PAIN COLLABORATIVE NETWORK CONFERENCE

Date: 29th November 2019 09:30 – 16:00
Venue: 23rd Floor, The Shard, 32 London Bridge St, London SE1 9SG
Crohn’s & Colitis UK is launching an exciting research programme into pain. Management of chronic or recurrent abdominal pain is currently one of the most challenging issues encountered by clinicians in the treatment of Inflammatory Bowel Disease (IBD), with approximately 70% of patients experiencing this debilitating symptom. There is currently no standard clinical pathway to manage chronic pain in these patients.

We are creating a global research network called the ‘Pain Collaborative Network’. This will promote and facilitate the discussion and exchange of ideas on pain in IBD, which has been identified as an area of unmet need by researchers, clinicians and, most importantly, patients. We will also be funding high quality research into pain through targeted calls produced by our Pain Collaborative Steering Group.

The Pain Collaborative Network will further our understanding of why people with Crohn’s and Colitis experience pain and what can be done to alleviate this debilitating symptom.

**KEY OBJECTIVES OF THE PAIN COLLABORATIVE NETWORK**

1. Facilitate knowledge exchange between world-class pain and IBD researchers
2. Foster a culture of sustainable international collaboration between leading pain and IBD researchers
3. Drive world-class research into pain and IBD

**WELCOME TO OUR INAUGURAL PAIN COLLABORATIVE NETWORK CONFERENCE**

This is an exciting opportunity to network with other leading pain researchers and to explore novel and innovative breakthroughs in the field. We will encourage and promote collaborative research.

Our ultimate aim is to accelerate the pace of research and close the specific knowledge gap that exists in the management of pain in IBD.

Guest speakers include: Professor Eva Szigethy, Dr Nathalie Vergnolle, Dr David Hughes, Dr Venkat Subramanian, Dr Craig Bullock and Lucy Youdale.

Our afternoon workshops will include discussions in 4 key areas of pain research:

- *Mechanisms of pain in chronic inflammatory states.*
- *The epidemiology, classification and assessment of pain in patients.*
- *Improving pharmacological treatment for patients with IBD who have pain.*
- *Psychological treatments for chronic pain.*

*We know that pain rates highly as one of the worst symptoms for people with Crohn’s and Colitis. Hence we are creating a global research network to help tackle this problem and improve lives for those with this highly debilitating symptom.*

Nikul Bakshi
Research Programme Lead, Crohn’s & Colitis UK

**OUR GLOBAL NETWORK BRINGS TOGETHER RESEARCHERS TO BETTER UNDERSTAND PAIN AND TACKLE THE CURRENT SHORTFALL IN TREATMENTS FOR PEOPLE WITH CROHN’S OR COLITIS WHO EXPERIENCE PAIN.**

Helen Terry, Director of Research, Crohn’s & Colitis UK
PAIN STEERING GROUP

The Pain Steering Group has two key objectives:

• To identify underdeveloped areas of research in the field of pain management and IBD.

• To shape the Pain Collaborative Network. With their knowledge and expertise, the Steering Group will recommend research projects for funding that they consider to be valuable in this field. Any pain projects we fund will be approved by our Research Strategy and Funding Committee following an external peer review process, certified as best practice by the Association of Medical Research Charities (AMRC).

Pain Steering Group Members:

The Steering Group comprises leading researchers and healthcare professionals (spanning several disciplines including psychology, nursing and gastroenterology) and patients who are experts by experience.

PROFESSOR CHRISTINE NORTON
Professor of Nursing at King’s College London

PROFESSOR PETER CROFT
Emeritus Professor of Primary Care Epidemiology at Keele University

DR MILES PARKES
Consultant Gastroenterologist at Addenbrooke’s Hospital, Cambridge

PROFESSOR STEPHEN MCMAHON
Professor of Physiology at King’s College London

PAIN STEERING GROUP – CONTINUED

JAMES JOHNSON
Lay Member living with Crohn’s Disease

NIKUL BAKSHI
Research Programme Lead, Crohn’s & Colitis UK

DR AMANDA C DE C WILLIAMS
Clinical Psychologist at University College London

PROFESSOR AILSA HART
Consultant Gastroenterologist at St Mark’s Hospital, London

DR GILL HOLDSWORTH
Chair of the Research Strategy & Funding Committee and Trustee of Crohn’s & Colitis UK

