

WHAT IS THE EUROPEAN PAIN FEDERATION EFIC®?

The European Pain Federation EFIC® is a multidisciplinary professional organisation in the field of pain medicine, consisting of 37 National Pain Societies that are Chapters of the International Association for the Study of Pain in these European countries. Established in 1993, EFIC® represents Pain Societies from 37 countries with some 20,000 basic scientists, physicians, nurses, physiotherapists, psychologists and other healthcare professionals, who study pain or treat patients suffering from pain.

Aims of the European Pain Federation EFIC

EFIC®'s aims are to advance multidisciplinary research, education, clinical management and professional practice related to pain, and to serve as an authoritative, scientifically based resource concerning policy issues related to pain and its management.

EFIC® INITIATIVES

- **THE “EUROPE AGAINST PAIN” INITIATIVE (EAP)**

Launched in 1991 at the European Parliament, the concept behind the “Europe against Pain” (EAP) initiative is to focus on activities at European Union level, in order to use European Union institutions and programs in the field of public health to leverage our efforts at influencing knowledge, opinion, and ultimately policy and practice concerning pain at both pan-European and national levels. This initiative brings together pain professionals, patients, and industry to work towards the common objective through the agreed modalities. These partnerships undertake educational and European public affairs activities with the view to raise the profile of pain on future health agendas in Europe.

This is achieved through:

Informative Tools

The first step, essential to all aspects of the EAP initiative, was the compilation of information on pain prevalence, cost and management. EFIC® has a number of resources including:

- Briefing packets (media packs) for representatives who will meet face-to-face with EU decision makers.
- Compilations of existing published data on pain and its costs in Europe in an easily accessible summary format.
- Other pain management related information for people with pain and the general public.

Network Dissemination

EFIC® has identified, and is in contact with key decision makers in the European arena. We have recruited skilled and high profile spokespersons from among our membership willing to represent our message effectively. This network enables the planning across Europe of the “European Year Against Pain (EYAP)”. EFIC®'s biennial pan-European conference is also an appropriate venue to announce the continuing EAP plans.

- **THE EUROPEAN YEAR AGAINST PAIN (EYAP)**

Annually EFIC® launches a centrally coordinated event known as “The European Year Against Pain” to highlight specific pain theme, and to gain attention amongst the medical community, the general public, and local media. EFIC® provides briefing packs so that a co-ordinated general message can be disseminated across Europe. Previous themes have included “Chronic Back Pain (2012)”, “Visceral Pain (2013)”, “Orofacial pain” (2014) and “Neuropathic Pain’ (2015)”, The theme for 2016 is “The Global Year against Pain in the Joints”.

- **SYMPOSIUM "THE SOCIETAL IMPACT OF PAIN (SIP)"**

EFIC® recognizes the importance of discussing the 'Societal Impact of Pain' with authorities, insurances, budget holders, and strategic decision makers within national health care systems.

In order to provide a platform for this discussion, the Symposium "The Societal Impact of Pain (SIP)" has been initiated. The scientific framework of the two-day event is designed by EFIC® with Grünenthal responsible for logistic support, preparation and organisation. The objectives of the symposium are to discuss the key challenges, goals, policy instruments with budget holders, strategic decision makers, and representatives of stakeholder organisations to improve pain care in Europe.

For managers and administrators involved in strategic decision making on pain related issues from the perspective of national health care systems the symposium will be a good opportunity to network and share best practices with health care authorities, insurances, budget holders from all over Europe. For health care professionals, patient and consumer representatives the symposium will form a platform to interact and present their work on improving pain care. For further information see the [SIP website](#).

EFIC® RESEARCH AND EDUCATION

- **PAIN IN EUROPE – EUROPEAN PAIN FEDERATION EFIC® CONGRESS**

Since 1995, EFIC® has held 9 congresses, with the next congress "Pain in Europe X" being held in Copenhagen from 6th-9th September 2017. The congress has become a popular forum attracting nearly 4,000 participants. Participants travel mainly from around Europe, although in 2015 73 countries worldwide were represented. For further information on the next congress, please see the [EFIC website](#).

- **THE EUROPEAN JOURNAL OF PAIN (EJP)**

The European Journal of Pain has been published since January 1997, has an Impact Factor of 2.928 and is ranked as follows by ISI (*©Thomson Reuters Journal Citation Reports, Science Edition (2013)*): No. 10 in the category Anesthesiology; no. 64 in the category Clinical Neurology; and No. 119 in the category Neurosciences. It currently publishes 10 volumes per year and is cited in Pub Med and other leading scientific reference services on the web. The online subscription to the EJP is free of charge for National Society Members and can be claimed by registering at the [official website of the European Pain Federation EFIC®](#). From 2015 the journal is only published online.

The IOS journal app for EJP is now live in the Apple App store, and can be found at the following link: <https://itunes.apple.com/us/app/european-journal-of-pain/id1068447414?ls=1&mt=8>

- **EFIC® GRÜNENTHAL GRANT (E-G-G)**

These biennial grants totaling €200,000 from EFIC® in association with Grünenthal GmbH, Germany, are aimed at supporting young scientists in carrying out innovative and exploratory research projects in any EFIC® chapter country. Research grants are intended for clinical and human experimental research on the subject of pain. Research grants are valued at up to €40,000 per project for no more than two years. The awarding of grants is the decision of the Research Committee. Further information and the online application procedure can be found on the [EGG website](#).

Fellowship for Members of East European EFIC® Chapters: Individual fellowships are offered to medical doctors to support pain education and training at a number of European Pain Centers. Application forms can be found on [our website](#).

EFIC Pain Schools: EFIC® Pain Schools are aimed at young European medical doctors and paramedical personnel who wish to increase their knowledge and experience in the field of pain management. Over 4-5 days participants will further develop their pain management skills and treatment options. The Pain Schools are open to EFIC® Chapter members. Successful applicants may be eligible for a grant.

Master Classes: Advanced-level courses aimed at European medics who have at least 2 years of experience in chronic pain management. Proficiency in English is required as all courses are taught in English. Successful applicants may be eligible for a travel and accommodation grant. Master classes will be announced on [our website](#).



Educational Support Grant: EFIC® carries out a programme of “bottom up” educational support grants to improve the scope and availability of education of pain clinicians of all disciplines in Eastern Europe. The projects can act as pilot programs for further development of education projects. Application for grants has to be submitted at least 6 months before the beginning of the project. Grants will not be awarded to projects that are not outlined in detail and are in the planning stages only. Moreover, specific start and completion dates will be required.

EFIC® COMMUNICATIONS

EFIC® Website and Social Media

EFIC®'s website contains information on our main initiatives as well as promoting activities and meetings of all EFIC® National Chapters. We also have a [Facebook](#) page, [YouTube](#) channel and [Twitter](#) account.

EFIC® Newsletter

EFIC® produces a quarterly electronic newsletter outlining various activities of our organization (research and education), reports from our national Chapters, and past and upcoming events. Subscribing to the newsletter is via [our website](#).

EUROPEAN PAIN FEDERATION EFIC® Executive Board 2014-2017

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For any further information regarding EFIC, please consult [our website](#) or contact our office:

European Pain Federation EFIC® Office - Mrs. Christel Geevels - Executive Secretary
Grensstraat 7, Mailbox 3, 1831 Diegem, Belgium
Phone: +32 2 251 55 10
Fax: +32 2 251 48 10
Email: secretary@efic.org