

## PAIN COLLABORATIVE NETWORK CONFERENCE 2021



Date: **26 November 2021 09:30 – 13:30**

## PAIN COLLABORATIVE NETWORK

Management of chronic or recurrent pain is 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.

Crohn's & Colitis UK set up the Pain Collaborative Network in 2019 to increase our understanding of why people with Crohn's and Colitis experience pain and what can be done to alleviate their pain. Since the collaborative network was formed we have funded four research studies into chronic pain in IBD; hosted an international conference with leading experts in chronic pain; published two review articles highlighting the current challenges in treating chronic pain in IBD and helped leverage funding into chronic visceral pain.

We will continue our work to help promote and facilitate the discussion and exchange of ideas on pain in IBD with the help of our steering group.



Pain Collaborative Network 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 PAIN COLLABORATIVE NETWORK CONFERENCE

This is an exciting opportunity to network with other leading pain researchers and explore novel and innovative breakthroughs in the field.

Aims and objectives for the day:

- Identify critical gaps in knowledge within the field of IBD pain and overlapping gaps in other diseases that cause chronic visceral pain.
- Bring together chronic pain researchers, healthcare professionals and people living with chronic pain to share learning and establish new research partnerships to answer key questions in the field. Chronic pain grant calls for 2022 will be identified and shared with attendees.
- Enable a top ten list of priority research questions in chronic visceral pain to be compiled after the event by the Pain Collaborative Steering Group based upon discussions from the workshops. This list will be subsequently written up as a report.

We will be running three workshops focusing on:



Mechanisms underpinning chronic visceral pain and novel drug targets



Visceral pain assessment and measurement



Psychological interventions to treat chronic visceral pain

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**Our Pain Collaborative Network has achieved a great deal in the last 2 years. We have funded research, published articles and created partnerships in the field of chronic pain. We hope to build on this amazing work in 2022.**

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**Sarah Sleet**  
CEO, Crohn's & Colitis UK

**Pain is a common issue for people living with IBD, and it has significant consequences for patients' quality of life. Our aim is to bring together experts in the field of chronic visceral pain to help tackle this problem and improve the lives of those living with this highly debilitating symptom.**

**Professor Christine Norton**  
Chair of the Pain Collaborative Steering Group

PAIN COLLABORATIVE STEERING GROUP

The Pain Collaborative 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.

Pain Collaborative 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 (CHAIR)**  
Professor of Nursing at King’s College London



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



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



**LUCY YOUNDALE**  
Patient representative

PAIN COLLABORATIVE STEERING GROUP – CONTINUED



**JAMES JOHNSON**  
Patient representative



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



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



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



**PROFESSOR QASIM AZIZ**  
Professor of Neurogastroenterology at Queen Mary University of London



**DR DAVID BULMER**  
Researcher and University Lecturer  
Cambridge University

## CONFERENCE AGENDA FRIDAY

### 26 NOVEMBER 2021

9:30	9:40	Welcome	Sarah Sleet, CEO, Crohn's & Colitis UK
09:40	10:40	Critical gaps in knowledge within the field of IBD pain and overlapping gaps in other chronic visceral diseases – Panel Discussion	Dr David Bulmer, Dr Amanda Williams, Prof Qasim Aziz, Anwen Thomas
10:40	10:55	ADVANTAGE Consortium	Professor Geoff Woods
10:55	11:10	Break	
11:10	12:10	Workshops	
		Visceral pain and assessment	Professor Qasim Aziz/Lucy Youdale
		Mechanisms underpinning chronic visceral pain and novel drug targets	Dr David Bulmer
		Psychological treatments	Dr Amanda C De C Williams
12:10	13:10	Post workshop discussion	Professor Christine Norton
13:10	13:30	Next steps and close	Professor Christine Norton



Panel members



**Professor Qasim Aziz**  
Queen Mary University of London

Background and expertise:

Professor Aziz has research interests in mechanisms of visceral pain in disease and in functional brain imaging. This research helps us understand how the brain processes pain and how this is regulated by psychological factors. He has identified human psychophysiological phenotypes with different pain sensitivities and developed models of peripheral and central sensitisation in the human gut. He was co-chair of the World Health Organization's (WHO) subgroup coding visceral pain into the International Classification of Diseases 11th revision (ICD-11) due to be published in January 2022. He was also past chair of the International Association for the Study of Pain (IASP) abdominal and pelvic pain special interest group.



