



# Pain Research Institute

*This is the Pain Research Institute newsletter, the purpose of which is to keep researchers and clinicians informed of the current research going on in the institute. We hope this will enable clinicians to identify areas of research that they may be interested in whilst keeping informed about studies opening to recruitment as they may have pain patients they wish to refer.*

**Dr. Andreas Goebel, Reader in Pain Medicine & Director of the PRI**



**Francis McGlone, Professor in Neuroscience, School of Natural Sciences & Psychology, Liverpool John Moores University**



**Dr. Bernhard Frank, Consultant in Pain Medicine and Anaesthesia Walton Centre NHS Foundation Trust**



**Selina Johnson, Pain Specialist Physiotherapist**



**Manohar Lal Sharma, Consultant in Pain Medicine, Walton Centre NHS Foundation Trust**



**Andy Marshall, Senior Lecturer and Honorary Consultant at Walton Centre**



**Francis O'Neill, Senior Lecturer and Honorary Consultant in Oral Surgery**



**Helen Poole, Reader in Applied Health Psychology, Liverpool John Moores University**



**Serena Sensi, Research Technician at the Rheumatology Laboratory, University Hospital Aintree**



**Hannah Twiddy, Specialist Clinical Psychologist & Research Lead for Pain Management Programmes**



**Hayley McCullough, PRI Administrator**



## Recruitment still rising in APIF study

Since December 2018 we have worked continuously here at the PRI to recruit for the APIF study and with numbers rising each month and an average of 3.5 patients recruited each month we are confident we will reach our target recruitment in the not so distant future. We have created a table of our recruitment journey over the past 12 months

Month	No of Patients
Dec-18	2
Jan-19	5
Feb-19	13
Mar-19	18
Apr-19	22
May-19	25
Jun-19	28
Jul-19	31
Aug-19	37
Sep-19	39
Oct-19	42
Nov-19	43

# PRI Won Runner Up for Faculty HLS Public Involvement Awards 2019.



Here at the PRI we are delighted to have been shortlisted and come runner up for this years Public Involvement Award for our work on "Chronic Primary Pain Patient Public Involvement Initiative (CPII)"

The faculty of HLS held a showcase on Wednesday 13<sup>th</sup> November at The Crypt, Metropolitan Cathedral, Brownlow Hill. The event was open to staff and postgraduate students from across the University. The event included networking, lunch and talks where departments shared their public involvement and engagement experiences



## Faculty HLS Public Involvement Award 2019

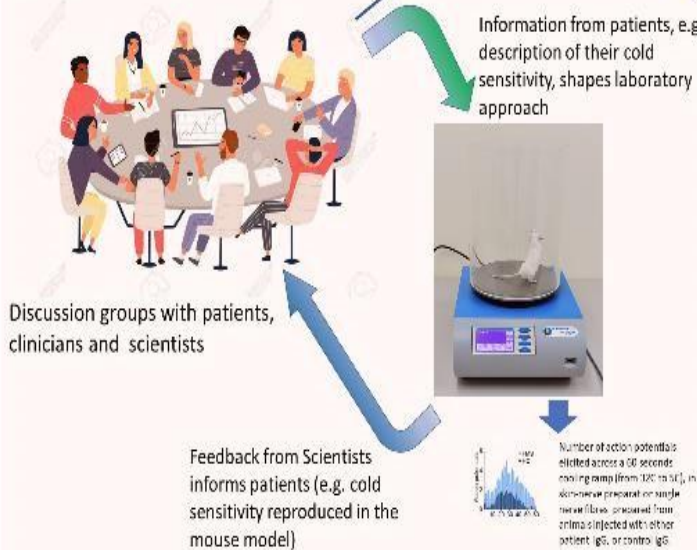
### Chronic Primary Pain Patient Public Involvement Initiative (CPII)



Andreas Goebel, Hayley McCullough, Selina Johnson, Sharon Barnett, Nick Fallon, Charlotte Krahe, David Andersson, Pain Research Institute, Pharmacology, ITM

#### Long-term condition management program 'Liverpool People with CRPS days'

#### Illness experience feedback groups Fibromyalgia and CRPS



Without days create a large patient pool to help inform research and recruitment



Attending the days made me feel informed and that my voice counts

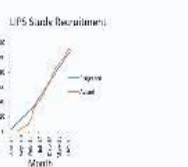
Information from patients shapes clinical trials

