



Dr. PALANISAMY VIJAYANAND
MBBS; FCARCSI; DPainMed (RCSI); MSc-Pain (UK); FFPMCAI; FFPMANZCA
Fellowship in Advanced Interventions (Aus)

Consultant

Sri Ramakrishna Pain Management & Research Institute, Coimbatore, India

Treasurer

Indian Society for Study of Pain

Co-Chair

Indian Academy of Pain Medicine

Convener

Traveling Pain School

Reviewer

Indian Journal of Pain

Indian Journal of Anaesthesia

Journal of Case Reports in Anaesthesia & Critical care

Visiting Faculty

International Network for Cancer Treatment & Research

Awards

Boston Scientific Travelling Scholar – Royal Australasian College of Surgeons
& Australian and New Zealand College of Anaesthetists – 2014

International Association for Study of Pain – Developing Countries Initiative
for Improving Pain Education - 2014

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AP Medical Council Registration: 68480
TN Medical Council Registration: 56361

SUMMARY OF QUALIFICATIONS

- **FFPMANZCA** (Nov 2013) – Australian and New Zealand College of Anaesthetists
- **FFPMCAI** (Feb 2013) - College of Anaesthetists of Ireland
- **MSc in Pain Management** (Jan 2005 – Dec 2006) - University of Leicester, UK
- **Diploma in Pain Medicine** (June 2006) – College of Anaesthetists, Royal College of Surgeons in Ireland.
- **FCARCSI** (October 2003) - College of Anaesthetists, Royal College of Surgeons in Ireland.
- **MBBS** (June 1995) – Coimbatore Medical College and Hospital, The Tamilnadu Dr. MGR Medical University, India.

APPONTMENTS

Employer	Specialty	Position	Duration	
			From	To
Sri Ramakrishna Pain Management & Research Institute	Pain Medicine	Consultant	June 2015	Present
Axon Multi-disciplinary Pain Management Center, Hyderabad, India	Pain Medicine	Director	Aug 2009	May 2015
Greenslopes Private Hospital, Brisbane, Australia	Pain Medicine	Senior Registrar	Feb 2009	May 2009
Royal Brisbane & Women's Hospital, Brisbane, Australia	Pain Medicine	Senior Registrar	Feb 2008	May 2009
North Cheshire Hospitals NHS Trust, Warrington, Cheshire, UK.	Anaesthesia & Pain Medicine	Specialty trainee	Aug 2007	Jan 2008
National Refractory Angina Centre Royal Liverpool and Broadgreen University Hospitals NHS Trust, Liverpool, UK	Pain Medicine	Fellow	Oct 2006	Jul 2007
Heart of England NHS Trust, Birmingham, UK	Pain Medicine	Fellow	Nov 2005	Oct 2006
North Cheshire Hospitals NHS Trust, Warrington, Cheshire, UK	Anaesthesia & Pain Medicine	Staff Grade	Sep 2001	Oct 2005
Stoke Mandeville Hospitals NHS Trust, Buckinghamshire, UK	Anaesthesia	Senior SHO	Aug 2000	Aug 2001
South Derbyshire Acute Hospitals NHS Trust, Derbyshire, UK	Anaesthesia	SHO	Aug 1998	Aug 2000
Royal Wolverhampton NHS Trust, West Midlands, UK.	Anaesthesia	SHO	Aug 1997	Aug 1998
Coimbatore Medical College and Hospital, Coimbatore, Tamilnadu, India	Various disciplines	Internship & Anaesthesia (ST)	May 1994	Dec 1995

EXPERTISE IN PAIN MEDICINE

Institutions where experience gained

- **Greenslopes Private Hospital** is the largest private hospital in Australia and the second largest in the Southern Hemisphere. In addition, it is the largest implanter of pain management devices (spinal cord stimulators, intra-thecal drug delivery systems and peripheral nerve stimulators) in Australia. A special permission granted by the Faculty of Pain Medicine, provided me the distinction of being the first Indian to be trained there and helped consolidate my Interventional Pain Medicine skills.
- **The Professor Tess Cramond Multidisciplinary Pain Centre** at the Royal Brisbane & Women's Hospital is the largest training unit in Australia for Senior Registrars in Pain Medicine. Supervised and guided by the world renowned and distinguished Prof. Cramond, after whom the facility is named, I gained immense experience in the multiple facets of pain management.
- **The National Refractory Angina Centre** at Liverpool, United Kingdom, is one of its kind in the world, receiving and treating patients from all over Europe. Trained by the world expert in refractory angina, Prof. Chester, I had the distinction of being the first Indian to be trained there since its inception fifteen years ago.
- **Warwick School of Anaesthesia** accepted me as their first ever Senior Registrar in Pain Medicine in a Royal College accredited training post, based at Heartlands and Solihull hospital, Birmingham. The expertise of the consultants helped enhance my knowledge of the principles and practice of pain medicine, and provided an environment for continuing professional self development.
- Stints at Marie Curie Hospice - Woolton, Linda McCartney Cancer Centre - Liverpool, Mt. Olivett Hospital - Brisbane and the Oncology unit of The Royal Brisbane & Women's Hospital, enabled me to gain a strong ethos of end-of-life care and advance my skills in physical and chemical neurolytic interventional procedures for Cancer pain.
- Brief stints at the Pain Management units of Sir Charles Gairdner Hospital – Perth, The Royal Adelaide Hospital - Adelaide and The Prince of Wales Hospital – Sydney, provided me the opportunity to interact and learn advanced Interventional pain procedures from colleagues and experts.

