

# Churack Chair of Chronic Pain Education and Research

SEPTEMBER 2016

Edition # 2



## Churack Chair Update

### Churack Chair Fundraising Working Party

In June 2013 the Churack Family generously donated \$1 million seed funding to The University of Notre Dame Australia to establish The Churack Chair of Chronic Pain Education and Research.

Thanks to the wonderful support of our initial donors a further \$1 million has been raised via pledges and donations which enabled the appointment of Professor Eric Visser as the inaugural Chair and the commencement of this important work of chronic pain education and research.

A further \$1 million is needed for the project to reach its full potential.

The Churack Chair is committed to furthering research into Chronic Pain combined with medical education and patient rehabilitation.

The Churack Chair Fundraising Working Party has been convened to raise the final \$1 million of the \$3 million target.

If you would like further information or to discuss your gift to The Churack Chair of Chronic Pain Education and Research please contact:

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It is with great pleasure that we provide this Newsletter to our donors and supporters of The Churack Chair of Chronic Pain Education and Research.

The profile of the Churack Chair has increased significantly, demonstrated by a large number of invited speaking and educational engagements, media interviews and key stakeholder interest and recognition. These include: The Faculty of Pain Medicine, Australian and New Zealand College of Anaesthetists, Australian Pain Society, Australian Medical Association, St John of God Healthcare, Ramsay Health Care, Southern Cross Care, pharmaceutical and medical companies, educational bodies and consumer groups such as PainAustralia, Chronic PainAustralia and The Brain Foundation.

There are exciting research developments taking place with the MIGRANT Migraine Study and the PAINCHECKER Pain Management Checklist system as well as many requests for media, lectures and seminars. The Churack Chair is also a member of the medical research committee and is involved in final examinations for medicine.

Plans for the future include:

- Launch of the Churack Chair Pain website which will integrate education, research and profiling of the Chair, and act as a 'one stop shop' for pain management for health care professionals, students and persons-in-pain.
- Expand one-to-one teaching, with medical student attachments to the pain service at St John of God Subiaco Hospital starting in 2017.
- The University of Notre Dame Australia School of Medicine is planning the 5th Churack Pain Masterclass as a research, teaching and clinical skills "brainstorming" seminar of local experts in early 2017.

I thank you for your support of this important initiative.

**Professor Shirley Bowen**

Dean, School of Medicine Fremantle

## The MIGRANT Migraine Study

The University of Notre Dame Australia and the Churack Chair were profiled nationally on Channel Nine News last month with thousands of replies from people with migraine.

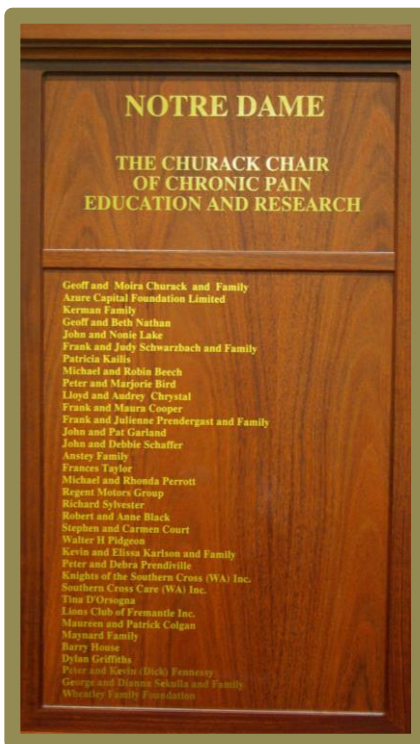
### **What is the project about?**

Migraine affects 15% of the population and is a leading cause of pain, suffering and disability in our community. Research suggests that inflammation of the brain's coverings (meninges) by nerve cells releases 'oxygen free radicals' that may cause migraine attacks. N-acetylcysteine, Vitamin E and Vitamin C are powerful, safe and easily available (over-the-counter) "anti-oxidants" which may lessen brain inflammation and in turn reduce the number and severity of migraines. 90 migraine patients have enrolled to see if this treatment will reduce migraine attacks.

This vitamin-based therapy has never been studied before and if effective, may play an important role in migraine prevention. A grant was received from the FHMRF last year to help with the study, which is also an honours project for an enthusiastic and very capable Notre Dame medical student, Mr Eamon McDonnell.

### **Churack Virtual Headache Research Diary**

A cutting-edge online headache research tool, named the *Churack Virtual Headache Research Diary*, has been developed for use by other researchers in the future.



## Churack Chair Cocktail Reception

A cocktail reception is planned for donors and supporters of The Churack Chair of Chronic Pain Education and Research on Thursday 27 October at 6.00pm at The University of Notre Dame Australia. This will be an opportunity for the inaugural Chair, Professor Eric Visser, to provide a progress report on the education and research that is being undertaken. The Churack Chair website is also planned to be launched on this occasion. An invitation will be sent closer to the date.

## Churack Chair Honour Board

The Churack Chair Honour Board has been installed in the Fremantle School of Medicine (Building ND35 on Henry Street) to acknowledge all Churack Chair donors for their support.

If you would like to view the Honour Board I would be delighted to assist you. Alternately, if you have not indicated that you wish to be acknowledged and would like to do so, please contact the Office of University Relations and we will arrange to have your name included on the Honour Board. You may of course wish to be an anonymous donor.

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## The PAINCHECKER Pain Management Checklist System

An online best-practice checklist system for GPs and medical students is currently being developed for use to help manage chronic back pain and soon, neck pain, nerve pain, fibromyalgia and headaches.

The Painchecker website is nearly complete and in October it will be tested with GPs and students. The Painchecker is planned to be launched early next year for general use by medical professionals and students via the new Churack Chair website.

### **What is the project about?**

Chronic low back pain (CLBP) affects 10% of the population and is one of the world's top 10 disease burdens, associated with pain, disability and massive healthcare and economic costs. CLBP can be difficult to manage. No single mode of treatment is usually sufficient and instead requires a multimodal, multidisciplinary approach.

*Checklists* have long been used in industries such as aviation and engineering to promote best-practice and safety. A practical online checklist tool for low back pain that can be used by a GP during consultations will be developed. The tool will also provide links for persons-in-pain to help them with self-management.

The Churack Chair is supervising two PhD students, one Honours student, two medical students in research with two prospective Masters Degree students for 2017.