

eNews

AACP Australia Chapter e-News Update

Welcome to AACP eNews Update

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NEWS UPDATE

VENUE - Sydney Marriott Hotel 7th International Symposium Secrets of Success in Sleep and Pain: A Clinical Guide

The Symposium will be held at The Sydney Harbour Marriott Hotel 30 Pitt St Sydney, NSW 2000.

Start date: 07/03/2018

End date: 14/03/2018

Last day to book: 24/01/2018

SYDNEY HARBOUR MARRIOTT HOTEL

BOOK YOUR ACCOMMODATION

<http://bit.ly/2De0o6V>

The Hotel is offering special accommodation rates to delegates.. To secure these rates please **book using the customised hotel link** <http://bit.ly/2De0o6V>. Please note hotel rooms are limited.

AACP Australia cannot guarantee accommodation.

AUD \$449 a night for 2 people in 2 single beds incl buffet breakfast.

AUD \$423 a night for 1 person incl buffet breakfast. Couple \$449 a night for 1 person incl buffet breakfast.



**SECRETS OF SUCCESS IN SLEEP
AND PAIN: A CLINICAL GUIDE**

AACP Australian Chapter 7th Annual Symposium: Secrets of Success in Sleep and Pain: A Clinical Guide

Meet the Speakers 7th International Symposium

Michael Nicholas

Professor, Pain Management Research Institute,
University of Sydney, Royal North Shore Hospital,
St. Leonard's, Australia.

Since 1980, Professor Nicholas' main interest has been combining research and clinical pain practice, especially multidisciplinary applications of psychology. This has meant working on many fronts: as a member of the Scientific Committee for the 2008 IASP conference; as a Reviewer and now an Associate Editor for PAIN; from 1988-1990 as the inaugural Program Director, INPUT program at St Thomas' Hospital, London, and, since 1994, at Sydney University's Pain Management Research Institute. He has an active clinical research program with international collaborators, alongside postgraduate pain education through Sydney University web-based courses, plus face-to-face training in psychological pain management in many countries.

Professor Nicholas will be discussing Psychological Interventions for Orofacial Pain. Below is a short interview with Professor Nicholas discussing adherence to pain therapy. This is a topic I think we should all address, whether we are talking about splints, sleep appliances, or lifestyle modification advice that we give to our patients. Dentists are fantastic at delivering excellent care, what we need to learn is how to engage our patients so that they too think it is as good as we think it is, and that they understand the need to participate in it to make it work properly.

Professor Nicholas is also an author, and we will have 2 copies of his book *Manage Your Pain* to give away to 2 lucky delegates. Another good reason to make sure you secure your seat now.



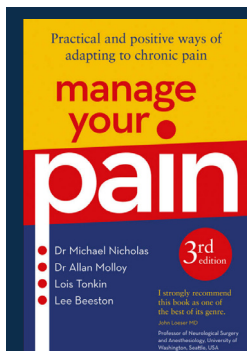
MICHAEL NICHOLAS

We hope that you enjoy the interview. Come along in March to learn more about psychological interventions for orofacial pain.

This is a short talk on adherence by Professor Michael Nicholas at the Australian Pain Society's Annual Scientific Conference. Professor Nicholas is one of Australia's most eminent pain specialists and researchers.



<http://bit.ly/2mieWeg>



MANAGE YOUR PAIN by Dr Michael Nicholas

Sufferers of chronic pain learn how to adapt their lives and negotiate their discomfort with the techniques illustrated in this book. A wide range of approaches for managing persistent pain are described, offering chronic pain sufferers options that take into account the level of pain and lifestyle. Based on two highly successful multidisciplinary pain-management programs in the UK and Australia, the suggestions demonstrate awareness of current medical thinking and draw on the latest scientific research. For people who do not wish to rely on prescribed drugs, an integrated method is used, including physiotherapy and psychological techniques.

Meet the Speakers 7th International Symposium

Jim Friction

DDS, MS

Jim Friction is a Professor Emeritus at the University of Minnesota, School of Dentistry with appointments in the School of Public Health and School of Medicine. He is also a Senior Investigator at HealthPartners Institute for Education and Research where he conducts research on chronic pain. He maintains an active clinical practice as a pain specialist and has over thirty-five years of experience in patient care, research, and teaching in chronic pain and the evaluation and management of complex orofacial pain patients.

Dr Friction will discuss Integrating Patient training and treatment to Improve Long term Outcomes. This is a very exciting lecture for AACCP Australia as it marks our very first venture in to web based lectures. Dr Friction will present live from Minnesota and we will run a short question and answer session after his lecture. We will be asking you to post your questions on the day using the AACCP event App. This will be launched in February, so plenty of time to familiarise yourself with it again, but more of that closer to March.

Dr Friction's topic comes from his experiences in a facial pain clinic, as well as running an on-line internet course for practitioners and patients with chronic pain. This unique (and free) course combines an excellent standard of orofacial pain education together with an interactive website. Here sufferers of chronic pain can interact with each other and pain therapists to share their experiences in chronic pain.

We thought that you would all enjoy hearing Jim explaining his philosophy of chronic pain formation and maintenance. We have also included in this newsletter the link to the Chronic Pain course that Jim runs through Coursera. This link is also available for members on our website (along with other resources for pain and sleep). We recommend this course both for yourself and for you to share with your patients.