OVERVIEW OF PAIN EXPERIENCE

The **IASP core curriculum** based training included bio psychosocial assessment, diagnosis and formulation of treatment strategies. The training involved organising and managing Inpatient & Outpatient Pain Programs, inpatient consultations and multidisciplinary interaction including **teleconference** with GPs, helping improve presenting, counselling and communication skills.

- The training included valuable time in Amputee clinic, Radiation Oncology, Neurophysiology and Radiology.
- Interacted with allied health specialties including Psychology, Physiotherapy, Occupational Therapy & Nursing along with medical specialties including Psychiatry and Rehabilitation Medicine. This helped me gain requisite knowledge and skills.
- The National Refractory Angina Centre helped gain experience in a range of treatment modalities from patient education in a motivational setting to advanced interventions including neuromodulation and intrathecal drug delivery systems.
- Out-patient clinics improved my knowledge and competencies in the management of musculoskeletal, visceral, orofacial, and neuropathic pain.
- Procedural sessions helped gain expertise in interventional procedures including radiofrequency lesioning, temporary sympathectomies, neurolytic procedures and other advanced interventions (spinal cord stimulators, intra-thecal drug delivery systems, peripheral nerve stimulators).
- Acute Pain Service activities involve ward rounds, managing and troubleshooting intravenous and epidural analgesia, clinical review sessions, audits and training of personnel.
- Research interest in the institutions along with Journal club discussions helped me gain insight into the ethical, practical and methodological issues in research and critical appraisal of pain literature.
- Multidisciplinary team meetings, which I have regularly attended and presented, helped in sharing knowledge, collaborating team activities and consulting allied specialties.
- Effective listening and communication skills acquired during training, helped forge strong therapeutic relations with patients.
- Facilitated learning among patients, nursing and medical students, junior medical staff, pain management team and other health professionals, this constituted an important part of my training.

EXPERIENCE IN ANAESTHESIA

- **National Hand Injuries unit** at Derby provided ample opportunities to train in regional anaesthesia for upper limb procedures (alternative approaches to brachial plexus, peripheral nerve blocks and managing continuous infusion via catheters in the ward).
- **National Spinal Injuries unit** at Stoke Mandeville with the Regional Plastic and Burns Unit presented opportunities to develop interest in techniques such as Interpleural blocks, in addition to anaesthetising for Acute and Chronic spinal injuries.
- Orthopaedics and Trauma, Vascular and Ophthalmic procedures helped further my interest in regional anaesthesia with opportunities for lower limb blocks (neuraxial, lumbar plexus, and peripheral nerve blocks) and sub-tenon block.
- **Intensive Care** training included supporting the Outreach service and management of trauma, drug overdose, sepsis, multi-organ failure and respiratory failure.
- **Obstetric anaesthesia** training included labour analgesia and elective and emergency Caesarean sections.
- Resuscitation, stabilisation and Inter and Intra hospital **transfer of critically ill** patients formed part of critical care training.
- Trained in Anaesthesia and Monitored anaesthetic care in **remote locations** for radiological procedures (CT scan, MRI, angiographies) and Electroconvulsive therapy.
- **Informal teaching** of paramedics, nurses and junior colleagues.
- Day to day running of the department with experience in **organising rotas**.
- Designed and undertaken audits in anaesthesia and pain management, in addition to regular participation in journal club presentations.
- Regular weekly out-patient pain clinic and procedural session as a Staff Grade with **special interest in pain medicine**.

COURSES & CONFERENCES IN PAIN MEDICINE IN UK

- The Foundation course in Acupuncture by The British Medical Acupuncture Society. Wythenshawe Hospital, Manchester. July 2005.
- World Congress in Pain, Sydney. August 2005
- Annual Scientific Meeting of Neuromodulation Society of U.K and Ireland. Dudley, November 2005.
- The Art and Science of Interventional Pain Practice. SIG in Interventional Pain Medicine meeting at the British Pain Society, London. December 2005.
- Regular participation at the Learning in Pain Series of The British Pain Society, London.
- The St.Thomas Annual Symposium on Pain Management, London. February 2006.
- The Midland Society of Anaesthetists Annual Meeting, Burton-on-Trent. March 2006.
- The Annual Scientific Meeting of the British Pain Society, Harrogate. April 2006.
- Pain Updates for Registrars, College of Anaesthetists, Royal College of Anaesthetists. Dublin. May 2006
- 5th Congress of European Federation of IASP Chapters – EFIC, Istanbul, Turkey. September 2006.
- Regular weekly participation in the educational meetings at Walton Centre for Neurology and Neurosciences.
- The Annual Scientific Meeting of the British Pain Society, Glasgow. April 2007.
- Regular participation at the quarterly guest lectures of the Pain Relief Foundation at the Liverpool Medical Institution.

COURSES & CONFERENCES IN PAIN MEDICINE IN AUSTRALIA

- Australian Pain Society – Annual Conference at Perth. April 2008.
- Interventional Pain Management SIG at the Pain Society Meeting, Perth. April 2008.
- Queensland Regional Pain Committee meeting – Psychiatry & Pain. Lecture by Harold Merskey. April 2008.
- Pain Lang Group meeting of University of Queensland Linguistics department. April 2008.
- Queensland Palliative Care Group, regular monthly meetings at Brisbane.
- ANZCA Annual Scientific Meeting, Sydney. May 2008.
- Study day on Opioids, ANZCA ASM, Sydney. May 2008.
- Pain User Group, quarterly meetings at Brisbane.
- Update on Opioid prescribing. Brisbane. June 2008.
- Cadaver Workshop on Spinal Cord Stimulators, Brisbane. July 2008.
- Queensland Health symposium in Pain Management, Brisbane. Sep 2008.

