

## **PAIN COLLABORATIVE NETWORK CONFERENCE**



**Date: 29th November 2019 09:30 – 16:00**

**Venue: 23rd Floor, The Shard, 32 London Bridge St, London SE1 9SG**

PAIN COLLABORATIVE NETWORK

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.



Pain Collaborative Steering Group

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



**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

9:30	10:00	Registration and refreshments	
10:00	10:30	Current shortfalls in chronic pain management in IBD – Panel discussion	Panel: Prof Christine Norton, Dr David Bulmer, Dr Amanda Williams, Prof Stephen McMahon, Dr Miles Parkes
10:30	10:40	A patient's perspective on pain	Lucy Youdale
10:40	11:20	Treating chronic pain in IBD	Professor Eva Szigethy
11:20	11:35	Coffee break	
11:35	12:15	Mediators of pain in IBD	Dr Nathalie Vergnolle
12:15	12:45	Are spinal circuits for somatic pain a good template for visceral pain?	Dr David Hughes
12:45	13:15	Current/novel treatments for pain	Dr Venkat Subramanian
13:15	14:15	Lunch & networking	
14:15	15:00	Workshops	Prof Szigethy, Prof McMahon, Prof Croft, Dr Bulmer
15:00	15:40	Discussion following workshops	
15:40	15:55	Versus Arthritis – Advanced Pain Discovery Platform	Dr Craig Bullock
15:55	16:00	Closing remarks	Sarah Sleet, CEO



SPEAKERS



A personal journey of living with pain and IBD

Lucy Youdale

**Background and expertise:**  
Lucy works in a Physical Health Psychology Service as a Senior Cognitive Behavioural Therapist. The focus of her current work is on the emotional and psychological impact of living with persistent physical health symptoms. Lucy is 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 traumatising and anxiety-provoking pain can be, leading to a life of saying 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 Subspecialty Medical Home where behavioural management is integrated into medical care.

**Session summary:**  
Discussion of empirically supported behavioural interventions for chronic pain in GI disorders and their application to patients with inflammatory bowel disease (IBD).

Discussion of pain management strategies used in an IBD-specific subspecialty medical home model of care and how this integrated care model was associated with reduced pain and opioid use.



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 INSERN (French National Institute for Research) in Toulouse. Before conducting her research in France, Dr. Vergnolle spent 10 years at the University of Calgary (Canada) 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 the quality of life of patients. Although both central and peripheral pain sensitisation have been described in IBD, this session will focus on peripheral mediators that regulate pain message relays. Additionally, the key roles 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 improve the understanding of the complex neurocircuitry 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.

**Session summary:**  
Pain remains a major unmet clinical need. One of the main obstacles to the development of new therapies is our limited understanding of how neuronal circuits in the spinal cord transmit and modulate sensory information under normal circumstances, and how this changes under pathological conditions. This session will outline experimental approaches used by Dr Hughes's team to study circuitry underlying somatosensation in normal and neuropathic pain states, and how adopting these strategies can help further our understanding of the pain experienced by people suffering from bowel disease.



The consequences of pharmacological treatment of pain in IBD

Dr Venkat Subramanian, University of Leeds

**Background and expertise:**  
Dr Venkat Subramanian is a Clinical Associate Professor and Honorary Consultant Gastroenterologist at St James University Hospital, University of Leeds. His clinical and research focus is mainly on IBD and colorectal cancer. He leads an active research programme developing novel endoscopic technologies and medical devices for the detection of cancer and assessment of inflammation in IBD and the clinical impact of medical interventions on long term outcomes using primary care databases. His research group has recently published a large population-based study on the rising use of opioid medications in IBD patients in England and the significant negative effect this has on overall survival.

**Session summary:**  
Pharmacological management of pain in IBD is complicated by side effects that are associated with many of the available analgesics. Non-steroidal anti-inflammatory drugs (NSAID's) like ibuprofen and diclofenac are associated with an increased risk of triggering a disease flare. Opiate medications are generally not recommended in IBD due to concerns about precipitating toxic dilatation during acute flares, especially in colitis, as well as issues of tolerance, tachyphylaxis and dependence. This session will explore the current options used by clinicians to treat chronic pain in IBD and the complications associated with these treatments. Novel pain medications will also be discussed.



Accelerating the development of new treatments for persistent pain: the Versus Arthritis perspective

Dr Craig Bullock, Versus Arthritis

**Background and expertise:**  
PhD in neurophysiology and arthritis pain research. Industry and postdoc experience in preclinical pain drug development.

**Session summary:**  
Since 2015, Versus Arthritis (formed by the merger of Arthritis Research UK and Arthritis Care) has prioritised pain research as a key area for investment. Ensuring that pain no longer limits the lives of people with arthritis is now a key organisational ambition and across the charity we are helping to improve the management of persistent pain for people with arthritis.

Working with people living with pain, academics, healthcare professionals and other research funders, we co-created a research roadmap for pain, which sets out high level strategic priorities for future research. We have begun to address these challenges as we discover, innovate and enable the development of new solutions for persistent pain. An overview of our approach, future initiatives and success to date will be presented.

## ACKNOWLEDGEMENTS

This Pain Collaborative Network conference would not be possible without the invaluable support of two 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 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

# CROHN'S & COLITIS UK PAIN COLLABORATIVE NETWORK

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## 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](mailto: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](mailto:sophie.bassil@crohnsandcolitis.org.uk).

Find out more:

[crohnsandcolitis.org.uk/research/pain-collaborative-research](https://crohnsandcolitis.org.uk/research/pain-collaborative-research)

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