



7th IASP-Southeast Asia Pain Management Camp



Welcome to the 7th iteration of this career-building camp, where friendships are forged and the next generation of pain experts are discovered!

This camp is intended to be an intensive primer for all healthcare workers involved in pain management. In small groups with close faculty supervision, campers learn through didactic lectures, role play, energetic discussions with faculty, and games. Campers graduate with a solid grounding in assessing, examining and managing a patient with chronic pain with an interdisciplinary team. They also come away from camp with a wealth of connections, establishing a network that is capable of supporting them and their sponsoring institutions in further pain education, training and research.

We count among our camp faculty the incumbent President of the International Association of the Study of Pain (IASP), Prof Andrew Rice, IASP President-Elect, Prof Mary Cardosa, and ASEAPS Federation Liaison, Prof Fiona Blyth.

Come, learn and become part of this community of practice!

Fees & Accommodation



The camp will be conducted over 4 days and 3 nights in Singapore, out of Changi Cove, a 4-star hotel conveniently located 11km from Changi Airport, Singapore's only international airport.

Camp registration fee of USD\$1600 includes hotel room, all meals and activities during this 4D4N camp, unless indicated in the schedule in the next slide. Subsidised rates available for Singapore-based campers.


Campers will be assigned twin-share rooms with other campers of the same gender. You may exercise the option to upgrade to a single room (USD 270) at your own cost, subject to availability.

Airfare and ground transport to the campsite will be at own cost.

For enquiries on subsidised rates, please contact our team at aseapspaincamp2025@gmail.com



Schedule Summary

27 April	28 April	29 April	30 April	1 May	2-4 May
<p>2pm – Check in to hotel; dinner at own cost.</p> <p>8pm – Camp Registration, ice breakers & ground rules</p>	<p>8.15am to 9pm - Topical Sessions</p> <p>Breakfast, 2 tea breaks, lunch and dinner provided</p>	<p>7.30am – Morning Mindfulness</p> <p>8.30am to 9pm - Topical Sessions</p> <p>Breakfast, 2 tea breaks, lunch and dinner provided</p>	<p>7.30am – Morning Yoga/ Stretches</p> <p>8.30am to 1pm - Topical Sessions</p> <p>Breakfast & Lunch provided</p> <p>1pm - Rest & Relaxation at own cost.</p>	<p>Early check out with one way transport to EXPO provided</p> <p>8.30am to 5pm - Full Day Refresher Course of the 10th ASEAPS Congress at Singapore EXPO</p> <p>5pm - Pain Camp Certificate Presentation</p> <p>Breakfast provided. Lunch and dinner at own cost</p>	<p>10th ASEAPS Congress at Singapore EXPO for interested parties</p> <p>Registration at own cost</p>  <p>Check out https://aseaps2025.org/ for more information</p>

Schedule & Activities



Day One

- Essential Pain Management
- Biopsychosocial Model of Pain
- Taking a Pain History
- Somatic, Visceral & Referred Pain
- How the brain processes pain
- What is Neuropathic Pain
- Pain Oriented Sensory Testing
- GALS Screening
- Assessment of Uncommunicative patients
- Screening Questionnaires in Chronic Pain
- What patients are NOT saying
- The Fear-Avoidance Model
- Motion is Lotion



Day Two

- Essential Pain Management Group Presentation
- Common Pain Medications, doses and side effects
- Physical Modalities for Pain Relief
- Active and Passive Interventions & Teaching Self- Management
- Exercises to teach your patient
- ACT and CBT – An explanation
- Explaining the science behind Mindfulness
- Grounding techniques for all pain practitioners to know
- Delivering Pain Education
- Identifying Barriers



Day Three

- Burden of Pain in SEA and how to use the data to convince your hospital
- How to speak so people will listen
- The road to becoming an Honorary IASP member
- Virtual Tour and Discussion on the Ideal Pain Clinic
- Setting Up Pain Services and Using the IASP MDPC Manual
- Running EPM and Making Connections in ASEAPS
- Blazing a path after Pain Camp

Half Day of
Rest & Relaxation



Day Four

- Nociceptive, Neuropathic and Nociceptive Pain : Implications for Management
- Pain Generators in Headaches
- Myofascial Pain
- Musculoskeletal Ultrasound
- OPEN interdisciplinary pain education
- Integrative medicine therapies for symptom management
- Gabapentinoids and other anti-neuropathics in acute & chronic pain
- When to refer for Pain Interventions?
- Pain in the Golden Years
- Common Pain Complaints in Pregnancy
- Pain Pharmacology in Pregnancy
- Paediatric Pain
- A Trauma-informed approach to pain
- Pain during and after cancer

Overseas Faculty

Camp Faculty

(in alphabetical order)