PRESENTATIONS IN PAIN MEDICINE - OVERSEAS

- Managing postoperative pain – a presentation for Foundation year Senior House Officers in the trust. Nov-2005
- The fool's gold that heals – Mechanisms and implication for clinical trials of Placebo. Departmental presentation. Feb-2006
- Overview of Cancer Pain Management – a Pain Grand Round presentation. April-2006.
- Pain, Disability and Return to work – a Pain Grand Round presentation. June-2006.
- Managing Chronic Pelvic Pain, a presentation for the charity - Cystitis and

Overactive Bladder Society. Aug-2006.

- The role of ethnicity in utilisation of healthcare resources among Chronic Low Back Pain sufferers. Presented at the Pain Relief Foundation - Liverpool. Jan-2007
- Psychosocial implications of pain in the elderly, a presentation for the Geriatric Medicine registrars and nurses. March-2007.
- Race, culture, ethnicity and pain – presented at multidisciplinary CME meeting. Feb-2008
- Refractory Angina a novel approach - presented at Multidisciplinary CME meeting. April-2008.
- Medications in Chronic Pain – presented at the Society of Hospital Pharmacists of Australia, Queensland meeting. June-2008
- Post amputation pain syndromes – presented to Rehabilitation medicine registrars and Allied Health Professionals as a CME. July-2008.
- Royal Brisbane & Women’s Hospital Vocational Expo – Medical Education and Training Service, represented Faculty of Pain Medicine. July-2008.
- Pain medicine, the nuts and bolts – presented as part of continuing education for General Practitioners and Hospital doctors. Feb-2009.

PRESENTATIONS IN PAIN MEDICINE & INVITED FACULTY

- Cancer Pain management, the Indian perspective – presented at the Institute of Oncology, Sri Ramakrishna Hospital, Coimbatore. June-2009.
- The developmental neurobiology of pain - Pain in Neonates - presented at the Institute of Child Health, Chennai. Prof. Paramanandam retirement oration - June 2009
- Opioids in Cancer Pain - Opioid Induced Hyperalgesia, Pharmacogenomics and Therapeutic addiction - presented at Thiruvananthapuram Institute of Palliative Services Thiruvananthapuram. Presided by Prof. M. R. Rajagopal, WHO lead for Palliative Care in India, July 2009.
- Invited lecture - Overview of Interventional Pain Management - ISA Hyderabad City Branch. Aug 2009.

- Guest talk - Interventional Pain Medicine - A Practical Approach. ISA Coimbatore City Branch, Coimbatore - Sep 2009.
- Guest talk - A Teacup In a Storm - Why we are lost. CARE Hospital, Nampally, Hyderabad. - Sep 2009.
- Guest talk - Interventional Pain Medicine in Neuronal Injuries - Neurosurgery CME organised by Global Hospital, Chennai - Oct 2009.
- Invited lecture - Ischaemic Pain - Mechanisms and Management. International Annual Scientific Meeting of Vascular Surgeons, Hyderabad - Nov 2009.
- Ultrasound guided Nerve Blocks – Moderator of the Pros & Cons debate – ISA National Conference, Chennai, Dec 2009
- Guest lecture - Developmental Neurobiology of Pain – CME for Paediatric post-graduates, Coimbatore Medical College, Dec 2009
- Guest talk - Prevention of Low Back Pain – HSBC, Hyderabad, Jan 2010
- Guest lecture - Bio-psychosocial model of pain – CME for physiotherapists, Flexispine, Hyderabad, Jan2010
- Invited lecture - Interventions in Cancer Pain – MNJ Cancer Hospital, Hyderabad, Feb 2010
- Invited lecture - Cancer Pain- an overview – CME for anaesthesia post-graduates, Hyderabad, Feb 2010
- Guest lecture - Multi-disciplinary management of pain – Benares Hindu University, Feb 2010
- Organised the seminar by Dr. Penelope Briscoe – Dean, Faculty of Pain Medicine Australia at Hyderabad, Feb 2010
- Live Workshop on Intra-thecal pumps – Spine Education & Research Foundation, Hyderabad, March 2010. Presided by Dr. Raj Sundaraj, Sydney.
- Invited lecture - Interventions in Post-mastectomy pain – ISSP National Conference, Jabalpur, April 2010
- Invited lecture - Epidural Steroids – the evidence, ISSP State Meeting, Hyderabad, May 2010

- Faculty, Live Workshop on Spinal Interventions – Medciti Hospital, July 2010
- Conducted Pain Management Day at Film Nagar Culture Center, Aug 2010
- Invited lecture - Sympathetic Neurolysis in Cancer Pain – Apollo Health City, Hyderabad, Aug 2010.
- Invited lecture - Multi-disciplinary management of persistent pain – Andhra Pradesh State Orthopaedic Association Meeting (OSSAP), Aug 2010
- Attended International Association for Study of Pain (IASP) Annual Conference in **Montreal, Canada, Sep 2010**
- Visit to Harvard Medical School pain clinic at Brigham & Women’s Hospital, **Boston, USA, Sep 2010**
- Director - Axon Learning about Pain Series (ALPS), Workshop on Interventions in Pain Medicine with International faculty, October 2010
- Invited lecture - Pain Management for Anaesthesiologists – ISA, Rajahmundry, October 2010
- Invited lecture - Managing Persistent Pain – Railway Hospital, Secunderabad, October 2010
- Guest talk - Interventions in Spinal Pain – Twin Cities Spine Surgeons Association, Hyderabad, Nov 2010
- Guest talk - Managing your Pain – Rotary Club, Banjara Hills, Hyderabad, Jan 2011
- Invited lecture - Epidural Steroids – Indications & Evidence - Spine Associates, Hyderabad Feb 2011
- Invited lecture - Managing your pain – Talk for employees of Satyam Ventures, Hyderabad Feb 2011
- Invited lecture - Above and beyond the WHO ladder – Indian Society for Study of Pain, National Conference, PGIMER Chandigarh Feb 2011
- Quiz master for the Post-graduate Quiz at the Indian Society for Study of Pain, National Conference, PGIMER Chandigarh Feb 2011
- Music & Pain – Carnatic Music Programme organised by Axon Pain Center at

