



PAE - Activity plans 2021

General

Pain Alliance Europe must bear in mind that any plans made for 2021 are dependent on obtaining the necessary funding. Another issue that needs to be considered is the change in PAE's board which will take place in 2021. However, assuming a positive attitude, the following are PAE's goals for 2021. Adjustments can be made during the year depending on the given situation, but will always aim to improve the quality of life of people with chronic pain in Europe and to be "the voice of people with chronic pain".

PAE's activities can be divided into three areas:

- Core activities
- Projects
- Incidental activities

Core Activities

The core activities of Pain Alliance Europe are those activities necessary to keep the Alliance functioning and meeting its legal obligations. These are:

- Organisation of a general meeting, organisation of board meetings, taking minutes, incoming and outgoing mail and all other necessary secretarial work.
- Carrying out all the necessary legal obligations that an organisation such as PAE is obliged to do under Belgian law.
- Keeping records of all financial transactions and presenting them, audited by an accountant, to the General Assembly. Maintaining and strengthening relationships with PAE's existing sponsors and recruiting additional sponsors.
- Organising and maintaining PAE's website, Facebook and Twitter accounts, and all other social media areas. Providing information to member organisations and other organisations through a newsletter. In this regard, the development and implementation of a well-structured PR plan following the 2020 initiatives and discussions is necessary.
- Develop and attempt to expand relationships with our current partners, both health professionals and patient advocacy groups. Accordingly, we can report that our relationship with the European Pain Federation EFIC has strengthened in recent years. These developments will become even more visible through our participation in European Pain Forum, which will continue in 2021. Our presence in the same building as the European Pain Federation EFIC will help with this. We are discussing participation in joint projects. These improved relationships will be more evident in the projects we undertake. On the global front, PAE is involved in the Global Alliance of Pain Patients Advocates



(GAPPA). This is an IASP initiative and started in 2020 and will continue and strengthen in the coming years.

- Maintaining relationships in the policy arena, such as with MEPs, Directorate-General health and consumer policy makers (DG SANCO), DG research, DG employment, DG finance and so on; with the European Commission and the European Council; and supporting members with the Semester. Also maintaining and developing relations with European institutions such as the EMA and the OECD. Our name has gained recognition in Europe. This has ensured that we are more involved in scientific research projects seeking funding under Horizon 2020 / Horizon Europe / IMI. We would not only be involved in scientific projects, but also serve on advisory boards, become jury members for pharmaceutical companies and other organisations.

Projects

Pain Alliance Europe has several projects that are carried out on an annual or biannual basis.

Surveys

PAE has been conducting an annual survey since 2017. These have proven to be more popular each year. The topics polled were diagnosis and treatment, employment and income, stigma, digitalization. We feel that after four years it is a good time to start the cycle again to see if there has been any progress. Therefore, we plan to repeat the Diagnosis and Treatment Survey in 2021 to compare the results with those from 2017. The results of previous surveys can be found at www.pae-eu.eu/surveys

Brain, Mind and Pain Interest Group in the European Parliament.

Following the 2019 elections, with the confirmation of MEPs and based on the 2019-2024 Book of Evidence mandate, the MEP Interest Group will continue in 2021. A new aspect of this is that PAE will provide more secretariat and logistical support to the Interest Group, as the office is now located in close proximity to the Parliament.

During 2021 we plan to hold 3 meetings in the Parliament: www.brainmindpain.eu

Brain, Mind and Pain Patient -centred Innovation Grant

The grant entered its second cycle in 2020 and this cycle will end in 2021. The sponsor of the project has reconsidered whether they can be the sole sponsor of an activity, which means we need to evaluate whether the project can continue as a multi-sponsor activity. This development was brought to our attention just prior to the start of planning for 2021, so we cannot give a complete answer as to whether this project will continue. It is the intention of the Board to continue this project as it is important to involve patients more in research projects: www.bmp-grant.eu

Societal Impact of Pain (SIP)

The Societal Impact of Pain (SIP) has entered a new age with the management of the project falling to the European Pain Federation (EFIC) and Pain Alliance Europe (PAE). Under this new management,



we aim to continue with the hard work done by the SIP partners over these years and find new opportunities to change pain policy for the benefit of patients.

Although the cornerstones of SIP remain the same, the structure and operation have changed over the past year to reflect the new approach: moving from a single sponsor event to a multi-sponsor event. As these developments take place during 2020, it is difficult to go into detail about what we are planning for 2021.

We want to focus on the four themes indicated on the Thematic Network: Indicators, Research, Employment and Education. We are also trying to continue to support the national platforms: www.sip-platform.eu

From our previous SIP activities we have developed the following:

Social impact of the Pain Stakeholders group on the EU Health Policy Platform

PAE, together with EFIC, runs the SIP stakeholder group on the EU Health Policy Platform. The aim of this group is to get as much positive noise about chronic pain as possible to influence policy makers. The SIP Stakeholders' Group will remain active in the coming years:

<https://webgate.ec.europa.eu/hpf/group/index>

OECD

The Paris Project concluded in 2019 with a report to which PAE was a major contributor. Currently, the project is planning the kick-off meeting on PaRIS Hip and Knee WG // Phase 2 on 9 April 2020 and the activity is expected to continue in 2021.

Chrodis+.

This project should end in 2020. At the moment there is no indication that it will continue in 2021 and beyond.

Participation in research projects

PAE is involved in several research projects, sometimes as a member of the advisory board or sometimes as a participant. These projects are:

- Council of Coaches: interactive development of an application to support self-management. Horizon 2020
- MYSELF project: interactive internet-based self-management project managed by primary care.
- IMI Pain care: basic research project for an improved therapeutic approach to pain. IMI
- Target project;
- QSPainRelief: basic research project for improved development of opioid medications with less devastating side effects and or dependence.

PAE is also involved in some research projects for which grants are still under review.



Incidental Activities

PAE has often been asked to participate in short-term activities in the past, such as ad hoc advisory board meetings, giving presentations, and so on. PAE will continue these activities if they are felt to be of benefit to people with chronic pain or to PAE itself.

Some of these incidental activities may become regular projects. One example is the education campaign currently underway, which is an outgrowth of the Red Balloon campaign.

In this context, we are also discussing the possibility of starting new projects, short or long term, to get more information about people with chronic pain or to strengthen their position.

Conclusion

As has been described, the intention of the board is to capitalise on the name we have built up in the past and to achieve as much as possible for the benefit of people with chronic pain. We are aware that we aim high but with the support of all and the determination of the board we do believe we will have a good chance to make this a success.

PAE Board