DR MICHAEL LEE
Consultant in Pain Medicine at Addenbrooke’s Hospital, Cambridge

FRAN BREDIN
IBD Nurse Practitioner

PROFESSOR QASIM AZIZ
Professor of Neurogastroenterology at Queen Mary University of London
# CONFERENCE AGENDA
## FRIDAY 29TH NOVEMBER 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>9:30</td>
<td>Registration and refreshments</td>
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<tr>
<td>10:00</td>
<td>Current shortfalls in chronic pain management in IBD – Panel discussion</td>
<td>Panel: Prof Christine Norton, Dr David Bulmer, Dr Amanda Williams, Prof Stephen McMahon, Dr Miles Parkes</td>
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<td>10:30</td>
<td>A patient’s perspective on pain</td>
<td>Lucy Youdale</td>
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<td>10:40</td>
<td>Treating chronic pain in IBD</td>
<td>Professor Eva Szigeth</td>
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<td>11:35</td>
<td>Coffee break</td>
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<td>12:15</td>
<td>Mediators of pain in IBD</td>
<td>Dr Nathalie Vergnolle</td>
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<td>12:15</td>
<td>Are spinal circuits for somatic pain a good template for visceral pain?</td>
<td>Dr David Hughes</td>
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<td>12:45</td>
<td>Current/novel treatments for pain</td>
<td>Dr Venkat Subramanian</td>
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<td>14:15</td>
<td>Lunch &amp; networking</td>
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<tr>
<td>14:15</td>
<td>Workshops</td>
<td>Prof Szigeth, Prof McMahon, Prof Croft, Dr Bulmer</td>
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<td>15:00</td>
<td>Discussion following workshops</td>
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<td>15:40</td>
<td>Versus Arthritis – Advanced Pain Discovery Platform</td>
<td>Dr Craig Bullock</td>
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<td>15:55</td>
<td>Closing remarks</td>
<td>Sarah Sleet, CEO</td>
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A personal journey of living with pain and IBD
Lucy Youdale

Background and expertise: Lucy works in a Physical Health Psychology Service as a Service Cognitive Behavioural Therapist. The focus of her current work is on the emotional and psychological impact of living with persistent physical health symptoms. Lucy has an accredited Cognitive Behavioural Therapist, qualified EMDR Therapist, and is a registered mental health nurse and independent non-medical prescriber. Lucy is also undertaking an MSc in Pain Management at the University of Cardiff.

Lucy was diagnosed with Crohn’s Disease in 1998, and is presently living well with IBD in spite of experiencing pain most days. Locally, she is campaigning for better care for those diagnosed with IBD.

Session summary:
I will present a very brief account of what it feels like to live with persistent pain as a consequence of IBD, both during flares and in remission. I’d like to share how traumatic and anxiety-provoking pain can be, leading to a life of leaving no and the impact that this has on quality of life.

Treating Chronic Pain in Inflammatory Bowel Disease: New Models of Integrative Care
Professor Eva Szigethy, University of Pittsburgh

Background and expertise: Dr. Szigethy is a clinical researcher who has been studying and treating mood and pain disorders in adolescents and adults with IBD for over 20 years. She has received national grants and awards for her work and has authored over 100 publications. In addition to her research, she is Medical Director of an IBD and research-focused eating disorder program. She serves on the editorial board of the Journal of Psychosomatic Research as well as the Journal of Behavioral Medicine. Dr. Szigethy is a Diplomate of the American Board of Adolescent Medicine and serves on the editorial board of the Journal of Adolescent Health Research. She is also an EMDR therapist and is a registered mental health nurse and independent non-medical prescriber. Lucy is also undertaking an MSc in Pain Management at the University of Cardiff.

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Mediators of pain in IBD
Dr Nathalie Vergnolle, Digestive Health Research Institute, Inserm U1220, Toulouse, France

Background and expertise: Dr. Vergnolle is the director of the Digestive Health Research Institute, part of INSERM (French National Institute for Research) in Toulouse. Before conducting her research in France, Dr. Vergnolle spent 10 years in the Department of Pharmacology. Her work has highlighted the role of several mediators involved in inflammation and pain. Her work is paving the way for the development of innovative therapies for patients with Crohn’s Disease and Ulcerative Colitis.

Session summary:
IBD pain has a significant impact on quality of life. Although both central and peripheral pain sensitisation have been described in IBD, this session will focus on peripheral mediators that regulate pain message relay. Additionally, the key role of inflammatory mediators in regulating this process will be discussed.

Are spinal circuits for somatic pain a good template for visceral pain?
Dr David I Hughes, University of Glasgow

Background and expertise: Dr. Hughes is one of five Principal Investigators at the University of Glasgow’s Spinal Cord Research Group. His research aims to understand the circuits in the spinal dorsal horn, an area of critical importance in allowing us to perceive the sensations of temperature, touch and pain. He uses a combination of anatomical and electrophysiological approaches in both human and rodent tissue to identify individual neuronal populations, and determine how their activity influences our ability to perceive different stimuli.

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ACKNOWLEDGEMENTS

This Pain Collaborative Network conference would not be possible without the invaluable support of three key groups of people. Firstly, we would like to thank our Pain Collaborative Steering Group, who have been, and continue to be, a great supporter of the Pain Collaborative Network. Additional thanks go to our guest speakers, many of whom have travelled from abroad to be here to share their expertise. Final thanks go to the Foresight Group for providing this fantastic space in which we can discuss and develop ideas at the forefront of pain and IBD research.

Together, we can work towards a world where pain in IBD can be effectively managed and alleviated.

Many thanks,
The Research Team, Crohn’s & Colitis UK

MEET OUR RESEARCH TEAM

Helen Terry
Director of Research

Anita Liu
Research Officer

Nikul Bakshi
Research Programme Lead

Jane Fraser
Research Programme Co-ordinator

To learn more about the research we support please contact our team at: research@crohnsandcolitis.org.uk. We are always interested in communicating research news to our members and supporters. If you would like to share updates on your study, please contact our Press Officer Sophie Bassil on sophie.bassil@crohnsandcolitis.org.uk.

Find out more:
crohnsandcolitis.org.uk/research/pain-collaborative-research

For queries contact:
01727 734468
paincollaborative@crohnsandcolitis.org.uk