Shaptaparni, March 2011

- Invited lecture - Could altruism also translate to good business sense? - Hyderabad Start-ups lecture, March 2011
- Guest lecture - Interventional Pain Management of Low Back Pain - The VIIIth Dr VSN Murthy Memorial CME for Orthopaedic surgeons – Mahatma Gandhi Memorial Hospital, Warangal, April 2011
- Invited lecture - Percutaneous Interventions in Spine - Atlas spine group, Hyderabad, April 2011
- Invited lecture - Coeliac Neurolysis: Who benefits? – Apollo Hospital, Hyderabad, May 2011
- Invited lecture - Spinal Interventions in Low Back Pain – Orthopaedic Association of South Indian States (OASIS) – May 2011
- Guest Lecture - Evidence-based interventions in back pain – 1st Interventional Pain Conference of Malaysian Pain Society, **Kuala Lumpur, June 2011**
- Invited faculty for cadaver workshop – Malaysian Pain Society, **Kuala Lumpur, June 2011**
- Lecture as invited faculty on Radiological diagnosis of Spinal Pain – Young Pain Physicians meet of Indian Society for Study of Pain, Hyderabad, July 2011
- Lecture on What is pain? – Kakatiya Women’s Club, Hyderabad, July 2011
- Attended the talk by VS Ramachandran’s ‘The Tell-Tale Brain’ – NIMS, Hyderabad, July 2011
- Guest Lecture - Back Pain: What’s more on offer? – KIMS Doctors Meet, Aug 2011
- Invited faculty. Talk on Intrathecal Drug Delivery Systems – International Conference of Interventional Pain Management (ICIPM), Chennai, Sep 2011
- Invited faculty for cadaveric workshop of ICIPM, Chennai, Sep 2011.
- Invited faculty, Fibromyalgia Expert Group – **Ho Chi Minh City, Vietnam, Oct 2011**
- Attended the talk by VS Ramachandran’s ‘Phantoms in the brain’ – University of Hyderabad, Oct 2011
- Invited faculty, Live Demonstration Of Intrathecal Pump Implantations – **Colombo,**

Sri Lanka, Nov 2011

- Invited faculty, Study day in Pain – PGIMER, Chandigarh, Nov 2011
- Quiz master for post-graduates at PGIMER, Chandigarh, Nov 2011
- Guest Lecture - Titrating Opioids in Cancer Pain – Apollo Hospital, Hyderabad, Dec 2011
- Guest Lecture - Managing pain: Multi-disciplinary approach – Talk to GP's at Viva Sehath, Hyderabad, Jan 2012
- Guest Lecture - Role of Physiotherapy in Spinal pain – Gaman Physiotherapy Group, Hyderabad, Feb 2012
- Invited faculty, talk on Radiology of Low Back Pain – Indian Society for Study of Pain National Conference, Bangalore, Feb 2012
- Expert at Meet the Expert Meet on evidence-based Cancer Pain Management, ISSP National Conference, Bangalore, Feb 2012
- Invited faculty, Fibromyalgia Expert Group – Headed by Prof Stephan Schug. Hyderabad, Feb 2012.
- Guest Lecture for post-graduates, Psychology of Persistent Pain – School of Psychology, University of Hyderabad, March 2012
- Organised the Workshop on Chronic Pain – Academy of Regional Anaesthesia of India, 2nd National Conference, Coimbatore, April 2012
- Guest Lecture - Interventions in Spinal Pain – Coimbatore Orthopaedic Society, May 2012
- Invited faculty, talk on Alleviating Cancer Pain – Indian Society of Anaesthesiologists, South Zone Conference, Coimbatore, Aug 2012
- Invited faculty, talk on Pain and Its Management. CME for Physiotherapists of Andhra Pradesh, Hyderabad, Aug 2012
- Invited faculty, talk on Pathophysiology and Management of Scar Neuralgia – International Conference on Interventional Pain Management (ICIPM), AIIMS, Delhi, Aug 2012