Discussions on trial design with service users and clinicians

Clinicians update patients about local and international trials in their condition



- This symbol (examines):
- Their mental effect from 'unblinding' having reviewed them with good pain relief (used not participate solutions developing patient support and information provided by collaborations with Charities such as (Pain Society)
  - Time is normally difficult to get ready to go out - solution - adaptive trial appointment times, increase flexibility
  - Wish to have support during the long study - solution - 'study-buddy' system
  - Enhancing information about the trial would be welcome and support schemes
  - solution - practical group information sessions
  - General ethics - rare severe side effects will not require need to investigate eg







## Professor Francis McGlone Wins Ig Nobel prize

The 29<sup>th</sup> Ig Nobel prize ceremony happened on 12<sup>th</sup> September 2019 At Harvard University, Massachusetts , USA where our very own Francis Mcglone was awarded his peace prize for “The pleasurability of scratching an itch: A psychological and topographical assessment”  
A statement from Professor Mcglone follows:

**“Scratching is one of the sweetest gratifications of nature, and as ready at hand as any”  
Montaigne**

What is it about an itch that you simply cannot ignore – as I’m writing this I’ve just scratched my scalp – and why when I scratch the itchy body part does it generate such a sense of pleasure and relief (I have now just scratched my ear!)? An Ig Nobel prize was awarded this year to myself and colleagues, working with Professor Gil Vosipovitch (<http://dermatology.med.miami.edu/gil-yosipovitch-lab/>), for mapping out which parts of the body are the most pleasurable to scratch – the ankles won out over the back and the forearm.

Ig Nobel prizes honour work that “first makes people laugh, and then makes them think” and are always based on sound science. People generally find itch funny and of little consequence, you just scratch it and it goes away, but this is not the case with chronic itch, a devastating condition. I recall a patient I was studying when working at the PRI who suffered from phantom pain after losing his foot having stepped on a landmine, but what he was most distressed about was the phantom itch he felt between his toes! People suffering from chronic itch will scratch the body part until it bleeds – in fact the resulting pain is seen as preferable to the itch. This observation opens up interesting insights into the underlying mechanisms of how nociception gates pruriception, and why scratching an itch is so pleasant. Each of these three senses - itch, pain and pleasure – has a dedicated c-fibre and a dedicated society – the IASAT for pain (<https://www.iasp-pain.org/>) the IFSI for itch (<https://www.itchforum.net/>) and the more recently formed IASAT (<https://iasat.org/>) for pleasure. The link between pain and itch has now been finally recognised with the IASP establishing a SIG on itch (<https://www.iasp-pain.org/SIG/Itch?navItemNumber=8262>), and I hope at some stage all three societies merge into one as it is of great interest, both from a scientific basis and a clinical one, to discover how these different c-fibres ‘talk to each other’, particularly in chronic conditions.

To publish a story in our newsletter please contact [Hayley.McCullough@Liverpool.ac.uk](mailto:Hayley.McCullough@Liverpool.ac.uk)

## Research Studies... a few to mention

- **Investigating Diabetic Neuropathy During Initiation of Intensive Glycaemic Control**
- **The Utility of Non-Invasive Ocular Imaging in Diabetic Foot Disease**
- **A Multicentre, double-blind, centre-stratified multi-period crossover trial to evaluate the efficiency of the Optimal Pathway for Treating neuropathic pain in Diabetes Mellitus (OPTION-DM)**
- **Pain Relief Foundation Studentship**-A study looking into validity of confocal corneal microscopy in patients with painful chemotherapy induced and idiopathic small fibre neuropathy.