Dr Aimee Barrion	Phillippines	Anaesthesia
Prof Andrew Rice	United Kingdom	Neurology
Prof Fiona Blyth	Australia	Epidemiology
Dr Jimmy Barus	Indonesia	Neurology
Prof Jocelyn Que	Phillippines	Anaesthesia
Dr Lester Jones	Australia/Singapore	Physiotherapy
Prof Mary Cardoso	Malaysia	Anaesthesia
Prof Michael Nicholas	Australia	Psychology
Prof Khin Thin Mu	Myanmar	Oncology & Palliative
Dr Quyen Van Than	Vietnam	Anaesthesia
Prof Sasikaan Nimmaanrat	Thailand	Anaesthesia
Dr Shawn Lee	Malaysia	Psychology

Local Faculty

Dr Angela Yeo	Anaesthesia
Dr Annie Wong	Anaesthesia
Ms Ho Yang	Psychology
Ms Ketrisha Loh	Physiotherapy
Ms Narayani Jayakrishnan	Nursing
Dr Ong Say Yang	Anaesthesia
Ms Yang Su Yin	Psychology

Testimonials from Camp Alumni



Yang Su Yin

Psychologist, Singapore

2011 Pain Camp Alumnus



The Pain Association of Singapore
A Chapter of IASP



Yang Su-Yin
Council Member

“I applied to attend Pain Camp in 2011 as I was interested in the different initiatives, programs and treatment afforded to chronic pain patients within Southeast-Asia. Challenges and Facilitators of the different treatment models for pain was also an area I wanted to receive knowledge on. I had a keen interest to learn more about the Neurological aspects of pain and wanted to deepen my understanding of pharmacotherapy for pain treatment as well as learn to be a more effective pain psychologist from Professor Michael Nicholas.”

It was a truly rewarding experience not only for the new knowledge that was gleaned but having an appreciation of the different models of care for chronic pain management in the different Southeast Asian countries. The late nights completing group assignments and being put on the pedestal to present was a humbling experience. . I feel that every health professional who has interest in chronic pain management should have an experience at Pain Camp. It is a rewarding experience not only for self-development, for the multidisciplinary team that you work on and for the patients that receive care.”



Aimee Barrion

Anaesthetist

2013 Pain Camp Alumnus

“I has just finished anesthesiology residency and was taking up pain fellowship at the time I signed up for the Pain Camp.

The Pain Camp encouraged me to love teaching about pain management. The experience of interacting with colleagues from other countries and sharing their experiences helped me understand more how to better interact with patients and families.”





Jimmy Barus

Neurologist, Indonesia

2013 Pain Camp Alumnus

“The networking I got from the pain camp, and correspondence with ASEAPS experts like Dr. Mary, Prof Zubaidah, Prof. Jocelyn Que, Prof. Pongparadee, Prof. Ramani Vijayan, and many more further brought me to participate more actively in some ASEAPS and IASP programs including, World Congress of Pain, Multidisciplinary Pain Center toolkit project and training, and the one that I am really proud of, was the chance of me becoming a faculty member of the last two pain camps, Kuching 2019 and Bangkok 2023. I became more actively involved in the Indonesian Pain Society and was elected as vice president for the term 2021-2024.”

Pain camp has given me so many precious experiences, lessons, and opportunities. I am sure that in the future many more individuals would benefit from this program, from which they can bring some progress to pain education and services, in their hospital or their country.”





Shawn Lee Ji Kwan

Psychologist, Malaysia

2013 Pain Camp Alumnus



“I was fortunate to have participated in the pain camp at the very initial stage of my career as a clinical psychologist. The pain camp validated my interest in pain management, and helped me build connections and relationships that led to the completion of my PhD. I see pain management as my life-long career, both clinically and academically.”

After the Pain Camp, I have gone on to conduct local and international training workshops for healthcare professionals, conduct public education on biopsychosocial pain management and am a lecturer at Monash Malaysia, conducting clinical trials on multidisciplinary treatment programs for chronic pain.”



Narayani Jayakrishan

Nurse, Singapore

2016 Pain Camp Alumnus

“Attending the pain camp gave me a lot of enlightenment of pain education being standardized and robust. Additionally, it helped me to have better perspective on how third world and Asian countries are dealing with pain management in their hospitals with insufficient resources and support as well as difference in pain culture. This helped me to tailor my education and approach differently in a way that is more resourceful for them. It also helped me to be mindful when a patient is discharged with certain analgesia to other countries to have proper planned coordination and arrangements.

Being in the pain camp also provided me with a good like-minded network of colleagues to interact and learn from. I am grateful for the knowledge and resources shared as well as the opportunity provided to widen my perspective and experience.”

SINGAPORE
KKH recognised as ChildKind Hospital for excellence in pain management



The multidisciplinary KKH Children's Pain Management Clinic is the region and Singapore's only service that is dedicated to help children manage chronic pain. #1070 1551



Information for interested applicants

- Please follow the QR code and fill in the Google form
- The form should take approximately 8-10 minutes to fill
- A referee contact, and testimonial (in pdf format) is required for your application to be considered
- Proficiency in English is necessary for this camp
- Applications open 1 August 2024 and close on 31 October 2024
- Successful applicants will be notified by end November 2024