- Invited faculty, talk on Evidence Based Interventions in Chronic Knee Pain – International Conference on Interventional Pain Management (ICIPM), AIIMS, Delhi, Aug 2012
- Invited faculty, talk on Rescuing the crying nerve – talk on Painful Diabetic Neuropathy, CME for Endocrinologists, Coimbatore Endocrine Society, Coimbatore, Oct 2012
- Chronic Pain and Fatigue – Talk for the general public and cancer survivors, World Cancer Day, GKNM Hospital, Coimbatore, Oct 2012
- Invited faculty, talk on Marketing in Pain Management – Global Update in Pain, Mumbai, Oct 2012
- Convenor of Traveling Pain School – Vijayawada, Nov 2012
- Convenor of Traveling Pain School – Karimnagar, Dec 2012
- Expert at ‘Meet the Expert’ – Explicit and judicious use of evidence in managing low back pain, at ISA National Conference at Indore, Dec 2012
- Invited faculty, talk on Management of Refractory Angina – ISSP National Conference, Nagpur, Feb 2013
- Panellist for the discussion on Complications & pitfalls in pain management and its medicolegal implications. ISSP National Conference, Nagpur, Feb 2013
- Delegate, International Coalition against Neuropathic Pain – Master class. **Noordwijk Aan Zee, Netherlands, March 2013**
- Convenor of Traveling Pain School – Kurnool, March 2013
- External faculty – INCTR, Hyderabad. Guest lectures on Neuropathic Pain & Neurobiology of Pain – April 2013
- Attended Irish Congress of Anaesthesia, Pain Refresher day – **Dublin, Ireland, May 2013**
- Invited faculty, talk on ‘Neurobiology of Pain.’ – Focused Anaesthesia Seminar for Trainees (FAST) – organised by ISA-Hyderabad, May 2013.
- Invited faculty, talk on ‘Cervical Medial Branch Blocks.’ Comprehensive Interventional Pain Management (CIPM-VI), Ahmedabad, June 2013.

- Invited faculty, talk on 'Spinal Cord Stimulators.' Comprehensive Interventional Pain Management (CIPM-VI), Ahmedabad, June 2013.
- Convenor of Traveling Pain School – Nellore, June 2013.
- External Faculty, INCTR, Hyderabad. Guest lectures on Overview of Pain & Neuropathic Pain. July 2013.
- Invited faculty, talk on Facet joint & Sacro-Iliac joint injections – Yashoda Academy of Pain Management, Hyderabad, July 2013.
- Invited faculty for Cadaveric bio-skills workshop in pain – organised by Yashoda Hospital, Hyderabad, July 2013.
- Guest Lecture – 'The dilemma that is Chronic Post-Surgical Pain.' Inauguration of the Nagpur City Branch of ISSP. July 2013.
- Convenor of Traveling Pain School – Sevagram, Wardha, July 2013.
- Convenor of Traveling Pain School – Warangal, August 2013
- Invited faculty for Dr. NTR University of Health Sciences CME for anaesthesiologists – Khammam, August 2013
- Guest Lecture – 'Interventions in Knee pain.' CME on Interventional Pain Management, Meenakshi Mission Hospital, Madurai, August 2013
- Convenor of Traveling Pain School – Amalapuram, Sep 2013
- Invited faculty for Bangalore Interventional Pain Course (BIPCO) - Bio-skills (Cadaver) workshop in pain, MS Ramaiah Institute of Medical Sciences – organised by ISSP (Karnataka), Bangalore, Sep 2013
- Faculty, Orthopaedic Association of Andhra Pradesh, Guntur branch. Oct 2013
- Convener for Essential Pain Management conducted by Traveling Pain School – pilot under-graduate education project, Civil Hospital & BJ Medical College, Ahmedabad, Oct 2013
- Convener for Essential Pain Management conducted by Traveling Pain School – pilot under-graduate education project, Theni Medical College, Tamilnadu. Oct 2013
- Lecture – Managing Pain in Resource Poor Setting. Invited faculty, Indian Society of Anaesthesiologists, Andhra Pradesh, Annual Scientific Meeting, Khammam, Oct 2013.

- Invited faculty, Post-graduate education series on pain, Kamineni Hospital, Hyderabad, Nov 2013.
- Organising Secretary for Symposium on Pain Education involving World Institute of Pain (WIP), Pain Relief and Palliative Care Society, Indian Society for Study of Pain and Indian Society of Anaesthesiologists, Hyderabad, Nov 2013
- Invited faculty – cadaveric bio-skills workshop, International Conference on Interventional Pain Management (ICIPM), Kolkatta, Nov 2013
- Convenor of Traveling Pain School, SV Medical College, Tirupati. Nov 2013
- Attended Centre for Cellular and Molecular Biology Distinguished Lecture Series on ‘Antibiotics and the Cell’s Protein Factory’ by Nobel laureate Venkatraman Ramakrishnan, Hyderabad.
- Convenor – Essential Pain Management. Launch of under-graduate pain education programme in India in association with Australian and New Zealand College of Anaesthetists (ANZCA), Hyderabad. Jan 2014
- Essential Pain Management, **Colombo**, Sri Lanka, Feb 2014
- Lecture – Challenges in Pain Education in India, Annual Scientific Meeting of Indian Society for Study of Pain, Mumbai, Feb 2014.
- Lecture – Role of Ketamine and Lidocaine in the management of persistent pain, Annual Scientific Meeting of Indian Society for Study of Pain, Mumbai, Feb 2014.
- Moderator – Panel discussion on safe practice of interventions in pain, Annual Scientific Meeting of Indian Society for Study of Pain, Mumbai, Feb 2014.
- Lecture – Neurobiology of Pain, Annual Scientific Meeting of Indian Association for Palliative Care, Bhubaneshwar, Feb 2014.
- Convener – Essential Pain Management, Department of Physiotherapy, Nizam’s Institute of Medical Sciences, Hyderabad, Feb 2014
- Convener – Essential Pain Management, Department of Anaesthesia, Yashoda Hospitals, Secunderabad, March 2014
- Convener – Essential Pain Management, Department of Physiotherapy, Yashoda Hospitals, Secunderabad, April 2014