**Dr David Bulmer**  
University of Cambridge

Background and expertise:

Dr David Bulmer completed his PhD at UCL in 2002. Since then, he has established translational research labs, which use electrophysiological approaches to study visceral pain at GlaxoSmithKline, Queen Mary University of London (QMUL), and University of Cambridge. David has worked on ion channel programmes for the treatment of pain and inflammation at GSK, before joining QMUL on an MRC Skills Gap funded lectureship in 2009. Work in his lab has focused on the mediators and mechanisms of abdominal pain in patients with IBD and irritable bowel syndrome (IBS).



**Professor Christine Norton**  
King's College London

Background and expertise:

Christine Norton is Professor of Clinical Nursing Research at King's College London and chair of Crohn's & Colitis UK's Pain Collaborative Steering Group. She was formerly Nurse Consultant (Bowel Control) at St Mark's Hospital Harrow, and Professor of Gastrointestinal Nursing. She manages an extensive research programme in IBD and has written over 100 published peer reviewed papers. She currently leads the NIHR funded programme IBD Boost studying incontinence, pain and fatigue in people living with IBD.



**Anwen Thomas**

Background and expertise:

Anwen Thomas is a member of the Patient Charity Advisory Board for the ADVANTAGE pain consortium and is also a Research Champion for Crohn's & Colitis UK. Anwen was diagnosed with Ulcerative Colitis over 15 years ago and has lived with chronic pain throughout this time. She is very interested in how we are all so unique in our tolerance to pain which has led her to join the Pain Collaborative Network.

Within her work as a reflexology practitioner, she accesses reflexes on the feet that correspond to the digestive system with good results for numerous digestive issues and has receives feedback on a daily basis that the treatment has reduced pain for many on a multi systemic level.



**Dr Amanda C De C Williams**  
University College London

Background and expertise:

Amanda Williams is an academic and clinical psychologist at University College London, UK, and at the Pain Management Centre, University College London Hospitals. She also works as a research consultant for the International Centre for Health and Human Rights (ICHHR). She has been active in research and clinical work in pain for 30 years, with particular interests in evaluation of psychologically-based treatments for pain; in behavioural expression of pain and its interpretation by clinicians; in evolutionary understanding of pain and pain behaviour; and in pain from torture. Dr Williams has written over 200 papers and chapters, presents at national and international pain meetings, and is on the editorial boards of several major pain journals.



**Professor Geoff Woods**  
University of Cambridge

Background and expertise:

Geoff Woods is an academic clinical geneticist at Addenbrookes Hospital, having trained in Oxford and worked at the Victorian Clinical Genetics service and Murdoch Children's Research Institute in Melbourne Australia, and Yorkshire Clinical Genetics service based in Leeds. Half of his time is devoted to clinical work; his practice includes a national Paediatric Pain Genetics service (for congenital painlessness) run with Dr Alasdair Parker Paediatric Neurologist, and an adult genetic pain clinic (where the focus is both on painlessness, but also chronic pain syndromes) run with Dr Michael Lee, academic Anaesthetist. In the remainder of his time he runs a human Mendelian Pain research team in the Cambridge Institute for Medical Research in the remainder of his time. This team focuses on finding and understanding the function of the genes that cause forms of congenital painlessness, and the genetic changes that underlie predisposition to human pain syndromes (including labour pain, complex regional pain syndrome (CPRS) and fibromyalgia).

# ACKNOWLEDGEMENTS

This Pain Collaborative Network conference would not be possible without the invaluable support of two key groups of people. We would like to thank our **Pain Collaborative Steering Group**, who have been, and continue to be, great supporters of the Pain Collaborative Network. Additional thanks go to our **guest speakers**.

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



**Ruth Wakeman**  
Director  
of Services,  
Advocacy  
& Evidence



**Rachel Ainley**  
Research &  
Quality  
Improvement  
Manager



**Nikul Bakshi**  
Research  
Programme  
Lead



**Gemma Winsor**  
Research &  
Quality  
Improvement  
Officer



**Melissa  
Ganendran**  
Research  
Officer

To learn more about the research we support please contact our team at:  
[research@crohnsandcolitis.org.uk](mailto:research@crohnsandcolitis.org.uk).

# CROHN'S & COLITIS UK PAIN COLLABORATIVE NETWORK

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