


## MACP Award Report

<b>Awardee Name:</b>	Konstantina Savvoulidou
<b>Date of Report:</b>	29/4/2025
<b>Name of the Award:</b>	Conference Presentation Award - March
<b>Amount awarded:</b>	£500
<b>What the award was used for:</b>	14th Congress of the European Pain Federation (EFIC) 2025, taking place from April 24-26 in Lyon, France
<p>Summary of how this award or bursary helped you in your career/clinical/academic practice</p> <p><b>Education Awards</b></p> <ul style="list-style-type: none"> <li>• MSc/PgD Awards: 200 words</li> <li>• Level 1 Awards: 500 words</li> <li>• Level 2 Awards: 1000 words</li> <li>• Level 3 Awards: 1500 words</li> </ul> <p><b>Research Awards</b></p> <ul style="list-style-type: none"> <li>• Conference Presentation Award: 500 word report</li> <li>• Research Fund 1: 1000 word report</li> <li>• Research Fund 2: 1500 word report</li> <li>• Elsevier and Jane Greening Award: 1500 word report</li> </ul>	<p><b>Report on Attendance at the 14th Congress of the European Pain Federation (EFIC) 2025</b></p> <p>I had the privilege of attending the 14th Congress of the European Pain Federation (EFIC) 2025, held in Lyon, France, from April 24–26, 2025. The congress, themed "Comorbidity of Chronic Pain and Mental Health Disorders: Breaking the Cycle," provided an outstanding platform for the latest research, clinical innovation, and multidisciplinary collaboration in the field of pain science.</p> <p>Throughout the three-day event, I engaged in a comprehensive scientific programme comprising plenary lectures, symposia, workshops, and poster sessions. The congress successfully highlighted the intricate relationship between chronic pain and mental health, offering new insights into integrated and person-centered management approaches. As a PhD student focusing on chronic musculoskeletal pain management, the sessions were particularly relevant to my research on pain neuroscience education, patient engagement, and interventions.</p> <p>I actively participated in the congress with two accepted abstracts, one of which I presented during the poster sessions. My presentation received positive feedback and generated meaningful discussions with fellow researchers and clinicians. Presenting my research at an international event was a highly valuable experience, providing constructive input encouraging me to explore further directions in pain management education and intervention strategies.</p>

	<p>Networking was a key component of the congress. I was able to establish connections with leading researchers, clinicians, and fellow PhD candidates from across Europe and beyond. Discussions during the breaks and poster sessions opened avenues for potential future collaborations and provided new perspectives on methodological approaches, especially regarding clinical trials and patient education programs.</p> <p>Overall, my attendance at EFIC 2025 was extremely rewarding. It strengthened the foundation of my current research project, inspired new ideas for the application of educational and therapeutic innovations, and reinforced the critical importance of addressing mental health comorbidities in chronic pain management. Moreover, the feedback I received during my poster presentation will directly enhance the next stages of my PhD work.</p> <p>I would like to sincerely thank MACP for providing the financial support that enabled me to attend this important event. Without this assistance, my participation would not have been possible. The opportunity to contribute to and learn from such a vibrant and forward-thinking scientific community has had a profound impact on my academic, professional, and research development. I am committed to applying the knowledge and insights gained at EFIC 2025 to advance evidence-based, holistic approaches to chronic pain management in my future work.</p>
<p>Picture of awardee/conference/course/ Experience as relevant</p>	 <p>The image shows a woman with long dark hair, wearing a brown blazer and a lanyard, standing in front of a large poster. The poster is titled 'PAIN IN EUROPE XIV' and is for the 14th Congress of the European Pain Federation (EFIC). The poster content includes:</p> <ul style="list-style-type: none"> <li><b>INTRODUCTION:</b> This study aimed to investigate the effectiveness of VR applications in improving clinical communication skills among physiotherapy undergraduate students.</li> <li><b>AIM:</b> (i) the feasibility of VR scenarios, (ii) the effectiveness of VR applications in improving clinical communication skills among physiotherapy undergraduate students.</li> <li><b>METHOD:</b> This study was a feasibility study. A VR scenario featuring a patient with chronic non-specific low back pain was utilized in the study. The scenario was developed as part of the "Empathy in Health" Erasmus+ project. Undergraduate physiotherapy students participated after providing informed consent. Repeated measurements were taken at three time points: A (pre-test), B (post-test), and C (two weeks after the intervention). Kirkpatrick's model was used for evaluation of knowledge, skills and attitude of physiotherapy students. Outcome measures included: (i) an evaluation form for the interaction with VR scenario, (ii) a multiple-choice questionnaire based on the Calgary Cambridge Guide (CCG), and (iii) the self-efficacy questionnaire (SEF-12) for clinical communication skills.</li> </ul> <p>The poster also includes a diagram of the study design and a bar chart showing results.</p>