**For more information on all of the above studies please contact the Principal Investigator on [Ualam@Liverpool.ac.uk](mailto:Ualam@Liverpool.ac.uk)**

- **Serum IgG autoantibodies in patients with Fibromyalgia**-We require 100 patients with a diagnoses of FMS (>1year), without other conditions, we will be collecting blood to be used in laboratory experiments. Principal investigator at [andreasgoebel@rocketmail.com](mailto:andreasgoebel@rocketmail.com)
- **Doctorate Clinical Psychology trainee project**- 8 participants post PMP who may not have shown significant change. It is hypothesised that those who do not respond well to Cognitive Behavioural based intervention may respond better to therapy such as PIT. Principal Investigator [Hannah.Twiddy@thewaltoncentre.nhs.uk](mailto:Hannah.Twiddy@thewaltoncentre.nhs.uk)
- A study for long term benefit of Spinal Cord Stimulator –Principal Investigator [Bernhard.frank@thewaltoncentre.nhs.uk](mailto:Bernhard.frank@thewaltoncentre.nhs.uk)



## **BNA Christmas Symposium 2019 - Pain, Pleasure and the Agony of Christmas**

**Bush House, King's College London - Monday 16th December 2019**

*In collaboration with King's College London*

The day will start by giving delegates a 'grand tour' of pain, from its place in our history and culture, through the molecular neuroscience of nociception, the neural circuitry involved, the clinical challenge of managing pain, and the latest treatments available.

We will go to explore strange pains: phantom limb pain, congenital lack of pain, the placebo effect and the curious relationship of pain with pleasure.

Finally, Professor Irene Tracey will bring together all the components of the symposium in a plenary session and panel discussion.

For Full details please see [www.bna.org.uk](http://www.bna.org.uk)

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We are desperately seeking volunteers ... are you a runner or a member of a running club and would like to support us by taking part? The Liverpool Santa Dash is an annual 5 kilometer fun run held in the first week of December and takes place around Liverpool City Centre. Participants dress up as Santa Claus and along with Las Vegas, Nevada it regularly attempts to break the Guinness World Record for the largest Santa Claus fun run. Above all, it is great fun whatever your athletic ability! Some people run, some walk, some do a bit of both, whatever you do the **SANTA DASH** is a great way to raise some money for the **PAIN RELIEF FOUNDATION**. Every little helps, no matter how much you raise every penny counts for the much needed research into chronic pain. If this is for you please get in touch for more information please email our fundraiser Jo Stephens, [jo.stephens@painrelieffoundation.org.uk](mailto:jo.stephens@painrelieffoundation.org.uk) or telephone 0151 529 5824



## Pain Relief Foundation Social Group

Do you fancy a chat & a cuppa with those who also suffer with chronic pain? Come & join us on the Last Thursday of every month at PRF, 2<sup>nd</sup> floor, Clinical Sciences building, L9 7AL. Contact Jo Stephens on 0151-529-5820 for more info

### OUR THEME: MANAGING COMPLEX PAIN

Contemporary physiotherapy practice, across all specialisms that draws on psychologically informed and social approaches to support people, throughout their lifespan, living with complex pain conditions



CENTENARY CONFERENCE PHYSIOTHERAPY UK and PPA - NOVEMBER 13-14<sup>TH</sup> 2020

SUBMIT YOUR FOCUSED SYMPOSIUM DEADLINE 18<sup>TH</sup> Dec 2019

PPA welcomes your submission; Physios, AHP's, Researchers, Educators, Multidisciplinary Teams and People living with pain.

A 'recognised expert' is anyone knowledgeable and experienced in their field of practice'

Exciting opportunity to promote a mixture of research, clinical practice and real world implementation of contemporary issues in pain.

Guidance on submissions: <https://ppa.csp.org.uk/news/2019-10-08-be-part-physio-uk-2020-call-focused-symposia-proposals>

Any questions please contact Helen Harte CSP [harte@ppa.org.uk](mailto:harte@ppa.org.uk) Clair Jacobs - Education Officer, PPA [clair.jacobs@gstt.nhs.uk](mailto:clair.jacobs@gstt.nhs.uk)

In the centenary year of the Chartered society for physiotherapy we will be celebrating the best of physiotherapy by showcasing the latest evidence and innovations at Physiotherapy UK 2020. The Physiotherapy Pain Association is partnering with the CSP to deliver one of the five conference themes, Managing Complex Pain. This theme explores contemporary physiotherapy practice, across all specialisms, that draws on psychologically informed and social approaches to support people, throughout their lifespan, living with complex pain conditions. The deadline for submissions is 18th December 2019. The conference will be held on 13th & 14th November 2020.

The guidelines on submissions & guidance on the format of focus symposia at <https://ppa.csp.org.uk/news/2019-10-08-be-part-physio-uk-2020-call-focused-symposia-proposals>

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