



FONDAZIONE  
INTERNAZIONALE  
MENARINI

## **PAIN: BEST STRATEGIES AND UPGRADES ON PREVENTION AND MANAGEMENT OF PERIOPERATIVE CARE**

*Update for surgical and anaesthesia communities, new strategies and best practices were the topics of the international Symposium in Singapore.*

*Local and international delegates attended the scientific congress co-organized by the College of Surgeons of Singapore, College of Anaesthesiologists of Singapore and Fondazione Internazionale Menarini.*

***Guest of Honour of the event was Mr. Edwin Tong, Senior Minister of State, Ministry of Health and Ministry of Law, Singapore.***

*Mr. Tong outlined measures his ministry is exploring to achieve such a timeline, based on interim recommendations by a workgroup formed to look into Singapore Medical Councils's processes.*

Updates on best practices in perioperative care was the theme of UTOPIA, the international seminar that was held in Singapore on September 13th-14th. Key opinion leaders from Singapore, many Asian regions and other international countries shared their current experiences, ranging from informed consent in pain medicine, pre-operative management, risk management in surgery, to continuing education also from an ethical point of view.

Guest of Honour of the congress was Senior Minister of the State (Law and Health), Mr. Edwin Tong.

"In the future, patients could be getting an outcome on complaints to the Singapore Medical Council against their doctors within 18 months", announced the Ministry of Health in his speech at the medical event in front of 250 participants, stressing the importance of UTOPIA to find the right balance between doctors and patients and thanking Fondazione Internazionale Menarini for the co-organization of this important scientific congress. "As a patient, we must be able to trust that our doctor is doing his best for us, whether in making a diagnosis or in advising on the differential options for treatment", Minister remarked.

Last April 25th Fondazione Internazionale Menarini received an award from the Ministry of Health of the Republic of Singapore in acknowledgement of the educational mission of the Fondazione and for having contributed to the free

dissemination of science in Asia and all around the world, with special attention paid to the emerging countries. The award was received by the Head of Scientific and Medical Affairs of the Fondazione, Dr. Giuseppe Caracciolo.

UTOPIA is a crucial part of this promotion in the field of scientific education. "The congress was an extraordinary event that gave a great value for all stakeholders and offered important interaction opportunities on surgical and anaesthesia improvements in prevention and management of perioperative risk factors. Patient centricity is paramount in healthcare delivery and in Singapore we wanted to explore better ways to improve the trust in medical communities and mutual understanding between patients and doctors, which is an absolute necessity", professors Chua Wei Chong, Sophia Chew, Tan Yeh Hong, Nelson Chua, Co-Presidents of the meeting said.

The congress dedicated a special session to 'Chronic Post Operative Pain'. "CPOP is persistent pain that develops after a surgical procedure like amputation, breast surgery, thoracotomy, inguinal hernia repair, and coronary artery bypass. The mechanism is believed to be, usually, a combination of nerve injury and excessive inflammatory process, that causes peripheral and central sensitization of the pain pathways, which in turn enhances and prolongs pain sensation. CPOP is a complex biopsychosocial phenomenon that, once initiated, is difficult to control and treat", Prof. Yoong Chee Seng from Changi General Hospital, Singapore explained in his lecture talking about its management which is often unrecognized healthcare problem, associated with significant morbidity and economic costs.

This seminar had enhanced the collegiality of specialists both locally and internationally, so "that we can all provide the best care for our surgical patients", Co-Presidents concluded.

*Latest info about all press activities can be found on [www.fondazione-menarini.it](http://www.fondazione-menarini.it)*

*For further information, please contact me.  
Best regards*

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