



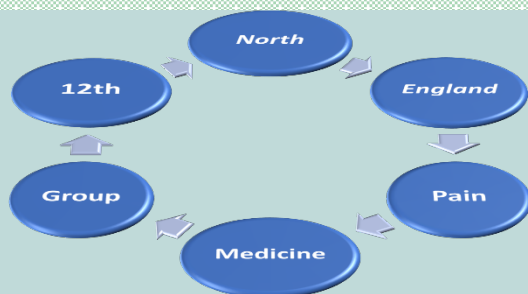
# Pain Research Institute

*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.*

## Volunteers for PRI Research Day 2021

With current restrictions being gradually lifted we are beginning to organise our 3<sup>rd</sup> PRI Research and Publication Day which will be hopefully held in October 2021 at Clinical Sciences Building, Aintree University Hospital, L9 7AL.

Further information will be available when we have confirmed more details which will be posted on the PRI website.



The 12<sup>th</sup> North England Pain Group meeting will take place via Zoom on 11<sup>th</sup> June 2021 9.30-4pm. This course is likely to be approved for 5.5 CPD points (tbc) by Royal College of Anaesthetists. For more info please see Pain Relief Foundation Website

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, Clinical Research Fellow & Pain Specialist Physiotherapist



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



Andy Marshall, Senior Lecturer & Honorary Consultant Walton Centre Foundation Trust



Anne Marshall, Research Associate



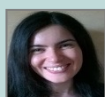
Francis O'Neill, Senior Lecturer and Honorary Consultant in Oral Surgery



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





## 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 [U.alam@Liverpool.ac.uk](mailto:U.alam@Liverpool.ac.uk)**

- **APIF Autoimmunity-informed phenotyping in patients with Fibromyalgia Syndrome** 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 [H.Twiddy@Liverpool.ac.uk](mailto:H.Twiddy@Liverpool.ac.uk)
- **DEFINE FMS**- 77 patients required and 28 of these for Microneurography and 1 year follow up. A corneal confocal microscopy will take place to see if it can detect nerve damage. Patients will also need to have blood & sensory testing as well as a skin biopsy. Contact [U.alam@Liverpool.ac.uk](mailto:U.alam@Liverpool.ac.uk) for more information
- A qualitative study into the experiences of patients being assessed for, and attending, an online Pain Management programme during the Covid-19 Pandemic- Contact [H.Twiddy@Liverpool.ac.uk](mailto:H.Twiddy@Liverpool.ac.uk) for more information



The APIF study still requires more patients with FMS to continue researching. If you have Fibromyalgia or know anyone that does (& wish to take part) then please contact us or see PRI website for full study details  
[Hayley.McCullough@Liverpool.ac.uk](mailto:Hayley.McCullough@Liverpool.ac.uk)  
0151-529-5835





We are looking for female **healthy** volunteers (**those with no health conditions**) between the ages of 30-65 to participate in our Fibromyalgia research project- APIF (Autoimmunity Informed Phenotyping in Fibromyalgia Syndrome). The purpose of this research is to understand more about patients skin sensitivity & temperature preference and how this might link to the immune system.

We need 30 **healthy** female volunteers to help generate a baseline for our sensory tests and to provide blood samples which we can use as a control in our laboratory experiments. Taking part involves meeting with one of the research team for a few questions, some sensory tests (pressure, and brush stroke) and a blood sample- about 50ml.

The appointment will last 45 minutes-1 hour.

If you are interested in volunteering , it would be fantastic to hear from you.

Our study coordinator is Hayley ([Hayley.McCullough@liverpool.ac.uk](mailto:Hayley.McCullough@liverpool.ac.uk)) who can provide more information and what to do next.

We are reimbursing £30 for travel reimbursement and your time

### Main Research Interests

Investigating the role of the autoimmune system in chronic non-specific low back pain and the associations this condition has with other primary pain syndromes. This work involves the use of biopsychosocial models, quantitative sensory testing and serum and blister fluid sample analysis.

### Biography

I am currently a junior doctor working in the Merseyside deanery. I graduated from the University of East Anglia, Norwich Medical School, in 2018. I was also able to obtain a first-class honours degree in Physiology at King's College London during a year out from my medical studies. I have worked alongside the researchers at the PRI for the past 2 years, during which I have presented at an international pain conference and gained experience and developed in interest in pain research.

Currently I am working with Dr. Andreas Goebel in my main role is Principle investigator on a research project with the primary aim of identifying and characterising phenotypic subgroups in those suffering from severe Chronic Non-Specific Low Back Pain. We aim to explore the relationship between the immune system and symptom presentation in this condition, and links with the primary pain syndromes Complex Regional Pain Syndrome and Fibromyalgia.