- **Plenary Speaker** – The Challenges in Pain Education – Annual Scientific Meeting, Malaysian Association for Study of Pain, **Kuala Lumpur**, April 2014
- **Keynote Lecture** – Chronic Refractory Angina - Annual Scientific Meeting, Malaysian Association for Study of Pain, **Kuala Lumpur**, April 2014
- Attended the combined Royal Australasian College of Surgeons & Australian and New Zealand College of Anaesthetists Annual Scientific Meeting at **Singapore**, May 2014
- Essential Pain Management workshop at the Undergraduate Medical Conference, DEMEDCON 2014 at Sri Devaraj Urs Medical College, Kolar, May 2014
- Yashoda Academy of Pain Medicine, Bioskills workshop, Secunderabad, July 2014
- Yashoda Academy of Pain Medicine, Cadaveric Workshop, Secunderabad, July 2014
- Invited faculty – Certificate Course in Palliative Medicine, Indian Association of Palliative Care, Hyderabad July 2014
- Convener - Essential Pain Management workshop, Department of Physiotherapy, Krishna Institute of Medical Sciences, Hyderabad, July 2014
- Guest lecture – CME on Pain Management, Medical Sciences Division, SRM University, Chennai – July 2014
- Convener - Essential Pain Management workshop, SVS Medical College, Mahbubnagar – July 2014
- Lecture – Medications in a Pain Clinic, South Asian Regional Pain Societies Conference (SARPS) Ahmedabad, August 2014
- Lecture – Becoming a Pain Specialist, Indian Society of Anaesthesiologists, South Zone Conference, Visakhapatnam, August 2014
- Guest speaker, CME on Pain Management. Chennai Medical College Hospital & Research Centre, Tiruchirapalli, Sep 2014
- Invited faculty – VIIIth Comprehensive Interventional Pain Management Workshop, DY Patil Medical College, Mumbai, Sep 2014
- Interventional Pain Workshop, Medanta Mediciti Hospital, Delhi, November 2014
- Guest Speaker, Catching Them Young – a pain education project in India, The Anaesthetists Society conference, India International Centre, Delhi, November 2014

- Guest speaker, Conquering CRPS, World Congress on Regional Anaesthesia and Pain Therapy, **Cape Town, South Africa**, November 2014
- Guest speaker, Interventions in Cancer Pain, World Congress on Regional Anaesthesia and Pain Therapy, **Cape Town, South Africa**, November 2014
- Scientific committee co-ordinator for the specialty section on pain (the prestigious Dr. Kop awards), Indian Society of Anaesthesiologists National Conference, Madurai, December 2014
- Faculty for workshop on spinal implants – intrathecal pumps and spinal cord stimulator, Indian Society for Study of Pain, Annual Scientific Meeting, Chennai, February 2015
- Invited speaker – Managing pain of spasticity and neurodegenerative diseases, Indian Society for Study of Pain, Annual Scientific Meeting, Chennai, February 2015
- Panellist – Practising Pain Medicine in India. Indian Society for Study of Pain, Annual Scientific Meeting, Chennai, February 2015
- Invited Speaker – Traveling Pain School – a pain education project in India. International Conference of the Indian Association for Palliative Care, Hyderabad – February 2015
- Convenor, Train-the-Trainers workshop on Essential Pain Management – Malabar Institute of Medical Sciences, Kozhikode – March 2015
- Invited Speaker – Evidence-based Interventional Pain Management, IXth Comprehensive Interventional Pain Management workshop, Goa Medical College, Goa – March 2015
- Invited Speaker – Failed Back Surgery Syndrome, assessment and management. IXth Comprehensive Interventional Pain Management workshop, Goa Medical College, Goa – March 2015
- Trainer – Cadaveric Workshop on Interventional Pain Management. IXth Comprehensive Interventional Pain Management workshop, Goa Medical College, Goa – March 2015
- Advisory Board member - ‘Developing a National Strategy for Neuropathic Pain.’ – Delhi, April 2015
- Invited faculty, Interventional Pain Management Workshop – Jabalpur, April 2015

- Invited faculty, Indian Society of Anaesthesiologists meeting - Solapur, May 2015
- Workshop Convener on Essential Pain Management – Under-graduate National Conference, Kolar, Karnataka - April 2015
- Invited faculty – Interventional Pain Management workshop, Kamineni Hospitals, Hyderabad – June 2015
- Invited faculty – Interventional Pain Management workshop at MS Ramaiah Medical College, Bangalore – July 2015
- Invited faculty – Yashoda Interventional Pain Management workshop, Hyderabad – July 2015
- Invited faculty – Pain Management - an update, Sri Ramakrishna Hospitals, Coimbatore – August 2015
- Invited faculty, International Conference on Regional Anaesthesia & Pain. Kolkata - August 2015
- Convenor, Travelling Pain School, Train-the-trainers workshop. Fortis Hospital, Delhi – September 2015
- UPFRONT. Train-the-trainer workshop in Pain Management, Indian College of Physicians, Association of Physicians of India – Chennai, September 2015
- Convenor, Essential Pain Management, Sri Ramakrishna Hospital, Coimbatore, September 2015
- Convenor, Essential Pain Management, ELIXIR – The Life Sciences Conference, Amalapuram, Andhra Pradesh, September 2015.
- Convenor, Essential Pain Management, Kokilaben Dhirubhai Ambani Hospital, Mumbai, November 2015.
- Chairperson, Neuropathic Pain CME, International Association for Study of Pain, AIIMS, Delhi – November 2015
- Invited faculty, Pain Education in India. VIth Global Update in Pain, Mumbai – November 2015
- Co-ordinator for UPFRONT, Association of Physicians of India's pain education project at Coimbatore – November 2015

