

Message from the President



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It gives me immense pleasure to welcome you all to Nepal Association for the Study of Pain, a society first of its kind in our country which is determined to establish better pain management solutions by collaborating

with clinicians, health care providers, policy makers, pain patients, different international societies involved in the field of pain management, especially International Association for the Study of Pain (IASP), its member societies and different organizations and volunteers to provide evidence based, quality, timely pain services to all the patients of Nepal suffering from pain.

A lot is happening in the field of pain, and we as service providers need to be educated so we can make informed decisions for our patients and further support our field of multidisciplinary pain management. Clinicians need to be the most informed so they can better care for patients, advocate for their care, and lead these changes in the right direction.

Early this month we had an intense meeting of the NASP Executive Committee, followed by a half-day meeting of the steering group that develops and maintains the strategic plan of our association with the President of ISSP (Indian Society for the Study of Pain) Dr. Gautam Das from India. The strategic plan is the framework over which all our activities and programs are built and the essential blueprint that shows the way forward. We reviewed all of our activities and considered new programs that will address the needs of our members and maintain NASP's standing as the professional association in pain research and management. We discussed the participation of younger members in the running of our association as well as the best ways to make sure that all our members from anywhere in the country have easy access to our organization and can participate in its activities.

A recent description in the literature reminded me of our role as physicians to "do no harm," but also "do some good." Given the current scenario in which we practice in as pain specialists, this deceptively simple mantra may be more challenging to follow than it sounds. Limitations on availability of pharmacological agents, difficult access to drugs, unauthorized prescribing, misconception about analgesics, stigma in our society to report pain, social vision to see pain as weakness continue to add to the confusion, making physicians feel unsure about what to do and how to proceed.

NASP looks forward to an environment that supports better multidisciplinary care while bending the curve of conventional goal of healthcare to quality health care.