### PRI SPOTLIGHT DR SAM HEWITT

"I am in the process of applying for the anaesthetic training program, with the hope of specialising in pain medicine in the future".



# IASP 2021 VIRTUAL WORLD CONGRESS ON PAIN

9-11 June and 16-18 June

This years IASP meeting was due to be held in Amsterdam but due to the COVID-19 situation it will now be held as a **Virtual Congress**

Taking place over two weeks, 9-11 June and 16-18 June, the meeting provides you with opportunities to explore new topics on pain relief, create connections with global experts and expand your knowledge.

A full of events can be found at <https://iaspvirtualcongress.evareg.com/full-schedule>

Iasp members can register for free at <https://iaspvirtualcongress.evareg.com/registration>

## CRPS News

PRI's Andreas Goebel has chaired an international team of CRPS experts, who have worked over the past 2 years supporting the WHO in defining a new text for the diagnosis of Complex Regional Pain Syndrome (CRPS) for the WHO ICD-11. The experts first met in Valencia in 2019 to discuss and agree their plans and they then submitted thirteen separate proposals to WHO between 2019-2021, most of which have now been accepted, with a couple still pending a decision.

Results in ICD-11 can be seen here (link 1). The new WHO text clarifies the established IASP (Budapest) diagnostic criteria for CRPS for enhanced application of this diagnosis in clinical practice; the group also defined a third CRPS subtype, 'CRPS with partial remission of some features'. A summary of all changes and clarifications has been published in the journal PAIN (link). Their work has won praise by the IASP-WHO team as an outstanding example of collaborative development between IASP and WHO (link 3).

link 1: <https://icd.who.int/dev11/l-m/en#/http://id.who.int/icd/entity/1834504950>

link 2: <https://pubmed.ncbi.nlm.nih.gov/33729210/>

link

3: [https://journals.lww.com/pain/Citation/9000/The\\_evidence\\_and\\_consensus\\_based\\_adaptation\\_of\\_the.98094.aspx](https://journals.lww.com/pain/Citation/9000/The_evidence_and_consensus_based_adaptation_of_the.98094.aspx)



# Medical Research Foundation

## Pain Research: Fellowship Funding Opportunity for Mid-Career Researchers

New funding opportunity for research on pain. This competition is now open and the deadline for applications is **12:00 5 July 2021**.

The Medical Research Foundation is delighted to announce £1,200,000 for research on pain. Applicants may apply for up to **£300,000 over a maximum of a 3-year period**. The application form and guidelines for applicants can be found at <https://www.medicalresearchfoundation.org.uk/grants/2021-22-pain-funding-opportunity>



leannecampbellpower

@painrelieffoundation

5.43

**DR GOEBEL**



This week listen here on IGTV!  
Unexplained chronic pain development  
ladiesoflpool

#FIBROMYALGIA

Thanks to the Leanne Campbell Power & Ladies of Liverpool podcast for the opportunity to spread the word on chronic pain and Dr Andreas Goebel research. To listen to the podcast please see [https://www.instagram.com/p/CPIJ4Lejync/?fbclid=IwAR30rkAe4ztMLihR32\\_zWG9fKeWaT2n5jSs0q3MieAq99wdSsD3\\_8QVqATk](https://www.instagram.com/p/CPIJ4Lejync/?fbclid=IwAR30rkAe4ztMLihR32_zWG9fKeWaT2n5jSs0q3MieAq99wdSsD3_8QVqATk)



# Exciting New Publications

Take a look at the two new fantastic publications by Andrew & Anne Marshall  
(previously Worthington)

## **Spinal inhibitory dysfunction in patients with painful or painless diabetic neuropathy**

Anne Worthington, Alise Kalteniece, Maryam Ferdousi, Luca Donofrio, Shaishav Dhage, Shazli Azmi, Clare Adamson, Shaheen Hamdy, Rayaz A Malik, Nigel A Calcutt, Andrew G Marshall

Accepted: Diabetes Care 14/05/2021

Marshall A, Alam U, Themistocleous A, Calcutt N, Marshall A. Novel and Emerging Electrophysiological Biomarkers of Diabetic Neuropathy and Painful Diabetic Neuropathy. Clin Ther. 2021 Apr 24:S0149-2918(21)00155-7. doi: 10.1016/j.clinthera.2021.03.020. Epub ahead of print. PMID: 33906790.