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SIP PT
Societal Impact of Pain

SEPTEMBER 2019 • VALENCIA • SPAIN
11th CONGRESS OF THE EUROPEAN PAIN FEDERATION EFIC

EXPERIENCES FROM A SIP NATIONAL PLATFORM IN PORTUGAL

AUTHORS

ANA PEDRO[1], MARIA TERESA FLOR DE LIMA[2], RITA TINOCO[3]

1- Portuguese Association for the Study of Pain (APED)
2- Chronic Pain Patients Association of Azores
3- Faculty of Medicine of Lisbon University; Grünenthal Medical Department

BACKGROUND AND AIMS:



In **Portugal** pain related annual costs are extremely high and back pain is the pathology that most burdens the Portuguese health system. This leads to an unmeasurable suffering of those affected and to a very low QoL of patients with chronic pain. To address this, under the scope of the European SIP Platform, **SIP Portugal** was established to improve pain care policies. This plataform brings together representatives from Portuguese organizations with an interest in pain care, such as: healthcare professionals, pain advocacy groups, patient organizations and pharma.
SIP Portugal raises awareness of the impact that pain has on society, as well as on the health and economic system, and discusses how different stakeholders can cooperate to reduce this burden.

RESULTS:

Employment awareness has been identified as the priority area in Portugal.

Joint statement on employment was developed.

2019



SIP Portugal organized a meeting with eight companies from different sectors of activity to present measures that aim to promote the maintenance of work or professional reintegration of people with chronic pain, in order to reduce absenteeism and presenteeism, as well as early retirement due to disability.

OF THE MEASURES PRESENTED, THE FOLLOWING SHOULD BE HIGHLIGHTED:

- The adaptation and flexibility in full-time daytime jobs, in shifts, at night and / or with irregular shifts that vary between night and day;
- The adaptation of the workstation and the promotion of ergonomic conditions; the possibility of doing work from home;
- The bet on training and awareness about the problem of pain in the workplace but also the alert for stigma, discrimination and coercion at work;
- The possibility of creating a support group for people with chronic pain within a company, without prejudice to the work schedule, employees and employers.



SIP Portugal also organized a meeting with associations representing occupational health



and a meeting with scientific societies composed of health professionals to promote dialogue on the employability of people with chronic pain

CONCLUSIONS:

Only when working together can we face the huge societal challenge caused by the burden of pain.

SIP Portugal is a significant milestone in tackling the societal impact of pain and advocating for better management of pain to Portuguese policy makers.

SIP Portugal is a partnership between Portuguese Association for the Study of Pain **(APED)** and **Grünenthal, SA**