

OCTOBER 15 – EUROPEAN PAIN AWARENESS DAY

European Pain Awareness Day is celebrated in October. This commemorates the European Declaration of Chronic Pain as a Disease in its own right been endorsed in 2001. This year, the theme of the day is the prevention of chronic pain. On that occasion, on October 16, the European Parliament in Brussels will host an event - a discussion initiated by the European Pain Federation, in which former European Health Commissioner Vytenis Andriukaitis will participate, among other parliamentary leaders and guests. The platform "Social Impact of Pain" submitted the document for this event and expects significant decisions from the leaders of the European Union.



SIP Position Paper on Preventive Healthcare for Chronic Pain 2025

This statement outlines the joint position of the European Pain Federation EFIC and Pain Alliance Europe (PAE) on the need to prioritise the prevention of chronic pain. It presents key recommendations for both EU and national policymakers to catalyse action and systemic change in this field.

Key Recommendations

The SIP Statement calls on EU and national policymakers to:

1. Implement public health campaigns to improve pain-related health literacy among healthcare professionals, patients, and the general public.
2. Promote structured exercise and education programmes in clinical and workplace settings to reduce the risk of high-impact chronic pain and its recurrence.
3. Develop and implement evidence-based standards for the effective management of acute and chronic pain to reduce the use of low-value care and improve access to early, effective interventions.
4. Ensure early access to biopsychosocial rehabilitation for individuals with acute pain who present with high-risk factors (e.g. depression, low recovery expectations, socio-economic disadvantage).
5. Support inclusive employment policies and workplace-based interventions that enable job retention and return to work for individuals with or at risk of chronic pain.
6. Promote cross-sector collaboration between health, mental health, education, employment, and social protection systems to maximise equity and co-benefits of preventive strategies.
7. Strengthen primary care systems across Europe to ensure timely diagnosis, coordinated intervention, and accessible follow-up.
8. Fund prevention research, including identification of mechanisms driving chronic pain, evaluation of preventive interventions, implementation studies, and data systems to guide evidence-based action.

For full document and more materials of European pain awareness day please proceed:
<https://europeanpainfederation.eu/news/european-day-on-pain-awareness-2025/>