA**

**DIRECTIONS**

The Annual Lecture in at The Clinical Sciences Centre, Aintree University Hospital, Longmoor Lane, Liverpool, Merseyside, L9 7AL  
It is north east of central Liverpool. Close to junction 6 of the M57, on the A506

**TELEPHONE**

The Pain Relief Foundation on 0151 529 5820

**PARKING**

Parking at Aintree Hospital is by pay and display. There is a multi-storey car park next door to the Clinical Sciences centre.

**MAPS**

available on The Walton Centre web site,  
[www.thewaltoncentre.nhs.uk](http://www.thewaltoncentre.nhs.uk)