- Convenor, Travelling Pain School, Train-the-trainers workshop. Fortis Memorial research Institute, Gurgaon – December 2015
- Invited faculty, Neuropathic Pain Mechanisms & Management, Indian Society of Anaesthesiologists National Conference, Jaipur – December 2015
- Invited faculty, AIIMS Pain Practice & Regional Anaesthesia Conference, AIIMS, Delhi – January 2016
- Invited speaker/panellist, Pain in Dermatology – Dermatologists Annual national Conference, DERMACON 2016, January 2016, Coimbatore
- Invited Speaker, Interventions in Pain Medicine, ISA Coimbatore, January 2016
- Invited Speaker, Vertebroplasty/ Kyphoplasty – Do We Still Need Them? Indian Society for Study of Pain Annual Conference ISSPCON 2016, Indore
- Jury for poster presentation, ISSPCON 2016, Indore

PUBLIC AWARENESS CAMPAIGN AGAINST PAIN

- In collaboration with Rotary Club of Pollachi, Tamilnadu, July 2015
- Independence Day themed campaign - Freedom from Pain, Coimbatore, August 2015
- Cricket themed campaign - Hit your pain for a six, Young Indians Premier League, Confederation of Indian Industries, Coimbatore, August 2015
- In collaboration with Lions Club of Aravakurichi, Karur district, Tamilnadu, August 2015
- International Year Against Neuropathic Pain – ‘It’s Your Life Which Should be Colourful,’ Coimbatore, August 2015
- Pain awareness for medical students. In conjunction with the Golden Jubilee celebrations of Coimbatore Medical College. 2015.
- Oratorical Contest on Life without pain for school children – Rajapalayam, November 2015

- Drawing Competition for school children to mark the Global Year Against Joint Pain. Coimbatore November 2015 to January 2016. In association with Young Indians, Coimbatore Vizha

FORTHCOMING ACTIVITIES

- Invited faculty, Essential Pain Management – BJ Medical College, Ahmedabad. February 2016
- Moderator, Pain Management in Oncology. Integrative Palliative Care & Oncology, CME at MIMS, Kozhikode. February 2016
- Faculty, Cadaver Workshop on Interventions in Pain Management. Rangaraya Medical College, Kakinada. March 2016
- Faculty, Pain in Acute Medical Emergencies, Endocrine Society Meeting, Coimbatore March 2016
- Faculty, Interventional Pain Management, cadaver workshop. North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences. Shillong, March 2016
- Convener, Essential Pain Management. Undergraduate Medical Conference DEMEDCON at Sri Devaraj Urs Medical College, Kolar, April 2016
- Speaker, Leadership Skills in Medicine, Ganga Refresher Course in Anaesthesiology, Coimbatore June 2016

ACADEMIC ACTIVITIES

- Prophylactic percutaneous transtracheal catheterisation- Correspondence, A. Higgs and P.Vijayanand, Anaesthesia, Dec 2005, Vol 60, p.1245.
- “Intractable Neuropathic Pain”, a free paper presentation at the Registrar Prize Meeting of the **Midland Society of Anaesthetists**. March 2006.
- “A one year retrospective analysis of chronic low back pain in SouthAsians compared to White British” – poster presented at the European Federation of IASP Chapters meeting at **Istanbul, Turkey**. Sep 2005

- “Implementation of a novel clinical pathway reduces unplanned hospital admissions in the elderly chronic refractory angina sufferers” – poster presented at the Annual Scientific Meeting of the **British Pain Society**, Glasgow. April 2007.
- Evaluating the impact of a brief cognitive-behavioural therapy on healthcare utilisation among elderly chronic refractory angina sufferers – Dissertation for Masters, **University of Leicester**, 2009.
- Authored a book chapter ‘Multi-disciplinary management of persistent pain,’ in Trauma and Pain: Bio-psychosocial Perspectives by Meena Hariharan : ISBN 9788182203532
- Shambhala – a culturally sensitive multi-disciplinary pain management programme – Poster which made to the final at the Indian Society for Study of Pain, National Conference 2011
- Multi-disciplinary management of persistent pain – authored a book chapter for the scientific proceedings of TAPICON, Kodaikanal, 2011.
- Genicular Knee Blocks: A novel technique reduces pain & disability in Chronic Knee Pain – Poster accepted for podium presentation at AORA, Coimbatore, April 2012
- Social Media & Pain are now Friends – Article for **British Pain Society** News Letter, April 2012
- Genicular Knee Blocks: A novel technique reduces pain & disability in Chronic Knee Pain (long-time follow-up) – Poster presentation at ICIPM, AIIMS, Delhi, Sep 2012.
- IASP World Congress in Pain – **Milan, Italy**, Sep/Oct 2012. My social media coverage of the event through ‘twitter,’ had more than half-a-million impressions – the highest for the world congress.
- Presented preliminary results of ‘Efficacy of Sacro-Iliac joint injections in Inflammatory vs. degenerative arthritis in men’ – Poster presentation at Global Update in Pain, Mumbai, Oct 2012
- Principal author for the chapter ‘Chronic Refractory Angina,’ in Textbook of Pain Medicine, Ed: Muralidhar Joshi
- Principal author for the chapter ‘Social Media – the new frontier in pain medicine,’ in Textbook of Pain Medicine. Ed: Muralidhar Joshi
- Management of stiffness and pain in Stiff-Person syndrome complicated by Fluorosis – Poster presented at the ISSP National Conference at Nagpur, 2013.