<http://bit.ly/2mgQl3V>

[VIDEO] At PAINWeek 2016 in Las Vegas, Nevada, James Friction, DDS, MS, University of Minnesota and HealthPartners Institute for Education and Research, discussed how relevant transformative care is among patients with chronic pain. Dr Friction highlighted research that explained that if someone has pain for one month, despite treatment, the majority of people still have pain five years later. As such, he and his team want to prevent that progression.



JAMES FRICTON

COURSERA:

Preventing Chronic Pain: A Human Systems Approach

About this course:

Chronic pain is at epidemic levels and has become the highest-cost condition in healthcare. This course uses evidence-based science with creative and experiential learning to better understand chronic pain conditions and how they can be prevented through self-management in our cognitive, behavioral, physical, emotional, spiritual, social, and environmental realms.

The goal of this course is to blend creative, experiential, and evidence-based teaching strategies to help participants understand chronic pain conditions and how a human systems approach can be applied to self-management strategies to reduce risk factors, enhance protective factors, and prevent chronic pain.

VIDEO PROMO FOR THE COURSE

<http://bit.ly/2moY3za>

Experience Sydney

SYDNEY CITY



Visit the iconic Sydney Opera House, climb the Sydney Harbour Bridge and experience a wonderful variety of harbour cruises, intriguing wildlife, dazzling shows and great shopping in this beautiful city. You can even meet king penguins at an aquarium and ascend Sydney Tower Eye for stunning views.



DAZZLING CITY OF SYDNEY

Discover Australia's most beautiful city, from the iconic Sydney Opera House to the sparkling blue harbour, exhilarating entertainment, delicious restaurants and historic heritage. In the heart of this vibrant city, you can even visit king penguins in an aquarium and meet cuddly koalas in a zoo.

The city is teeming with attractions and tours. Begin your journey at Circular Quay with the Sydney Opera House, next to the Royal Botanic Garden, a tranquil oasis for picnics and unforgettable views of the World Heritage-listed building and Sydney Harbour, a great waterway for sailing and cruising.

Stroll to the western side of the quay for The Rocks, the oldest part of Sydney, where cobbled laneways of the convict colony remain. You'll find plenty of things to do and see in The Rocks with markets, the Museum of Contemporary Art Australia, walking tours and Australia's oldest pubs.

You can climb the Sydney Harbour Bridge with BridgeClimb Sydney. A delightful harbour foreshore walk is from Campbells Cove, in The Rocks, under the bridge to Walsh Bay – home to world-class theatre and dance at the Roslyn Packer Theatre – and around Barangaroo's pretty parkland.

In Darling Harbour meet penguins and sharks at SEA LIFE Sydney Aquarium and get up close to koalas and a giant saltwater crocodile at WILD LIFE Sydney Zoo. Amble across to Pyrmont for blockbuster shows at Sydney Lyric in The Star and the freshest



seafood at Sydney Fish Market.

You can take the light rail to bustling Chinatown for an impressive variety of Asian cuisine and Paddy's Markets. Reserve tickets for musicals at the Capitol Theatre. North along George Street is the Queen Victoria Building, a palatial shopping arcade near Town Hall Station in the city centre.

Sydney dazzles day and night. For spectacular views, experience Skywalk at Sydney Tower Eye, near Pitt Street Mall. Check out the exciting events calendar, explore wonderful galleries and museums, and dine on a heritage timber wharf in Woolloomooloo or sip teapot cocktails in lively Kings Cross.

More information about **Sydney City** on [Sydney.com](https://www.sydney.com)

Pure Sleep Services located in Coffs Harbour, NSW with locations opening up in Sydney and Gold coast early 2018 offers a functional and physiological approach to Sleep and Breathing Disorders and Sleep Medicine, along with TMJ/TMD disorders.

Our Team has over 40 years experience dealing with Craniofacial Pain, Neuromuscular Dentistry, AccuLiner Systems, HRV (Heart Rate Variability) Analysis and Nutritional Support. We provide a large range of diagnosis starting with the best Home Sleep Testing available in the PSG2 to successfully diagnose and treat Obstructive Sleep Apnea (OSA).

Pure Sleep Services has multiple diagnostic tools to ensure the Patient is receiving optimum health and care suited to their individual needs. www.puresleepservices.com.au

For more information about our sponsors visit www.aacp.com.au/sponsors



THE UNIVERSITY OF
SYDNEY

The AACP Australian Chapter thinks that if you would like to attain formal qualifications in the area of Orofacial pain from an Australian University we highly recommend this online course, which commences in 2018.

The Master of Medicine (Pain Management) is an evidence-based and clinically relevant program that explores the problem of pain in the community and the role of health professionals in managing and treating a range of pain conditions. This program will provide you with knowledge and strategies to prevent acute and sub-acute pain from progressing to chronic and disabling pain, and refine your ability to work in a multidisciplinary team to achieve this goal. You will learn from local and international academic clinicians and researchers including neuroscientists, anaesthetists, pharmacologists, clinical psychologists, psychiatrists, nurses, physiotherapists and research personnel, all widely experienced in pain management practice... [learn more](#)

For further information please contact us at paineducation.admin@sydney.edu.au or call +61 2 9463 1516.

AMERICAN ACADEMY OF CRANIOFACIAL PAIN AUSTRALIA CHAPTER

"Leading the TMD Community" is more than a slogan. It is our guiding rule!

www.aacfp.com.au

conference@aacfp.com.au

projects@aacfp.com.au

WWW.AACFP.COM.AU