- Analysis of the feedback from Traveling Pain School – Poster presented at the ISSP National Conference at Nagpur, 2013.
- Traveling Pain School – an article for the **British Pain Society** Newsletter, March 2013.
- Efficacy of Sacro-Iliac joint injections in Inflammatory vs. Degenerative arthritis in men – Poster presented at ASEAPS, **Singapore**, May 2013.
- Analysis of the effectiveness of Essential Pain Management – a nationwide pain education initiative for undergraduates. Poster presented at the International Conference on Interventional Pain Management (ICIPM) Kolkata, Nov 2013
- Ace in the hole or ante up? – Converting successful baclofen trials into implants in India. Poster presented at the International Conference on Interventional Pain Management (ICIPM) Kolkata, Nov 2013
- Evaluating the impact of CBT on health care utilisation among refractory angina sufferers – thesis for the award of **Fellowship of the Faculty of Pain Medicine in Ireland**.
- Management of stiffness and pain in Stiff-person syndrome complicated by fluorosis – a case-study. Presented towards the award of **Fellowship of the Faculty of Pain Medicine of Australia and New Zealand College of Anaesthetists**.
- A simple pain education programme improves pain knowledge among undergraduates. Poster. Indian Society for Study of Pain's Annual National Conference, Mumbai, Feb 2014
- The utility of unloader trials in medial compartment osteoarthritis of the knee. Poster. Indian Society for Study of Pain's Annual National Conference, Mumbai, Feb 2014
- 'Hoist the Blue Peter' – article for the **British Pain Society** Spring newsletter 2014.
- Neurobiology of Pain – textbook chapter in *Concepts of Palliative Care*, released by the Indian Association for Palliative Care, 2014.
- Traveling Pain School: A Nationwide Under-graduate Pain Education Workshop – poster presented at **World Congress on Pain**, Buenos Aires, Argentina, October 2014.
- Utility of X-Ray during examination of pain generators. Poster presented at ISSPCON 2016, Indore

- Faculty for the month long palliative course run by International Cancer Treatment and Research (INCTR) at MNJIO&RC, Hyderabad.
- External faculty for the PDCC in Pain and Palliative Medicine of Dr. N.T.R University of Health Sciences
- Fellowship director and mentor for Axon Pain Fellowship trainee, a popular pain fellowship in India.
- Receive and train international students in pain medicine.
- Convener 'Traveling Pain School.' CME's for practising and trainee anaesthesiologists and physicians from other specialties. An initiative by AP chapter of ISSP.
- Convener of weekly Multi-disciplinary meetings & teaching programme at Axon Pain Center.
- Teach & train 20 DNB students every year on their chronic pain module.
- Regular contributor to the International Association for Study of Pain's newsletter.
- Co-ordinated with the Indian Society of Anaesthesiologists to facilitate the introduction of **Prof M T Bhatia Prize in Pain Medicine** – India's biggest prize for the best paper in pain medicine.
- Chapter on 'Mechanisms of Pain and Analgesia.' Indian College of Anaesthesiologists Year Book 2015.
- Authored three chapters for the Consensus Guidelines for managing Neuropathic pain in India – 1) Management of Persistent Idiopathic Facial Pain & Trigeminal Neuralgia 2) Role of TCAs in Post-traumatic, post-surgical & phantom limb pain 3) Drug interaction between TCAs and other analgesics

COMMUNITY ACTIVISM

- December 2015, Motivational talk on Organ Donation. A campaign among 8,000 students in Coimbatore to pledge their organs. Spoke at Sri Ramakrishna College of Nursing, Sri Ramakrishna College of Physiotherapy, Sri Ramakrishna College of Pharmacy, Sri Ramakrishna Women's College, SNR Arts College, Sri Ramakrishna Engineering College, Sri Ramakrishna Polytechnic & ITI, Sri Ramakrishna Institute of Technology.
- Collaboration with Aakruthi – an all women Rotary Club of Coimbatore, to provide

pain relief at end-of-life. Five patients/month would benefit from subsidised (70% less cost) interventional pain procedures such as coeliac neurolysis, intercostal neurolysis etc.

- Picturing Pain – an art competition for school children of Coimbatore to mark the beginning of Global Year Against Joint Pain 2016. 5000 students participated in the contest held across 12 schools.

AS A STUDENT ACTIVIST

- Hon. President – Coimbatore Medical College Students Council (1994-95)
- Gen. Secretary – The Tamilnadu Medical Students Association (1993-94)
- Gen. Secretary – Coimbatore Medical College Students Council (1992-93)
- Hon. Secretary – Muthamizh Mandram (Literary association), Coimbatore Medical College (1991-92)

ADVOCACY EFFORTS

Twitter: <http://twitter.com/painfreeindia/>

I tweet on recent developments in Pain Medicine across the world, steadily building up a treasure trove of information. Our twitter page probably has the largest collection of recent developments in pain medicine in the world.

Facebook: <http://www.facebook.com/PainSchool/>

Our facebook fan page was started as an effort to spread information about pain and its management among friends. To our surprise it has caught the attention of general public too. We have a growing following that contribute as well as learn from our posts.

Website:

NGO <http://www.travelingpainschool.com/>

WORK www.painfreeindia.org

Traveling Pain School - India's largest pain education project - is a nationwide education, advocacy, and research initiative on effective, multi-disciplinary management of pain. Incorporated as an inter-professional, voluntary, non-profit organization; it is a

partnership of national and international learned societies, general public, health professionals and scientists. We collaborate to promote sustained improvement in the understanding, prevention and management of all types of pain.

Linkedin: <http://in.linkedin.com/in/painmanagementindia>

PROFESSIONAL AFFILIATIONS

- International Association for Study of Pain
- Indian Society of Anaesthesiologists
- Indian Society for Study of Pain
- British Pain Society
- College of Anaesthetists, Royal College of Surgeons in Ireland
- Australian and New Zealand College of Anaesthetists